



**South
Nottinghamshire**
Place-Based Partnership

SEPTEMBER

TARGET AREA:

CARDIOVASCULAR

RISK



NHS

**Nottingham and
Nottinghamshire**

Supporting people in South Nottinghamshire.

Health Checks & Blood Pressure Checks.

You should have a blood pressure test if you're worried about your blood pressure at any time.

If you're over 40, you can have this test done as part of an NHS Health Check, which is offered to adults in England aged 40 to 74 every 5 years.

Scan QR or visit:

<https://www.nhs.uk/conditions/nhs-health-check/>



Know Your Numbers! Week 2nd - 8th September.

Get involved with British Cycling's Community Groups.

Meet and ride with like-minded people, share experiences together and make lasting friendships.

British Cycling – Let's Ride is a database of rides, routes and groups so that people can search to find their nearest one

Scan QR or visit:

<https://www.bloodpressureuk.org/know-your-numbers/know-your-numbers-week/>



Visit your pharmacist for a blood pressure check.

Across Nottinghamshire many pharmacies offer free blood pressure checks.

To check eligibility and find a pharmacy near you scan the QR code.



Heart Age Test.

Ever wondered how healthy your heart is? The Heart Age Test: Tells you your heart age compared to your real age Explains why it's important to know your blood pressure and cholesterol numbers Gives advice on how to reduce your heart age Scan the QR code to take the short quiz.

Scan QR or visit:

<https://www.nhs.uk/health-assessment-tools/calculate-your-heart-age>



NHS Food Scanner App.

With a speedy scan of your family's favourite foods, you can find healthier swaps for next time you shop. Just scan the barcodes of your family's favourite foods, swipe to see the healthier options available, and make a swap next time you shop.

