

Making Every Contact Count in Coventry

Utilising every day contact with people to
improve healthy lifestyle behaviours



Physical Activity | Social Opportunities |

Stopping Smoking | Low Alcohol | Healthy Eating Intake

Wellbeing Contacts

Central Booking Contacts

First Point of contact for all community health services

0300 200 0011

Change Grow Live

Confidential drug & alcohol services for adults

024 7601 0241

Carers Trust Heart of England

One stop shop for unpaid carers of all ages

024 7663 2972 (option 1)

Healthy Lifestyles Team

Local authority public health team providing advice on healthy eating, exercise, stopping smoking & alcohol intake

0800 122 3780

Improving Access to Psychological Therapies (IAPT)

Service provided by the NHS for people who are feeling anxious, stressed, depressed or low in mood

024 7667 1090

Affordable Warmth

Advice on saving energy, changing supplier, fuel bills, grants for heating & insulation

0800 988 2881

Good Gym

Group of runners who run to help community projects & older adults with social visits and one off tasks

020 3432 3920

Admiral Nursing

Specialist dementia support for families at home

0800 888 6678

Citizens Advice

Offers support regarding housing, debt, consumer & legal issues

024 7622 3284

Cook Together Eat Together

Cooking club for residents of Coventry aged 55+

0800 464 0699

For further information about support, services & what's going on in your area. Visit the Adult Social Care & Community Directory webpage.

www.coventry.gov.uk/healthandsocialcare

