



Executive Summary

Being Well in the West Community Health Event

A partnership health event between HKP, Here and the West Hove PCN aiming to improve communication and access between patients and professionals/local health services.

“Events like today, hosted and organised by the Hangleton and Knoll project, engage patients who would otherwise be missed by traditional healthcare services. This is key in triggering change within the community and reducing our local health inequalities – and demonstrates the power of collaboration with the VC sector”

(Dr Rowan Brown)

Event Outcomes

154 Attendees
514 clinical conversations/referrals
2 patients referred into MSK services
7 hypertensive patients identified
4 high glucose levels identified
73 referrals to non-clinical services
55 complementary therapies provided
43 digital health support interventions

Outcomes for Attendees

96% of people attending said they had improved knowledge of health issues.
86% of people said they felt less isolated
100% said they had an improved knowledge of health services.
98% said they felt more confident in managing their health and wellbeing.

BEING WELL IN THE WEST
FREE WELLBEING EVENT
 Saturday 12th
 October
 10.30am-1pm
 St Richards
 Community Centre
 Blood pressure checks
 Glucose checks
 Drop in physio advice

Meet and chat to:
 Health Trainers
 Social Prescribers
 Community Pharmacists
 NHS App support
 Breast cancer roadshow
 Plus much more....

Limited treatments available:
 Ear Acupuncture
 Hand Massage
 Shoulder/Neck Massage

FREE REFRESHMENTS AND HEALTHY SNACKS
 Please contact Claire Hines for more information:
 Tel: 01273 410858 claire.hines@hkproject.org.uk
 ST RICHARDS COMMUNITY CENTRE, EGMONT ROAD, HOVE, BN3 7FP
 Bus Routes: 2, 16 and 66

