

Issue no 17 Friday 16th January 2015

### Great News

Finishing touches at the Streatham site continue at a steady pace and I am delighted with the new facilities. We expect to be handed the keys by the end of next week. We will then begin to look at planning visits to the site.



View of main building from the rear



View of auditorium in rear playground



The main entrance



The hall

### Important dates reminder!

Please note school will finish at **12.30pm** on Thursday,

12th February so that the move can start!

School closed: Friday 13th February

School closed: Monday 23rd February

School closed: Tuesday 24th February

Children return: Wednesday 25th February

### Educational Visits taking place next week

#### Monday 19<sup>th</sup> January:

Year 6 visit to V & A Museum

#### Thursday 22<sup>nd</sup> January:

2M visit to London Transport Museum

#### Friday 23<sup>rd</sup> January:

Year 5 visit to The British Museum

### Parking restrictions - Devane Way

Parents and carers are reminded that they should not park in Devane Way when collecting their children.

It is appreciated that the majority of parents/carers observe this request however there are a few parents who drive into Devane Way causing congestion and delays for the school minibuses and other road users.

It would be appreciated if all parents/carers could park in an adjoining street and walk to Devane Way. Thank you.

**Alison Møller**

**Where do I need to go?**

We are bringing the NHS Health Check to you – sessions are run every day at different locations around Lambeth.

You can drop in to see us at any of the venues below, but for your convenience, we recommend you make an appointment.

For more information or to book a check, please get in contact using the details on the back page.

**Monday 9am – 5pm  
Outreach Service**

Call to book an appointment or to find out where we are today.

**Tuesday 9am – 5pm  
Outreach Service**

Call to book an appointment or to find out where we are today.

**Wednesday 1pm – 8pm  
Elm Court Health Centre  
214 – 218 Norwood Road  
Norwood SE27 9AW**

**Thursday 9am – 5pm  
Outreach Service**

Call to book an appointment or to find out where we are today.

**Friday 9am – 5pm  
Gracefield Gardens  
Health & Social Care Centre  
2 – 8 Gracefield Gardens  
Streatham SW16 2ST**

**Come for a free  
NHS Health Check**

Looking after your health:

- Eat and drink sensibly
- Engage in regular exercise – any exercise is good for healthy living
- Reduce alcohol intake
- Eat more fruit and vegetables

A Free NHS Health Check is now available at a venue near you

We are here to help – so for more information, to ask questions or to book an appointment, please call the NHS Health Check Nurses:

Thelma on 020 3049 5239 / 07799 581 665

Tessa on 020 3049 5199 / 07799 581 073

Guy's and St Thomas' NHS Foundation Trust

Community Health Services  
Moffat Health Centre  
65 Sancroft Street  
London SE11 5NG

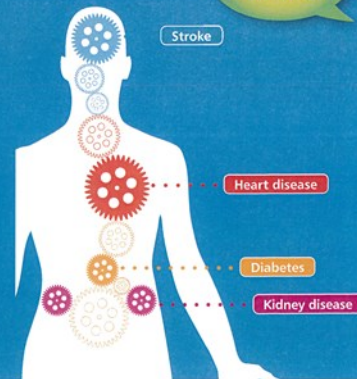
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Are you aged 40 to 74?

Do you live in Lambeth?

Then come for a Free NHS Health Check



**What is a free NHS Health Check?**

Everyone is at risk of developing heart disease, stroke, diabetes or kidney disease. The good news is that these conditions can be prevented.

The aim of the health check is to identify people who may be at risk of developing these problems in the future, and recommend steps that you can take to maintain or improve your health.

**What happens at the NHS Health Check?**

The health check takes 20-30 minutes.

- We will record your height, weight and waist circumference.
- We will do simple blood tests to check your cholesterol level. We will also check your blood sugar level.
- We will ask you questions about your family history as well as lifestyle habits relating to food, alcohol and smoking.

**Why do I need an NHS Health Check?**

We know that your risk of developing heart disease, stroke, type 2 diabetes and kidney disease increases with age. This is why we want to encourage everyone aged 40-74 to have a free NHS Health Check, so we can work with you to lower your chances of developing these health problems in the future. Even if you're feeling well, it's worth having your NHS Health Check now. Prevention is better than cure.

**How soon can I get my results?**

You will be given your results shortly after we complete the health check.

**How often can I have a health check?**

You will be invited for a health check every five years, up to when you are 74 years old.

**What happens after the health check?**

Based on the result, we will advise you on the appropriate action to take to stay healthy and reduce your risk. If you need further advice or treatment we may refer you to:

- Your GP
- Lambeth Early Intervention and Prevention Service (LEIPS) where you may be seen by our:
  - Stop Smoking team
  - Exercise on referral team
  - Healthy Heart Healthy Weight team
  - Expert Patient Programme team
  - Health Trainers team
  - Alcohol Intervention team

Helping you prevent heart disease, stroke, diabetes and kidney disease