The Blaby Integrated Neighbourhood Team which brings together wider stakeholders of health and social care supporting the population of Blaby District would like to invite you to attend the 2025 Blaby Health Event on **Saturday 1st February**. This event will be open to all patients from **09:00** until **14:00** and will be hosted by Blaby District in their Council Chambers.

**Blaby District Council Offices, Blaby District Council, Desford Road, Narborough, Leicestershire LE19 2EP**

Our hope is to highlight some of the fantastic services patients have available to them with many of these available without the need of a referral. On hand to support you on the day will be members of the District Council who have very kindly supported this event by offering the venue and play an integral part of the ongoing work the INT and wider teams deliver. There will also be the two main Primary Care Networks that cover the district which are organisations made up of the local GP surgeries and support from our colleagues at LPT which have supported this event.

We have included a list of some of the areas that will be in attendance, and it would be great to see you there. If you have any questions for us, please feel free to drop in and ask.

**Blaby District Council** – The Active Travel team will be onsite with great ideas for alternative travel ideas including the opportunity to try some of the services currently available include e-scooters. In addition, the Active Together team will be on hand to talk you through the wide range of courses and activities available in your local area.

**Primary Care Networks** – Our Social Prescribing Link Workers will be on hand to advise you about their fantastic work supporting patients access services and support in their local community. There will also be the pharmacy team on hand to offer health checks including a blood pressure check, height and weight, lifestyle advice, inhaler and/or medication advice and Atrial Fibrillation checking with our single lead ECG machine – No appointment needed.

**Fibro Scan** – This year we will be joined by the Fibro Scan team who will be on hand to advise you all things liver including alcohol advice and during the morning only, there is the option to have your liver scanned by a trained health professional with results available immediately.

**Leicestershire Partnership Trust (LPT)** – Our community mental health lead from LPT will be joining us and will be able to offer your advice and guidance on what services are available in your local area including the cafes and community spaces.

**LLR Cancer Team** – We will be joined by the team from Leicester, Leicestershire and Rutland ICB who will be able to guide you through the cancer screening programmes currently available through the NHS. They will be able to answer and concerns you may have prevented you from undertaking the screening services and much more.

**Quit Ready** – The fantastic team from Quit Ready will be joining us this year and will be offering support and information on smoking and vaping both with adults and for children. If you have any questions relating to stopping smoking or concerns about your children, please come along and speak to this wonderful team.

**Age UK** – There will be two offers from Age UK this year with a designated individual advising on the fantastic support offered to patients living with Dementia including support for the families and/or carers. We will also be joined by the menopause team who can advise on the services currently available in your local area.

These are just some of the teams who will be involved in the day, and we are estimating over 30 shareholders will be onsite to offer you support and advice. The day runs from 09:00 until 14:00 at Blaby District Council Offices, Desford Road, Narborough, Leicestershire LE19 2EP.

We are lucky enough this year to be joined by the Leicester City Football Clubs mascot – Filbert Fox. Why not come along and have a photo with him and see what fantastic health and wellbeing opportunities we have in Leicester.

