



We're here to help during COVID 19



Did you know the Better Health Hub can now offer video calls?

The Better Health Hub is introducing a new way to have conversations about your health and wellbeing. Near Me /Attend Anywhere is a safe and secure NHS video calling platform that allows us to offer access to our services from wherever you are without travelling.

To get help with your health and wellbeing using video call you will need:

- A reliable internet connection (broadband or 3G/4G);
- A device for making video calls, such as a smartphone, tablet, laptop or computer with webcam.



Near Me / Attend Anywhere is available at the following times:

Monday – Wednesday & Friday
10am – 12noon
1pm – 3pm

Thursday 10am – 12noon

Where do I go to make a video call?

Visit the Near Me / Attend Anywhere page on the NHS Ayrshire and Arran website: <http://nhsaaa.net/services-a-z-support-pages/near-me-clinical-access-page/> Click the Better Health Hub link and follow instructions to join the virtual waiting area. Alternatively contact us to arrange an appointment.

As a result of COVID-19 the Better Health Hub has changed how the service is being delivered.

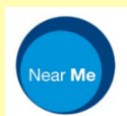
Contact us



0758 417 4428 (leave a message, send a text or email us for a call back.)



AA-UHB.BetterHealthHub@nhs.net



<http://nhsaaa.net/services-a-z-support-pages/near-me-clinical-access-page/>



[Betterhealthaaa](https://www.facebook.com/Betterhealthaaa)



[@PublicHealthAAA](https://twitter.com/PublicHealthAAA)



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We can provide support and information on a range of matters that can impact health and wellbeing, including:



advocacy and understanding health information



managing stress, anxiety and wellbeing



money worries



caring for relatives or friends



housing/home energy



employment/volunteering



living with health conditions



alcohol and drugs



stopping smoking



healthy weight / healthy eating



being more active



local activities, groups and services

Contact us for more information:



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(leave a message, send a text or email us for a call back.)



AA-
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Betterhealthaaa



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Also available at the Better Health Hub:



Free Wellbeing Check



Hearing Aid Batteries



C-card



Staff Drop in Weight Programme

