

Make your personal health pledge here



Why not cut out your pledge and stick it on your fridge as a reminder?

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.

[@MyNHSpledge](https://www.facebook.com/MyNHSpledge) [#MyNHSpledge](https://twitter.com/MyNHSpledge)

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-to-day 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.

 @MyNHSpledge

 #MyNHSpledge