**Volunteering as an NHS Health Checks Champion**

**About the opportunity**

Free NHS Health Checks can be a life-saver. They allow people to spot early signs of things like high blood pressure or heart disease. NHS Health Checks are available to anyone in the age range of 40 to 74 who doesn’t have a pre-existing condition, and they are available at local GP surgeries.

We are currently recruiting Health Checks Champions to volunteer in March and Wisbech to raise awareness of the service.

This is your opportunity to get involved with the free NHS Health Checks scheme so you can help your friends, family and neighbours live a longer and healthier life.

**What’s involved?**

There are three simple steps being an NHS Health Checks Champion:

1. Speak to friends, family and neighbours about free NHS Health Checks and find out if they are eligible to get a check.
2. Explain to them that they should get a free NHS Health Check because it will help them take control of their health and enjoy health benefits now and in later life.
3. Give a recommendation slip to anyone who is interested in getting one and ask them to hand it in at their GP practice.

In return for the time you spend, you can earn Time Credits. You’ll be able to use these at theatres, cinemas, and football clubs, including places like The Light Cinema and The Junction. You can also use them on activities across the country, in places like St Paul’s Cathedral and Blackpool Tower.

**Further information**

If you would like to find out more about becoming an NHS Health Checks Champion, contact: **0800 612 2182**

You can find out more about free NHS Health Checks by calling this number by visiting this website: [www.cambridgeshire.gov.uk/NHShealthchecks](http://www.cambridgeshire.gov.uk/NHShealthchecks)