

I'm Tom from [Our Future Health](#), the UK's largest ever health research programme established in partnership with the NHS and the UK Government, and supported by leading charities and universities. Our aim is to help people live healthier lives for longer through the discovery and testing of more effective approaches to prevention, earlier detection, and treatment of diseases such as diabetes, heart disease, cancer, stroke, and dementia. We're inviting people from all backgrounds across the UK to take part by sharing information about their health and lifestyle through a one-off appointment and online questionnaire. This will help us build one of the most detailed pictures we've ever had of the nation's health. At the appointment, our participants will have the opportunity to learn more about their health through measurements such as blood pressure and heart rate. Our Future Health also plans to offer participants the option to receive information on their risk of certain diseases in the future.

I'm writing to let you know that we will be offering walk-in appointments for people to sign up in person at our mobile clinic in Harrow at ***Greenhill Place, Harrow, HA1 2EB***, from the **25th to 28th September**. Pre-booked appointments will also be available between the **29th of September and 1st of October**, with registration required via our [website](#) in advance.

Our Harrow clinic opening times are:

- **Monday – Friday: 11:00am – 6:00pm**
- **Saturday: 11:00am – 5:00pm**
- **Sunday: 11:00am – 3:45pm**

With a convenient and welcoming mobile clinic presence, we hope to engage a diverse range of participants in Harrow who might not otherwise have the opportunity to take part in health research. We would therefore be very grateful if you could help support this by sharing information about our Harrow clinic and the research programme with your network and/or the local community. A poster with clinic details is attached for your convenience, and please don't hesitate to get in touch if you would like any additional materials, such as tailored quotes or messages