

BE WELL BUS



Please hop on the Be Well Bus for a free health check including your blood pressure.



The Be Well Bus will be journeying across Ipswich and east Suffolk offering support and advice to those who need some extra help with their health and wellbeing.

IN FELIXSTOWE

Outside Prezzo, 131-133 Hamilton Road,
Felixstowe, IP11 7BN

10/09/25
Wednesday
10am – 2.30pm

WHO WILL BE ON THE BUS?

Newtide Homes
East Suffolk Council (am only)

HOW CAN WE HELP YOU?

Community Services

(help with making referrals into social care, getting in touch with GP's and mental health services, reducing social isolation and finding social groups in their tenants' local areas)

Bereavement Support (am only)



Free mini health checks ■ Mini health check in under 4/5 minutes and easy to use ■ View your results in the SiSU Portal or App ■ Measures Height, Weight and your Body Mass Index (BMI) ■ Measures blood pressure & heart rate ■

Future visits to Felixstowe: 12/11/2025 Wed
14/01/2026 Wed
11/03/2026 Wed

For information about the bus please contact:
bewell.bus@snee.nhs.uk ■ 07971 594 817 ■ via QR code



KNOW YOUR NUMBERS!



Blood Pressure UK

Helping you to lower your blood pressure

Checking your blood pressure can help you find out whether your blood pressure numbers are under control, lowering your risk of stroke and heart disease.



bloodpressureuk.org #KnowYourNumbers

Felixstowe, IP11 7AB

