

## Who is it for?

Anyone between the age of 40 to 74 years of age without any pre-existing health conditions.

## Why should you have it?

NHS Health Check helps prevent:

**Dementia**

**Heart Disease**

**Stroke**

**Diabetes**

**Kidney Disease**

**Obesity**



## How is it done?

**Step 1:** You will receive a letter from the surgery inviting you for a **NHS Health Check**

**Step 2:** A health professional will take your **blood pressure, height, weight, ethnicity, family history** and also ask you about your **exercise/fitness levels, alcohol intake and smoking status**. A discussion on dementia can take place if appropriate.

Following this, blood tests will be requested to check for **diabetes and Cholesterol** levels, this will help determine your cardiovascular risk.

**Step 3:** Personalized follow ups will be arranged with your GP to help reduce any risk factors, this may include starting you on **medications**, monitoring your blood test results or referring you to appropriate services.



## SCREENING FOR CANCER:

### Cervical Cancer Screening :

Age	When you're invited
Under 25	up to 6 months before you turn 25
25 to 49	every 3 years
50 to 64	every 5 years
65 or older	only if 1 of your last 3 tests was abnormal

### Breast Cancer Screening:

Women aged **50 to 71** should have breast cancer screening once every 3 years.

### Bowel Cancer Screening:

Anyone between **56 to 74** years old should have a test kit sent to them once every 2 years. If you are over **74 years** you can ask for a free kit every 2 years by calling **0800 707 60 60**.

*Please inform the surgery of your Ethnicity to help us provide services more tailored to your needs and also to monitor the care provided.*

*People with Learning Disabilities can request for longer appointment times.*

## USEFUL CONTACTS/ RESOURCES

### Language Barrier?

You can ask for an Interpreter when booking an appointment.

If you are a Migrant, you can still register at the surgery, please ask at reception for more details.

### Need Help getting Active?

Visit [www.theaws.co.uk](http://www.theaws.co.uk) or call 01217287030

### Help with food, clothing or a friendly chat?

<https://theaws.co.uk/relief/>

### Looking to join a Faith based Community?

Have a look at this website which lists a diverse range of faith-based communities. Give it a try, you might find one you like.

<https://the-waitingroom.org/fc#block>

### Lonely?

Loneliness and Social Isolation can have a negative impact on mental Health, especially in the older population.

Call 01217488111 or email [sarah.powers@compass-support.org.uk](mailto:sarah.powers@compass-support.org.uk)

### Help with IT/Computers?

Contact 01217488111 for help with IT and computers.

### Homeless?

And need urgent accommodation, visit, <https://www.sifafireside.co.uk/>

### Mental Health Crises?

Give a shout to : <https://giveusashout.org/>  
You can just send a text for confidential and anonymous help.

### Gardening for Mental Health and Learning Disabilities

Be a part of Dig-it Crew! <https://www.-gro-organic.co.uk/gardening-for-mental-health-disabilities/>

Useful resource for people with Learning Disabilities <https://carefirstltd.co.uk/>

## NHS HEALTH CHECK

GET A  
**FREE NHS**  
HEALTH  
CHECK  
AT YOUR  
SURGERY