



In-reach health checks & workshops

This document details organisations you can contact in Westminster to run in-reach health checks or health workshops. It also provides resources for staff to run health sessions along with a calendar of national health campaigns and resources.

[Groundswell's resource hub](#) provides leaflets, posters, films, podcasts, and workbooks on a whole range of physical and mental health topics. Use the search function to find information useful to you or the people you support.

[Groundswell's GP Preventative Care Health guide](#) lists the health checks that everyone is entitled to as well as the ages for health screening e.g., bowel testing kit should be offered to men and women aged 60 to 74.

Details	Information	To register	Information sheet
Eye tests, by Specsavers	<p>Specsavers offer eye tests for those that are living in sheltered accommodation and can't make appointments at a branch.</p> <p>To book this you will need to provide:</p> <ul style="list-style-type: none"> • A client list - with room or flat numbers • Date of birth. • Date of last eye test. • Benefits received. • Medication prescribed. <p>It's a good idea to send in the above details for each resident so that even if resident declined an eye test beforehand, they have an opportunity to accept an eye test on the day.</p>	<p>Book online or call 0203 759 5739</p> <p>If this is something you would like help organising, email anna.midgley@groundswell.org.uk to discuss further</p>	<p>Groundswell's action update on eye health</p> <p>Information sheets: eye conditions, looking after your eyes, having an eye test</p>
Eye test online	Online eye test for clients via a computer	Online test	
Hearing test (online)	Online hearing test for clients via a computer	Online test	Support with poor hearing
Hep C test (via post)	<p>Free, confidential hepatitis C test at home. You prick your finger to get some blood and then send the blood to get tested.</p> <p>Hepatitis C can be treated with a free course of tablets from the NHS. For most people, hepatitis C is cured after taking the tablets for 8 to 12 weeks.</p>	You can order the test here .	Groundswell's Hep C health guide



Details	Information	To register	Information sheet
Oral health information sessions	Alison Fraser from CLCH can visit your service and deliver oral health information sessions.	Contact Alison: alison.fraser15@nhs.net	
Find and treat Mobile Health Van	Find & Treat's Mobile Health Van can provide TB testing as well as a range of health checks. Services working with clients experiencing homelessness are welcome to contact the team to see whether they could provide screening at your service (usually every 6 months)	Contact uclh.bbv@nhs.net	
Lung Health	Lung health online survey can help identify if someone has a breathing disorder and points to help.	https://breathtest.blf.org.uk/	Groundswell's Room to Breathe report here .
STI testing (via post)	Sexual transmitted infections testing kit (via the post) for those with mild or no symptoms and would like to get checked.	Order the kit here . More information on self-sampling here .	Your right to cervical screening health guide
Workshops by British Red Cross	In person workshops. Topics include: Adult first aid, Youth first aid (up to 19), Tackling loneliness, Adapt and Recovery from adversity Book here . Online workshops (via Microsoft teams). Topics include: Supporting connections, Tackling loneliness, First aid, Adapt and Recovery from adversity Book here .		
Workshops run by your services	There are various resources put together already for staff to run health workshops. https://groundswell.org.uk/resources/building-resilience-programme/		



Calendar of [National health campaigns](#)

MONTH	DESCRIPTION	RESOURCES
Jan	Dry January	https://alcoholchange.org.uk/get-involved/campaigns/dry-january-for-workplaces
Feb	World Cancer Day 4 February	https://www.worldcancerday.org/materials
March	Nutrition and hydration week 11-17 March 2024	https://nutritionandhydrationweek.co.uk/
April	Stress Awareness Month	https://www.stress.org.uk/
May	Mental health awareness week	https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week
	Asthma awareness day	https://www.evergreen-life.co.uk/health-wellbeing-library/what-is-asthma-awareness-month/ Videos from Asthma UK https://www.asthma.org.uk/advice/inhaler-videos/ Videos from NHS on inhalers https://medicines.necsu.nhs.uk/resources/respiratory/inhalertechnique/
June	Healthy eating Week	https://www.nutrition.org.uk/healthy-eating-week/
	Men's health week	https://www.menshealthforum.org.uk/mhw/
	Diabetes awareness week	https://www.diabetes.org.uk/diabetes-week
July	Alcohol Awareness Week	https://alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week-1/about-alcohol-awareness-week/take-part-in-alcohol-awareness-week
August	Cycle to workday	https://www.cyclescheme.co.uk/cycletoworkday
Sept	World Suicide prevention day 10 September	https://www.iasp.info/wspd/
	World Sepsis day 13 th September	https://www.worldsepsisday.org/
Oct	Stoptober – 28 day stop smoking challenge	https://thestoptober.co.uk/
	Breast Cancer Awareness month	https://breastcancernow.org/get-involved/breast-cancer-awareness-month
	World menopause day	https://www.imsociety.org/education/world-menopause-day/
Nov	Movember – men's health month	https://uk.movember.com/
Dec	World Aids Day 1 st	https://www.worldaidsday.org/about/