

## Lewisham community learning disability health team

# Community nurses



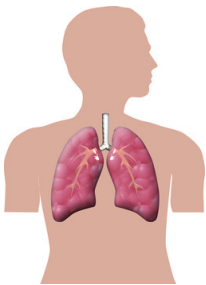
## An easy read guide

## What do the community nurses do?



The community nurses are here to help you be the most healthy you can be.

## How can the community nurses help me?



We can help you and your carer learn more about your health.



We can help you learn how to eat better and more healthily.



We can help you to lose weight and learn more about keeping fit.

## How else can the nurses help me?



We can help you to learn about epilepsy and other health conditions.



We can help you to find out more about relationships and safe sex.



We can help you to learn more about your medications and how to take them.



We can help you get ready for visits to the doctor or for hospital appointments.

## Other helpful information



You can call the community nurses on **020 3228 9620**.

If you prefer, you can ask a friend, carer, or health professional to call the team for you.

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