



Rye College
The Grove, Rye, East Sussex TN31 7NQ
T: 01797 222545 E: office@ryeacademytrust.org
www.ryecollege.co.uk

Executive Headteacher: Mr Barry Blakelock
Head of College: Mr Dom Downes

14th March, 2019

Dear Parents and Families,

RE: Free NHS Health Check – Friday, 22nd March

I am delighted to be able to extend an invitation to families for a free NHS health check in Rye.

Checks are available to those aged between 40 and 74 (please see eligibility criteria overleaf to see if you can participate). The check is completed by an NHS Health Check Practitioner and involves measuring BMI, blood pressure, heart age, cholesterol, a pre-diabetes risk as well as some questions around lifestyle such as alcohol consumption, exercise, smoking etc.

All the results are instant and referrals can be made to free health & wellbeing services for any recommended follow ups. The Practitioner will send a copy of the health check findings to your GP for further discussion as appropriate.

The checks will take place in the Children's Centre (next to Rye Community Primary School) on Friday, 22nd March and we have six 30 minute appointments available. If you would like to take advantage of this offer, please e-mail office@ryeacademytrust.org with your name, contact number, AM/PM preference and confirmation that you meet the eligibility criteria. Places will be allocated on a strictly first come first served basis and we will contact you to arrange your booking.

Yours sincerely,

Mr D. Downes

Head of College



Rye College

The Grove, Rye, East Sussex TN31 7NQ

T: 01797 222545 E: office@ryeacademytrust.org

www.ryecollege.co.uk

Executive Headteacher: Mr Barry Blakelock

Head of College: Mr Dom Downes

Eligibility Criteria for Health Checks:

- * Are you a resident of East Sussex?
- * Are you aged 40-74?
- * Do not already have or receiving treatment for: heart disease, stroke, diabetes, kidney disease, high cholesterol or high blood pressure.
- * Have not had a Health Check in the last 5 years.

The Check will:

- * Ask some details so we can register you.
- * Take your blood pressure and take some measurements such as your height and weight.
- * Take a finger prick blood sample to analyse your cholesterol and maybe your blood sugar.
- * Ask some questions about you, your lifestyle and your family's medical history.
- * Show you your results and indicate ways that could help you improve them if required.

