



The farming community is particularly susceptible to poor health and wellbeing, partly driven by the wide demands impacting on farmers across a range of social and economic factors. They often work long and anti-social hours which can lead to social isolation and often difficulty accessing traditional health care services.

## **Where do I access the programme?**

The Farm Families Health Checks Programme offers a means for farmers and their families to access health checks from a portable clinic and from local community settings. This innovative project consists of a mobile unit which will be available at local markets and community events across Northern Ireland

## **What's included in the health check?**

On-the-spot health checks consist of blood pressure monitoring, BMI check, cholesterol check and diabetic screening. In addition, individual lifestyle advice will be given on a range of health issues, and onward referral completed to local support services as required.

## **Key contacts:**

For more information, including the schedule of where the screening van will be visiting please contact the Programme Support Officer on 028 2563 5573 or email [farm.families6@northerntrust.hscni.net](mailto:farm.families6@northerntrust.hscni.net)

## **Downloads**

| <b>Attachment</b>                                            | <b>Size</b> |
|--------------------------------------------------------------|-------------|
| <a href="#">Farm families information leaflet (2023).pdf</a> | 3.1 MB      |
| <a href="#">Print</a>                                        |             |