# Make your personal health pledge here



# **Useful contacts**

### I will help

#### Friends of St Mary's Hospital

www.fosmiow.co.uk (01983) 534405

#### **Organ Donation**

www.organdonation.nhs.uk 0300 123 23 23

#### **Sunshine Radio**

www.sunshineradioiow.co.uk

#### **IW NHS Volunteers**

01983 822099 ext 6411

**Give Blood** 0300 123 23 23

# I will be healthy and active

**Change 4 Life** www.nhs.uk/change4life **One Leisure** www.iwight.com/leisure

# I will use services in the right way

NHS Choices www.nhs.uk
What0-18 www.what0-18.nhs.uk

#### I will support my NHS

#### **Share your views**

www.iow.nhs.uk/contact-us/feedback/ tell-us-about-your-experience.htm

#### **Donations and Fundraising**

www.iow.nhs.uk/getting-involved/donations-and-fundraising/new\_page\_3.htm

#### **Care Opinion**

www.careopinion.org.uk

Need medical help or advice fast, but it's not a 999 emergency? **Call NHS IOW 111** 





# Give your NHS a helping hand



Help celebrate 70 years of the NHS. Give us a helping hand by making a personal health pledge today.





# My health pledge

Give your Island's NHS a helping hand by making a personal health pledge today. Whether it's pledging to turn up to your appointments, using services appropriately or leading a healthier lifestyle – raise your hand and pledge your support for the Island's NHS today!

Here are a selection of pledges to inspire you to help yourself and help your NHS.

# I will help by...

- volunteering either for the NHS or a support organisation.
- by knitting for example, booties for special care babies or twiddle muffs for dementia patients.
- fundraising for the Friends of St Mary's Hospital.
- supporting my community for example, by helping an elderly neighbour with day-today tasks or preventing loneliness.
- donating blood or helping save lives by adding your name to the NHS organ donor register.

# I will keep my appointments by...

- arriving on time.
- bringing everything I need.
- letting you know if I can't make it.

I'll also make sure I attend any health screenings and have my vaccinations.

# I will be healthy and active by...

- exercising more.
- eating healthily.
- drinking more water.
- stopping smoking.
- joining a club or taking part in a regular activity.

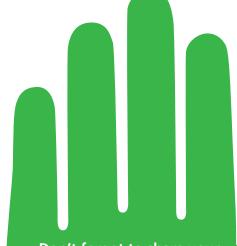
# I will use services in the right way by...

- visiting my pharmacy first.
- calling 111.
- using online resources such as NHS Choices (general advice) and What0-18 (children and young people's health advice).

# I will look after my NHS by...

- providing feedback on services and treatment - good and bad.
- being polite and courteous to staff.
- only requesting the medicines I need.





Don't forget to share your health pledge!

Take a photo of your pledge and share it with others on social media.

f @MyNHSpledge



#MyNHSpledge