



BHM collaborates extensively with local community groups and businesses to bring NHS specialists offering health checks right into the heart of the community. BHM health and wellness collaborations are planned in Barbers, such as Mane Culture in Neasden for the Afro Caribbean Community; Harlesden Library, Carnival De Livro for the Brazilian Community, Chalkhill Community Centre for the Ethiopian Community

BHM are aware that shift pattern working is notorious for negative health outcomes. They collaborate with food manufacturing factories where a high population of Indian day and night shift workers can be found. Similarly, BHM collaborate with Mosques. These 'drop in' events breathe new life into how residents access NHS health professionals. Especially where getting a GP appointment and/or attending a GP appointment can be tricky.

The process is straight forward, there are volunteers on hand to assist residents in the completion of a simple form with their details, then move through a series of mini appointments for checks such as blood pressure or testing blood sugar. There is access to health and oral specialists on hand. These drop in events are proving to be successful at getting many aspects of resident's health checked at one event.

Continue listening to our reports to keep up to date with the latest programmes

## STAY TUNED!

