

Executive Summary

Healthy Heart: Community Health Event

A partnership health event between HKP and Mile Oak Medical Centre to improve communication and access between patients and local health services with a focus on heart health.

The event took place on the 30th January 2025 at Mile Oak Medical Centre and 94 people attended.

Event Outcomes

94 Attendees
184 Conversations
14 Referrals/signposting
227 Interventions (advice/leaflets)
35 Glucose Testing (7 hyperglycaemic)
38 Liver health check (12 fatty liver)




HEALTHY HEART A FREE community health event

Thursday
30th January
10am-12pm

An opportunity to drop-in, meet and chat to local health services – with a focus on heart health at Mile Oak Medical Centre

Services available include:

- Glucose checks
- NHS App/digital health support
- Active for Life
- Gloji – Weight management
- Age UK – Social Prescribing
- FibroScan

FibroScan:
Take charge of your liver health!
A free, quick, non-invasive scan to check the health of your liver - liver health advice and results received immediately, no booking required!

Mile Oak Medical Centre,
Chalky Road,
Mile Oak,
Brighton, BN41 2WF
Open to everyone
For more information please contact Claire
Hines: claire.hines@hkanproj.org.uk,
tel: 07422 602631

The Hangleton & Knoll Project
Mile Oak Medical Centre
WEST HOVE
NHS
Sussex

“It’s clear this is a hugely popular event that patients have really engaged with which is brilliant, so more events of this type would be beneficial to the community”

Lisa Winney, Practice Manager Mile Oak Medical Centre

Healthy Heart: Community Health Event

Aims:

- To create opportunities for communication between patients and health services.
- Build trust between patients and health services.
- Provide information about local services – understanding roles and functions of local groups.
- To promote self-care and well-being.
- Reduce health inequalities.



Services attending the event were -

- Community Pharmacy
- Gloji – weight management services
- Active for Life team – health trainers, smoking cessation.
- Age UK – Social prescribers.
- Act on Cancer Together – improving cancer screening intake.

Tests provided were –

- Glucose Testing
- FibroScan – Liver Health check



Event Outcomes –

184 conversations took place across all the stalls at the event.

14 people were referred to or signposted to their GP or other clinician.

227 interventions were carried out (advice provision, leaflets)

35 people had their blood glucose levels tested – 7 people were identified as having high blood sugar levels.

38 people had a liver health check and were provided with advice around lifestyle changes to support their liver health – 12 people were identified as having a fatty liver.



“Thank you for all your support with this event, it certainly attracted a lot of attention and was amazing to see people willing to wait for a scan.” Jason Howell, Hepatology CNS

Appendix

Outcomes table

Provider	Outcomes
ACT	Conversations: 39 Leaflets: 10 Info on Prostate Cancer, breast screening programme, upcoming HKP events, reducing cancer risk
Active for Life	Conversations: 56 Physical activity brief advice regarding physical activities 29 Number of health promotion information 7 Number of signposting to other services 2 Healthy Eating Brief advice 2 Smoking Brief advice 2 Blood pressure 13 CO reading 1
Age UK – Social Prescriber	Conversations: 9 Advice given: 4 Leaflet: 11 Signposted: HKP – 2, Healthy lifestyles team, Age UK. Stand out conversation: People do not know what social prescribers do or how much support is available. But also, many older people making the most of the different services on offer such as Together Co and HKP. Networking: spoke to PPG member at PHC.
Gloji	Conversations: 20 Advice given: 11 Leaflets: 16
Community Pharmacy	Conversations: 33 Refer to GP: 1 Shingles vaccine info 2 Medication review Advice: Alcohol – 14 Leaflets: Pharmacy 1 st – 26 Signposted: blood pressure in pharmacy – 7 Blood pressure at event - 15
Digital Support - HKP	Conversations: 27 Advice: E Consult – 4 Drop-in 7 NHS App – 17 Interventions: discussed emails, how to reduce, folders, info re drop-ins. How to open documents from NHS App, downloaded Google Docs.
Glucose Testing	35 tests 7 high glucose readings – advice given

FibroScan	38 scans 12/38 had a fatty liver Advice: 38 clinical interventions: advice around lifestyle advice, diet, exercise, body weight, moderation of alcohol etc. Most prevalent past medical history: Diabetes's, heart disease, hypertension, high Cholesterol. Some history of alcohol abuse and weight issues. Also, some psychosocial elements, low mood anxiety etc.
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Feedback from services –

Age UK Social Prescribing Team: *“People do not know what social prescribers do or how much support is available. But also, many older people making the most of the different services on offer such as Together Co and HKP.”*

Healthy Lifestyles team: *“Still buzzing from the event this morning – it was so well attended and well organised, thank you from the Healthy Lifestyle Team”*

ACT: *“Great to speak to people about the screening programmes, raise awareness of cancer and promote the prostate cancer session”*

Liver Health Checks: *“The team were amazing and very supportive. Thank you again for the opportunity to support such a positive event. We would be very happy to support any further planned events.*

Number of people scanned 38 (which is really a lot in just short of 3 hours)

We didn't find any moderate or high-risk patients - but generally you find a cohort of patients with fatty liver (12 on this occasion) - this is asymptomatic, and the treatment is lifestyle changes:

Diet, exercise, maintaining a healthy weight, reduction / abstinence from alcohol / moderating processed foods and drinks high in fats, salt and sugar etc

It's a good opportunity to offer advise over achievable lifestyles changes that clients can make - which help to improve global health if already affected by diabetes, HTN etc.

I felt anecdotally we reached a wider demographic of the population who experience different health issues, so it was a great opportunity to offer advice and guidance. Most prevalent past medical history were Diabetes's, heart disease, hypertension, high Cholesterol. And then alcohol misuse and weight issues. Also, some psychosocial elements, low mood anxiety etc.”

