NHS

South West London
Clinical Commissioning Group

BETTER HEALTH MERTON

Now is a good time to kick start your health – let's do this!

merton.gov.uk/publichealth

Better Health **LET'S DO THIS**

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BETTER HEALTH MERTON

Did you know there are simple steps you can take to improve your health and wellbeing? These can also reduce your risk of severe COVID-19, and it is now more important than ever to look after yourself.

If you live, work or are registered with a GP in Merton, you can access the following services and self-care tools:

Eat healthily
- www.oneyoumerton.org or call 020 8973 3545
- www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan

Move more
- www.oneyoumerton.org or call 020 8973 3545
- www.wimbledonguild.co.uk or call 020 8946 0735
- Merton Moves: www.wimbledonguild.co.uk
- www.AgeUK.org.uk/merton or call 020 8648 5792

Stop smoking
- www.oneyoumerton.org or call 020 8973 3545
- London Smoking: stopsmokinglondon.com

Managing diabetes
- Healthier You *Know Your Risk* tool riskscore.diabetes.org.uk/start
- Structured Education: www.diabetesbooking.co.uk
- Attend your GP annual diabetes review

Flu vaccination
- Your GP surgery can offer this if you are eligible.
- Alternatively, see your local pharmacy: www.nhs.uk/Service-Search/find-a-pharmacy

Reduce alcohol consumption
- www.wdp.org.uk or call 0300 303 4610
- www.oneyoumerton.org or call 020 8973 3545

Mental wellbeing
- www.mertonuplift.nhs.uk or call 020 3513 5888
- www.good-thinking.uk
- www.oneyoumerton.org

If you would like more information, please contact **public.health@merton.gov.uk**

THE FIRST STEP IS A FEW STEPS.

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