

Where are we?

We are always at the end of the phone, but if you would like to come and see us to check your blood pressure or weight please pop in to one of our Healthy Heart Centres.

Healthy Heart Centres

Kilburn

210 Kilburn High Road,
London, NW6 4JH
(Half way between Brondesbury
and Kilburn High Road
overground stations)

Kentish Town

173 Kentish Town Road,
London, NW1 8PD
(Next to the 46 bus stop near
Pizza Express)

Our freephone number

If you want to check opening hours or if you have any other questions you can call us on: **0800 917 0976**

What if I need more help, or other kinds of help?

We will discuss all of your needs with you and if there is something that we can't help you with we will help to find someone who can.

If you are unhappy with any aspect of the service, please talk to a staff member at the Healthy Heart Centres or call the freephone number and we will try to resolve things as quickly as possible.

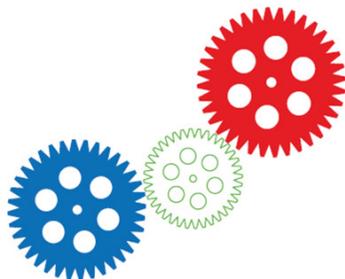
Please contact the PALS and Complaints service on 020 3317 3003 or pals.ncl@nclondon.nhs.uk if you need more copies of this leaflet or would like a copy of this leaflet in a different language or format (e.g. large print):

NHS North Central London

Kentish Town Healthy Heart Centre
173 Kentish Town Road
London NW1 8PD

Kilburn Healthy Heart Centre

210 Kilburn High Road
London NW6 4JH

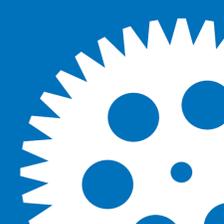


North Central London

Manage or reduce
your risk of heart
disease with our
dedicated follow
up service.

Free NHS Health Checks Follow-up Programme

Helping you prevent heart disease, stroke,
diabetes and kidney disease



What do we do?

We work together with you to help you change any lifestyle factors that may be increasing your risk of heart disease.

We aim to help you:

- Reduce your risk of heart disease
- Prevent illnesses like diabetes, high blood pressure and high cholesterol
- Improve your health

Working together to create healthy habits

The results from your NHS Health check will be forwarded to our service as well as to your GP to prescribe medications or tests if needed.

One of our Health Trainers will phone you to discuss your results and what they mean for you.

These might include the need to:

- Stop smoking
- Lose weight
- Eat more healthily
- Exercise more
- Drink less alcohol

Reducing the risk of heart disease

The Trainer will talk you through some ideas and advice about things you could do to change or reduce your risk of heart disease over time.

Setting your personal goals

With our support, you will set the goals that work for you and make the changes that fit with your lifestyle and personality. Our staff will help you to set personal goals to modify any behaviour that is increasing your risk of heart disease.

Getting specialist help

We can refer you to a specialist service such as a dietician or exercise service for further help.

We will phone you after your first appointment to see how it went and make sure that you are happy, referring you to a different service or back to ourselves if necessary.

We will work with you to:

- Set the goals that are **important to you**
- Meet your personal targets
- Increase your **motivation**
- Understand the problems
- Cope with **setbacks**

Any questions?



Who is this service for?

This service is for:

- Registered Camden patients
- Unregistered Camden residents who have had an NHS Health Check.

** Even if you are a healthy weight, blood pressure and cholesterol results can tell us if about other specific problems you may have and help us to work with you*

How can this service help you?

Our service will help you to understand the impact the NHS Health Check results might have on you, understand the options available to you, and support you in making changes. Our aim is to work with you in partnership to **make the changes that are important to you**. We can help you deal with setbacks and build your confidence.

How can you get an appointment?

We will call you to arrange an appointment within 48 hours of your GP or pharmacy sending us your Health Check results. If you would like to speak to someone sooner please call us or pop in to one of our Healthy Heart Centres.

We promise not to:

Patronise you
Pressurise you
Lecture you
Judge you

