Get Your Free NHS Health Check up on the day. To find out more visit www.southwark.nhs.uk. It only takes about 20 minutes and can reduce your risk of heart disease, kidney problems, and diabetes or stroke. No appointment necessary - just turn up for a FREE Health check. It takes about 20 minutes which is why your NHS is inviting everyone between 40 and 74 to have a FREE Health check.

You might feel perfectly healthy now, but we’re all at risk.