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# MEDIA RELEASE

# 023/23 8 February 2023

**Free NHS health checks offered to residents in Wealden**

Free NHS health checks are to take place across the Wealden district in partnership with One You East Sussex.

Wealden District Council is delivering a Wealden roadshow provided by One You East Sussex, a free holistic lifestyle service for residents of East Sussex.

The NHS Health Check is a free check-up designed to spot the early signs of strokes, kidney disease, heart disease, type 2 diabetes or dementia.

Residents aged 40-74, who haven’t had a stroke or don’t suffer heart disease or kidney disease, are eligible for an NHS Health Check every five years. Residents who have been diagnosed with high blood pressure, high cholesterol or diabetes will not be eligible.

The roadshow will visit Hailsham, Crowborough, Uckfield, Heathfield, Polegate and Forest Row to promote and raise awareness of positive health behaviours.

Councillor Pam Doodes, Wealden’s portfolio holder for Community, said, “This is a great service on offer for residents. I would encourage anyone who has not had a health check in the last five to take the opportunity and go along.

“The health checks will provide communities with accessible health care and an opportunity to discuss any health concerns they may have with Health Coaches.”

The health check will include taking height and weight measurements and some blood samples to analyse sugar levels and cholesterol. Residents will also be able to discuss any medial questions, talk about family medical history and to receive support, if needed once their results come back.

The council hopes that by bringing partners like One You East Sussex to different towns across our district, health services are more accessible.

**Dates and locations for the health checks:**

Tuesday 7th March from 10am to 3pm – Hailsham, Vicarage Lane car park

Tuesday 14th March from 10am to 3pm – Crowborough, Croft Road car park

Tuesday 21st March from 10am to 3pm – Uckfield, Luxford Field car park

Tuesday 28th March from 10am to 3pm – Heathfield, Station Road East car park

Tuesday 4th April from 10am to 3pm – Forest Row, Hartfield Road car park

Tuesday 11th April from 10am to 3pm – Polegate, Town Council car park

Tuesday 18th April from 10am to 3pm – Hailsham, Vicarage Lane car park

**For further information please contact:**

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