

[Back to listing](#)



Themes: Health and Wellbeing, Healthier Lives, Mental Health, Physical Disabilities

Aimed at: All People

Welcome to Your Health Notts. Nottinghamshire's new Integrated Wellbeing Service funded by Nottinghamshire County Council and delivered by ABL Health. We are here to help all residents of Nottinghamshire (excluding Nottingham city) get more active, eat healthier, manage your weight, drink less alcohol and stop smoking. We offer realistic and practical support for people to make life long healthy behaviour changes.

Area: Bassetlaw

Contact Details

yourhealth.notts@ablhealth.co.uk

0115 772 2515

<https://yourhealthnotts.co.uk/support-in-your-area-bassetlaw/>

[Back to Listing](#)