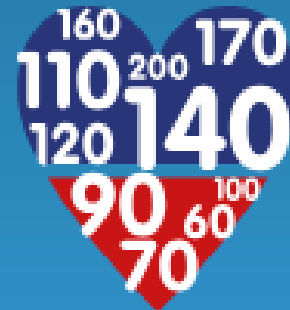


Know Your Numbers! Week 2026

7 - 11 September 2026



Blood Pressure UK

Helping you to lower your blood pressure

www.bloodpressureuk.org



What is.....

“Know Your Numbers Week”



Know Your Numbers Week is an awareness campaign that highlights the importance of getting your **BLOOD PRESSURE** checked

WHERE: GP surgery, pharmacy, library loan



📞 01256 881228

✉ reception.clift@nhs.net

Minchens Lane, Bramley, Tadley
Hampshire, RG26 5BH

Opening Hours: Monday – Friday 8am – 6.30pm

Get your numbers checked here today

- ♥ By a member of the clinical team **during your appointment**
- ♥ At the SurgeryPod BP **machine in dispensary**
- ♥ Or use a **home monitor** and send us your readings



HIGH BLOOD PRESSURE

NHS

LEAVES NO CLUES

...BECAUSE IT
CAN HAVE NO
SYMPTOMS

Why it matters

High blood pressure = silent risk

- ★ No symptoms
- ★ Affects 1 in 4 adults
- ★ Can lead to stroke & heart attack



Over 40? Get a free blood pressure check in pharmacy today.

Scan for your
nearest pharmacy

2403BPTCardQR



See your
pharmacist

Help us
help you



What causes high blood pressure?

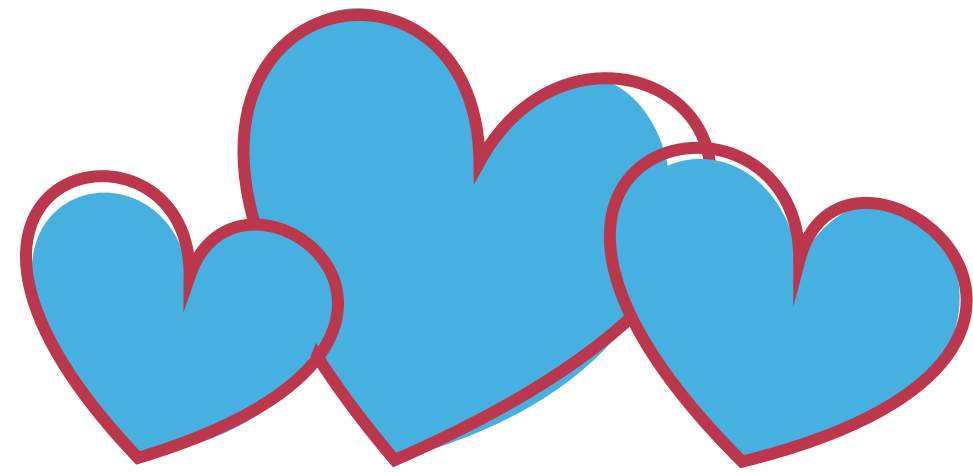


You are at a higher risk if:

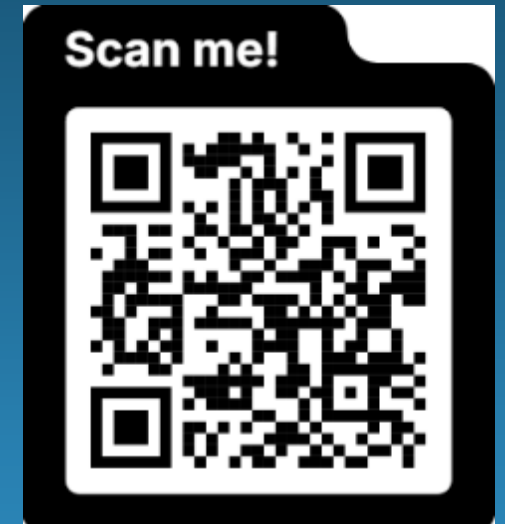
- ★ You eat too much salt
- ★ You don't eat enough fruit and vegetables
- ★ You are not active enough
- ★ You are overweight
- ★ You drink too much alcohol



Free support at your local library



- ♥ You can borrow a blood pressure monitor from your **local library for free**
- ♥ Each Hampshire library has 3 devices available
- ♥ **Scan the QR** code for Hampshire County Council website and more details



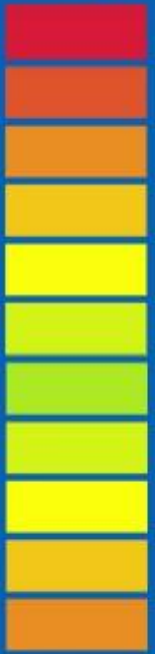
Hampshire
County Council
hants.gov.uk



Why check your blood pressure?



High



Low

NHS

Understanding
Blood pressure

120 / 80 mmHg
Healthy

High blood pressure affects
more than 1 in 4 adults

Untreated it increases the risk of.....

Strokes

Heart attacks

Kidney disease

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2403BPTCardQR



See your
pharmacist

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help you



What's a healthy reading?



Normal BP is around:

120 / 80

High BP:

140 / 90 or higher

If your BP is high - Don't panic

- ✓ You may need more checks
- ✓ You may need to monitor at home
- ✓ Your GP will advise next steps



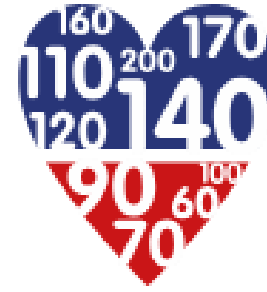
“I felt fine - but my BP was high.”
(Tom, Age 62)

- ✓ No warning signs
 - ✓ Found during routine check
 - ✓ Needed treatment
- Don't wait for symptoms





How to get involved?



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Helping you to lower your blood pressure

- ★ **Get your Blood Pressure checked:** At the surgery today or at your local pharmacy
- ★ **Learn about Blood Pressure:** Educate yourself on what your blood pressure numbers mean
- ★ **Scan the code for Blood Pressure UK website**
- ★ **Make lifestyle changes**
- ★ **Spread the word:** Encourage others to get their blood pressure checked.

Blood Pressure UK QR code



What I Can Do to Keep My Blood Pressure Healthy





**Blood Pressure
UK**

Helping you to lower your
blood pressure

**YOU
HAVE THE
POWER**



**EMPOWER
YOURSELF!**

**Knowing your blood pressure is
the first step to controlling it.
Home blood pressure monitoring
puts the power in your hands.**

bloodpressureuk.org #KnowYourNumbers

Know Your Numbers!



- ★ Check your blood pressure today
- ★ Ask a member of staff
- ★ It could save your life



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