

Bexley Health Neighbourhood Care CIC (BHNC)

Health Awareness Day

Saturday 1st February 2025 – 10am – 1pm

Bexley Civic Offices – 2 Watling Street, Bexleyheath, DA6 7AT

Bexley Health Neighbourhood Care (BHNC) will be delivering a health awareness day at Bexley Civic Offices for residents of Bexley Borough, to offer people the chance to engage with our Diabetes Education team, Stop Smoking service and if eligible receive an NHS Health Check. We will also have partner organisations in attendance from National Diabetes Prevention Programme and local exercise referrals schemes.

If you would like to book for an NHS Health Check for this event please call our team on **0208 176 5505** and we can book you in.

Are you aged 40 – 74, with no pre-existing health conditions?

If so you could be eligible for an NHS Health Check to assess your risk of developing diabetes and cardiovascular disease . We will be offering a number of NHS Health Checks on site on the day but also booking into future clinics throughout the borough.

Are you a smoker thinking of giving up? We are here to help.

Our stop smoking advisors will be on hand to support you, offer advice and book you into one of our stop smoking clinics.

Do you have type 2 diabetes? Would you like to learn how to manage your diabetes and reduce the risk of future complications.

All patients in South London living with Type 2 diabetes are eligible to attend structured education. If you would like to find out more about the course options our advisors will be on hand at this event to support you and potentially book you onto a course.

BHNC is a GP Federation supporting the 21 Bexley Practices and 4 PCNs who are working collaboratively to enhance the health and wellbeing of Bexley residents, covering over 246,000 patients. The goals of BHNC are to work strategically with all Bexley PCNs, to help secure the best services for patients whilst working together, to support the member practices in the challenges of a changing NHS.