

Healthy Hounslow



Hounslow's new health and wellbeing service



Welcome to Healthy Hounslow

Healthy Hounslow is the new name for health and wellbeing services in Hounslow. If you want to lead a more active, positive lifestyle, then Healthy Hounslow is here for you.

The new service is taking over from the successful One You Hounslow health and wellbeing service, which has run in our borough since 2016.

During that time, the service has helped thousands of Hounslow residents improve their health and wellbeing, including supporting over 6,000 people in stopping smoking.

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What is Healthy Hounslow?

Healthy Hounslow is a partnership between several organisations supporting people in leading healthier lifestyles; to become more active, eat well and stop smoking.

The partners that make up Healthy Hounslow are Hounslow Council, Hounslow and Richmond Community Healthcare NHS Trust (HRCH), Feltham & Bedfont Primary Care Network, MoreLife, BeeZee Bodies and Lampton Leisure.

What does Healthy Hounslow offer?

We have changed Healthy Hounslow to offer even more services and support to Hounslow residents.

The services and support offered by Healthy Hounslow are:

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| • Smoking cessation | • Exercise on referral |
| • Health and wellbeing coaching | • Cook and eat sessions |
| • Healthy weight management | • Community NHS Health Checks |

There are also opportunities for targeted health outreach, aftercare support clubs and new action on food insecurity.

Who is Healthy Hounslow for?

The services offered by Healthy Hounslow are available to anyone who lives, works, studies or has a GP in Hounslow. Residents can engage with Healthy Hounslow directly or can be referred to the service by GPs and other local services.



How do I find out more?

You can find out all about Healthy Hounslow at our new website
www.healthyhounslow.co.uk

Live well, feel better, **enjoy life**

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