

Useful Links

- www.nhs.uk
- www.skillsforcare.org.uk
- healthtalk.org
- www.cot.co.uk
- mind.org.uk
- www.skillsforhealth.org.uk
- The British Heart Foundation - bhf.org.uk
- Type I and Type II Diabetes information - diabetes.org.uk
- All forms of arthritis covered by - versusarthritis.org
- [British Nutrition Foundation](#)