

## Useful Links

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