



HEALTH OUTREACH TEAM



The Hounslow Health Outreach Team (HOT) is a community-based service that provides residents with information on local health and wellbeing support services.

We are here to guide you through the health system, and help you find the right services for your health needs.

We also offer **FREE:**



Blood Pressure Checks



Body Mass Index (BMI) Weight Checks



CO2 Checks



Advice on health concerns, such as diabetes, high blood pressure, dementia, falls prevention, mental health support plus many more services.

**Residents
can visit the Health
Outreach Team at:**

Treaty Centre, Unit 18, High
Street, Hounslow TW3 1ES

Opening times are:

Tuesday to Saturday
9am - 5pm

Closed Sunday and Monday

Visit www.hounslow.gov.uk/HOT for more information.



London Borough
of Hounslow



North West London



The HOT bus regularly travels across Hounslow, visiting residents in areas more convenient to them.

There is no need to book an appointment, just pop along and visit the team.



Scan here
for dates

Check out where the HOT bus will be next: www.hounslow.gov.uk/HOT



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