

# W:ISH – A new digital service to help you keep fit & well

We are working with Central London Community Healthcare NHS Trust, Sir Muir Gray and Digiatics Limited to create a new digital health & wellbeing service.



The team has created a new website called W:ISH (Wellness: Interactive Support Hub). The aim is to provide information and tools to help you keep fit & well, especially after lockdown.

Patients over the age of 65 are being contacted to ask if you would like to try out the new website and help up develop it. This pilot project will start from **26 April 2021**.



You will be given access to the new website and will be asked for your ideas and feedback throughout. To sign up see below – you can click the link, scan the QR code or call the helpline.

visit [www.nhswish.com](http://www.nhswish.com)



Or scan here to  
sign up

Helpline :

**01494 60 11 33**

Monday – Friday 9am – 5pm