

On the internet you can find lots of useful information, tips and ideas about keeping fit and advice on health and wellbeing issues. Hampshire County Council provides a wide range of services and advice for people of all ages, such as care for the elderly, local events and services for young and old alike.

## Keep fit

You can find lots of information online, whether you're looking for exercises to do at home or want to find a class near you that suits your abilities and needs.

If you enjoy walking or cycling, the internet is a great place to find routes, view detailed maps, read news about group events and more.



## Health and wellbeing

There are many websites and guides on the internet to help you with information on health and wellbeing. You can find out about services from the Council and useful ideas and tips to stay healthy and well.

The NHS provides a wide range of useful information online. This can help you to find a local doctor, dentist or hospital (see over). There is also a comprehensive set of medical self-help guides which cover many topics.

Some of the things you can find out about on the internet include how to :

- join slimming groups and chat to other people
  - find local fitness classes
  - find a local gym or swimming pool
  - find advice and information on health concerns
  - renew prescriptions by email
- .....and lots more.

Learn more at: [www.hants.gov.uk/computer-skills/fit-and-well](http://www.hants.gov.uk/computer-skills/fit-and-well).



## Fit and well

### There's a lot going on for older people in Hampshire

Find out what's going on in Hampshire to keep active and socialise, at the **Better time** website.

1. Go to [www.hants.gov.uk/bettertime](http://www.hants.gov.uk/bettertime)
2. On the left hand side of the page click **Keeping active and socialising**.

There's lots of helpful information on this site and links to many partner organisations that help older people . Have a click around and find out about events and activities in your area.

### Your health and wellbeing

Hampshire County Council works with many partners in health, the voluntary sector and other groups to improve the health and wellbeing of residents in Hampshire.

1. Go to [www.hants.gov.uk/adult-services/health-wellbeing](http://www.hants.gov.uk/adult-services/health-wellbeing)
2. Click on a link to a service that interests you, for example **Emergencies** or **Social and leisure**.

There are also useful guides, such as **Care at Home** and much more.

### Find a local NHS service

Find out information about your local doctor, hospital or pharmacy using the NHS choices website.

1. Go to [www.nhs.uk](http://www.nhs.uk) (see below \*)
2. Click on **Find Services**
3. Select the service you are looking for
4. Enter your location or postcode in the search box and click on **Search**.

You will see a list of the services in your area with lots of useful information, including their address, telephone number and whether they are currently accepting new patients.

\*Hampshire County Council is not responsible for the content of external websites