

Media information

For immediate use



Health Information and Support Centre

Looking for help with your health and wellbeing? The Health Information and Support Centre can get you the support you need.

From Tuesday 14 February, members of the public will be able to pop into the Centre in the foyer of University Hospital Crosshouse and get advice on all aspects of their health and wellbeing.

Nicola Tomkinson, Health Improvement Officer, explains: “Having the right information at the right time is essential. Whether you are newly diagnosed, living with a long-term condition, caring for or visiting someone, or a member of staff, we will help you find the information you need.

“The Health Information and Support Centre offers a friendly, confidential place where there is time for you to ask questions and get information about your health.

“Our staff are here to listen, help and support you. If we cannot answer your questions, we will find someone who can.”

The Health Information and Support Centre can provide support and information on a wide range of health topics, including:

- stopping smoking;
- alcohol and drugs;
- being more active;
- healthy weight;
- managing stress and looking after your mental wellbeing;
- money advice services; and
- caring for relatives or friends.

Nicola adds: “The centre will be open on a trial basis for six weeks. If you’re looking for some friendly advice, why not pop in or call us and help us make it a success”

The Health Information and Support Centre is located in the main foyer of University Hospital Crosshouse, Kilmarnock Road, Kilmarnock KA2 0BE.

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Call us on 01563 825 611. Or email AA-UHB.InfoandSupport@nhs.net

To find out more, visit www.nhsaaa.net and search under Services A-Z.

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Date of release: Friday 10 February 2017

Website: www.nhsaaa.net

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