



PRESS RELEASE

27/01/2025

Burgess Hill Residents Receive Free Health Checks and Exercise Classes at the Triangle Leisure Centre

On Saturday, January 25, Burgess Hill residents had the opportunity to receive free health checks and participate in taster exercise classes at the Health and Exercise Taster Day, organized by the Burgess Hill Town Council. The event, which ran from 12:30 pm to 3:30 pm, was held at the Triangle Leisure Centre and welcomed 103 residents.

Thanks to funding from the Mid Sussex Health Partnership, attendees were able to access free blood pressure and blood glucose tests, as well as have a wellbeing check and a chat with physiotherapists. Ten residents were referred for additional checks after concerning results were identified at their blood glucose and blood pressure test, either with their GP or at A&E.



In addition to the health checks, the event also offered a variety of exercise taster classes, giving residents the chance to try out new activities and receive information from the Mid Sussex Wellbeing team and the Triangle Leisure Centre staff about available resources to support healthy lifestyles. Burgess Hill District Lions were on hand to serve complimentary refreshments to attendees.

Feedback from attendees was overwhelmingly positive, with many commenting on the helpfulness and friendliness of the staff, as well as the efficiency of the event. The Burgess Hill Town Council is hopeful to continue offering similar health initiatives in the future.

Peter Williams, Leader of the Town Council, expressed his gratitude:

"Thanks go to the Mid Sussex Health Partnership, who funded the project. We are pleased with the turnout and the positive response from residents, and we hope to bring more health-focused events to the community in the future."



ENDS

For more information about future health events, please contact the Community Team on 01444 247726 or email communityteam@burgesshill.gov.uk

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