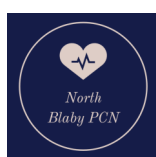
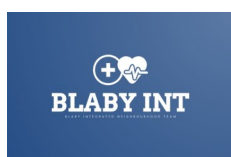
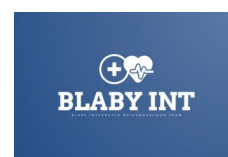


Blaby Health & Wellbeing Festival

Join us on Saturday 20th January 2024



09:00 - 14:00



Come along to learn more about the services available at your local GP surgeries and support provided by our fantastic neighbourhood partners in the community.

Supported and hosted by North Blaby and South Blaby & Lutterworth Primary Care Network

North Blaby Primary Care Network

The Limes Medical Centre

65 Leicester Road, Narborough LE19 2DU

Forest House Medical Centre

2a Park Drive, Leicester Forest East LE3 3FN

Kingsway Surgery

23 Kingsway, Braunstone LE3 3RU

Enderby Medical Centre

Shortridge Lane, Enderby LE19 4LY

South Blaby & Lutterworth Primary Care Network

Northfield Medical Centre

Villers Court, Blaby, Leicester LE8 4NS

Countesthorpe Health Centre

Central Street, Countesthorpe, Leicester LE8 5QJ

Hazelmere Medical Centre

58 Lutterworth Road, Blaby, Leicester LE8 4DN

Wycliffe Medical Practice

Gilmorton Road, Lutterworth LE17 4EB

Who is attending? Turn over the page to see some of the great services on offer.

The Masharani Practice

Gilmorton Road, Lutterworth LE17 4EB

Blaby & District Social Centre
Leicester Rd, Blaby LE8 4GQ

Please join us for the first Blaby Health & Wellbeing Festival supported by the Blaby Integrated Neighbourhood Team. There will be fantastic people in attendance to support you with your health questions including but not limited to the following:

Primary Care Update & Future Planning —Dr Danny Jones and Dr Ricky Badiani (*Clinical Directors of the Primary Care Networks and working General Practitioners in the Blaby District*)

Cancer Screening —Do you have questions about Cancer Screening? Learn more about screening and early detection from our dedicated Cancer team.

Health & Digital Champions —NHS App support and guidance on how to setup and use the app to access your medical records such as Pathology results, book appointments and much more.

Bodie Hodges Foundation —Fundraising for a local family bereavement support charity.

Digital Weight Management Team —Find out more about the NHS free digital weight management programme for adults living with obesity and either Hypertension, Diabetes or both.

Diabetes Prevention and VitaMinds—Come along to a talk and learn more about the Diabetes Prevention Programme and living well with Diabetes. Learn more about the free talking therapy and counselling service available to the community.

Active Blaby—Pre and post natal physical activity information. Information on how to access the active Blaby services through their website.

Lifestyle Support—Opportunity to have your Blood Pressure, Height, Weight and Cholesterol checked by one of the team.

PURE Physio — Highlight on MSK Physio services available in your local Blaby PCNs and Practices. Test your reactions with the PURE Physio reaction challenge.

Blaby Schools Health Champion Network - Childrens sporting activities including soft archery and the opportunity to learn more about holistic support for children in their local schools.

Home First and Community Therapies LPT—Pop-up walking aid clinic for patients aged 18+. Bring along your walking aids for a full MOT, or if you want advice on your aids, come along and talk to one of our team.

Mental Health Support— Learn more about the services commissioned by Blaby District Council to support patients with mental health including Wellbeing HUBs and Mental Health Cafes.

Social Prescribers—Discover what opportunities are available through your registered GP practice supporting health and social needs.

Smoking cessation — Ready to quite smoking? Talk to one of the dedicated team about how to start the process.

Smoothie Bike—A chance to create and blend your chosen fruit and vegetable smoothie using our smoothie bike, part sponsored by Enderby CO-OP.

Leicestershire Fire and Rescue Service — Come and join our local Fire Team who will be bringing a Fire Engine (subject to availability).

Mini First Aid— Do you have a child aged 3 and under? Try a taster session and learn more about children and baby first aid.

Butterflies and Beasties Facepainting— Free face painting for all children.

The festival is open to all ages with fun interactive activities for Children and the fantastic opportunity to ask questions and learn more about the health offer available locally.