

NHS Fife – Your Prescription For Health

“Health is the state of complete physical, mental and social well-being, and not merely the absence of disease and infirmity”

- World Health Organisation (1948)

Your NHS Your Vote health board election

Fife NHS Election	Who	Vote Number
R: medication:	Aiveen Ryan	1
Disp.: dispensing instructions:	Give every person a vote each to save NHS Fife	1
Sig.: patient instructions:	Place a number 1 beside the name Aiveen Ryan. Post your vote back. Start your journey to holistic health today.	1

***** No need to re-order drugs using this form *****

**** Simply Post Your Vote Back by 8 June to be counted ****



Call Aiveen on
01383 411078
or email

change@aiveenryan.com

Aiveen Ryan

Aiveen Ryan is a practising behaviour therapist, trainer and change management consultant. She helps people overcome self limiting beliefs (develop confidence, self-esteem and a positive outlook), change unwanted behaviours (smoking, weight loss, phobias etc), and can work with individuals groups and companies. She offers discounts for the voluntary sector and welcomes enquiries on any area.

After many years working and volunteering in charities and social enterprises, Aiveen knows only too well the huge role voluntary organisations play. In the current political / economic climate, this role is going to be tested to the limit and Aiveen believes that this is an opportunity for us to redefine our health and public services and the way in which they are delivered.

Aiveen believes we need to have a fresh look at how we do things – including fully engaging with the voluntary sector as ‘smart partners’ whilst respecting the need for full cost recovery to truly power-up any new initiatives. The NHS and local authorities have much to learn from the voluntary sector including how services can be delivered efficiently, effectively and holistically.

The voluntary sector is well placed to thrive in the coming months and years and has the energy, skills and flexibility needed to fully partner any potential health initiatives with the NHS and local authorities here in Fife.

For more information on or to contact Aiveen Ryan

- view her profile on LinkedIn,
- visit her website www.aiveenryan.com (currently being constructed)
- email her change@aiveenryan.com

or call her

- land 01383 411 078
- mobile 077 964 963 22

Aiveen Ryan B.A., M.Sc., Dip CBT, MPNLP, GQHP
Performance enhancement and behaviour change
Training and change consultancy