

Do you want to take control of your health & wellbeing?



Health in Your Hands

We know taking care of your health involves more than just medicine. The Health in Your Hands project empowers you to take control of your physical health, mental health and well-being.

Well-being Coordinator, Jenny, can meet with you to listen and understand more about what you want to change and/or what you need support with. Together, you can explore what support you would like, using local community services, to put you back in control and feeling healthier.

The service is delivered in partnership with your local GP across Hampton North, Ham, Mortlake and Castelnau.

What we offer:

- ✓ 1-2-1 meetings to help identify what you need support with
- ✓ Practical advice and support to help you manage your long-term health condition
- ✓ A basic health check to inform the support you need

Get in Touch:

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