



LAMBETH NEIGHBOURHOOD HEALTH & WELLBEING OUTREACH AT BRIXTON MARKET

We're Bringing Trusted Health And Wellbeing Services Directly To You Right Where You Work, Shop, And Live.

KNOW YOUR ABCS: •ACTIVE HEALTH •BETTER WELL-BEING •COMMUNITY CARE

Drop in for free neighbourhood-based health support, including:

- BLOOD PRESSURE CHECKS
- DIETARY AND NUTRITIONAL GUIDANCE
- MENTAL HEALTH AND STRESS-MANAGEMENT CONVERSATIONS
- EYE HEALTH AND PREVENTION ADVICE
- CANCER SCREENING AWARENESS
- INFORMAL DISCUSSIONS WITH OUR CLINICIANS/GPS
- SIGNPOSTING TO AT BEACON PROGRAMMES
- AND MORE PERSONALISED WELLBEING SUPPORT

UPCOMING SESSIONS

Brixton Market – Electric Avenue, London SW9 8JX

Saturday 16 May 2026 | 11:00 am–3:30 pm

Clinician-led Health And Well-being Discussions, Bp Checks, And Mental Health/stress-Management Support With Guided Signposting.

Saturday 6 June 2026 | 11:00 am–3:30 pm

Clinician-led Health And Well-being Discussions, Bp Checks, Nutritional Guidance, Eye-Health Advice, Cancer-screening Awareness, And Mental Health Support With Signposting Into Lambeth Services.

Saturdays 4 & 18 July 2026 | 11:00 am–3:30 pm

Comprehensive Clinician-led Wellbeing Sessions, Including Bp Checks, Nutritional Guidance, Eye-Health Support, And Mental Health Discussions With Signposting To Local Services.

Delivered in In Partnership With:



Together, We're Building Healthier Neighbourhoods One Conversation At A Time.

