

Your GP records show that you have not had your annual physical health checks in the last 24 months. We understand this could be due to several different reasons. To ensure you are served better, your GP has partnered with Core Sport to make contact to understand what is going on and how you can be supported. Core Sport can also offer you the opportunity to have your physical health checks within their premises, at your GP practice or at home, if necessary.



# What is a health check?

Annual Physical Health Checks are done to pick up on signs that someone may be at risk of diabetes, stroke or heart problems. This means action can be taken quickly before these issues become more serious.

A full physical health check includes:

1. **Blood pressure and pulse** – your blood pressure and pulse will be checked.
2. **Blood glucose** – a blood sample will be taken for a blood test, where the level of glucose (sugar) in your blood will be checked.
3. **Height and weight** – you will be asked your height and be weighed during your appointment.
4. **Blood lipid** – a blood sample will be taken for a blood test, where the level of cholesterol in your blood will be checked.
5. **Smoking** – you will be asked whether you smoke.
6. **Alcohol** – you will be asked how much alcohol you drink.
7. **Lifestyle** – you will also be asked about your lifestyle, including how well you eat, how much exercise you do.
8. **Substance use** – you will also be asked about any use of illicit substance/non-prescribed drugs.
9. **Medication review** – Core Sport can support you to meet with your GP for a review of your medication.

As part of this partnership, Core Sport team would therefore like to get in touch to chat with you about your current circumstances and describe and offer to you what services they have available that might be of interest.



**corearts** promoting positive mental health

1 St Barnabas Terrace, London E9 6DJ | Charity no: 1043588 | Company no: 2985939

corearts.co.uk |  coreartshackney |  coreartshackney

Service provided by



# Who are we?

**Core Arts & Sport** is a community of like-minded people who promote positive mental health, based in Homerton the charity has a strong ethos around physical health being essential to mental wellbeing and playing a part in so many aspects of living.  
[www.corearts.co.uk/sport](http://www.corearts.co.uk/sport)



Core Arts is a community organisation working closely with your GP practice to offer Physical Health Checks and a range of other community-based activities, specifically to those who have been living with certain mental health conditions.

Core Sport offers a range of activities throughout the year such as swimming in the Olympic pool, Gym access to the state-of-the-art Copperbox centre, cycling at the Velodrome, Padel and Tennis at Lee Valley, as well as Dance, Yoga, and stretch & relaxation techniques. It may be that you would like to go with others to see the football, or white- water rafting or maybe the sound of a Gong Bath tempts you. Whatever suits you.

People join Core Sport to have fun, experience new things, learn, relate and be part of something inspirational which creates positive change. The idea is that you will be better informed about your health and therefore make informed decisions around this and your health. We appreciate you may not have seen a GP for many reasons, and we understand there are many reasons.



★ Core Sport will be in touch to better understand, and hopefully help in some ways. Expect a call from 07584829096 (Ricky) to chat more about your options. We may call from 02085333500 (Core Arts main office) also.

**You are welcome to come to our weekly drop in at Core Sport Mondays 11-12pm @ 109 Homerton High street, ask for Ricky on arrival.**

**corearts promoting positive mental health**

1 St Barnabas Terrace, London E9 6DJ | Charity no: 1043588 | Company no: 2985939

[corearts.co.uk](http://corearts.co.uk) | [f coreartshackney](https://www.facebook.com/coreartshackney) | [@ coreartshackney](https://www.instagram.com/coreartshackney)



Service provided by

