



B&D HEALTH INEQUALITIES NETWORK

MEN'S HEALTH DROP IN-CLINIC



1PM – 5PM
FRIDAY 7TH JUNE
DAGENHAM LIBRARY
RM10 9QS

FREE ENTRY!

- FREE Blood Pressure Check
- GP Health Discussions
- Mental Health Support
- Bowel Screening Talks
- Diabetes Prevention
- Social Prescribing
- Stop Smoking Service
- Drug & Alcohol Advice
- Cost of Living Advice
- Health & Fitness Advice
- Housing & Money Advice

FREE Refreshments & Snacks

FREE Hand & Shoulder Massage

THIS NOT AN EMERGENCY SERVICE. FOR URGENT ASSISTANCE PLEASE CALL 999

Barking & Dagenham



Change Grow Live

East One Primary Care Network

NHS Digital Facilitation Team

CRANSTOUN
Empowering People, Empowering Change

NELFT NHS

NHS Foundation Trust

Barking & Dagenham TALKING Therapies



Mind Havering

PositiveEast
better futures for positive people

HEALTHIER YOU
NHS DIABETES PREVENTION PROGRAMME