

Your Voice in Health and Social Care

Promoting self-care in GP surgeries

Would you like to become a Self-care and Prevention Volunteer?

Based in local GP surgeries, Self-care and Prevention Volunteers will help patients to access information about self-care, including:

- NHS Electronic Health Kiosks and how to navigate them
- health initiatives
- support groups for health conditions
- signposting, social activities and exercise classes.

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Join us and promote self-care within your community

Are you interested?

You will be:

- making a real difference to someone's life
- improving your confidence and motivation
- putting to good use your work related and people skills
- meeting new people from all different backgrounds and walks of life.

For more information or to apply, please contact YVHSC on 020 3603 2438 or email marina@yvhsc.org.uk

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