



# Do you want better access to your healthcare? Download the NHS App!

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and more! Book a help session today!



For **Chilwell/Beeston** area

Contact **Damian**

07584 268550

For **Stapleford** area

Contact **Pauline**

07900 670841

For **Eastwood** area

Contact **Paul**

07584 594206



**Integrated  
Care System**  
Nottingham & Nottinghamshire

Registration requires an email address,  
internet access, a smart phone or tablet,  
and a valid photo ID (such as a driver's  
licence, passport, or citizens card)