

# Take time out to look after yourself

Taking small, simple steps each day to look after yourself is called self-care.

This is important for your health and will also help you to look after your family better.

If you live and/or work in North Kensington and have been affected by the Grenfell Tower fire we can support you by providing free access to our Healthier Futures services, including:

Exercise and wellbeing services and advice, including:

- Women's only boxing and yoga
- Debt/legal advice

Group Services, including:

- Cooking classes
- Health workshops

Family services, including:

- Gardening
- Family coaching



**NHS**

North West London

**Are you ready to prioritise yourself?**

For further information on the full range of Healthier Futures services available visit: [www.grenfell.nhs.uk/nhs-services/self-care](http://www.grenfell.nhs.uk/nhs-services/self-care), scan the QR bar code, or speak to your GP practice (for signposting to your service of choice).

