



Personal Health Assessment for survivors who escaped Grenfell Tower after 1.28am

What you need to know

We are arranging a targeted personal health assessment for survivors of the Grenfell Tower fire looking at your current and future health risks.

You have been invited as you escaped Grenfell Tower after 1.28am and had more exposure to smoke and dust.

This is part of our long term plans to look after your health.

Who will carry out the assessment?

You will be able to choose to have your assessment with a local GP or a private healthcare provider (to be confirmed). Both options will provide the same health assessments and onward referral to NHS specialist services if further investigations are needed.



Why you should attend?

This is an opportunity to have a fuller assessment of your health and to discuss any concerns that you may have with a doctor.

You'll additionally gain insights into your own risk of getting ill from things like cancer, diabetes, and heart disease. There will be dedicated time to discuss your results and any questions you have with a GP.



This assessment offers:

- Up to 60 minute appointments with a GP to discuss any health concerns you have and perform necessary tests
- Early detection of potential health issues, with referrals for further investigations or treatment if required
- Healthcare advice and a plan to identify risk factors and make lifestyle changes to improve your future health.



Children

Children are currently offered long term monitoring with a NHS consultant paediatrician. Additional tests will be incorporated into that appointment as needed. Families who have not yet taken up the offer of paediatric long term monitoring for their children are welcome to do so. If you need help doing this speak to your GP or email nhsnwl.nkrt@nhs.net

Where will your appointment take place?

- St Charles Centre for Health and Wellbeing for NHS GP-led assessments
- A location to be confirmed for a private healthcare provider

What tests will be carried out?

Your physical health exam may include:

- Weight, BMI, blood pressure, pulse
- Physical activity, dietary assessment, dental and visual care advice
- Blood tests (e.g., blood sugar, cholesterol, kidney, liver function)
- Lung examination
- Further referrals for chest x-rays or respiratory services to be jointly discussed between you and the GP

Additional tests and services are available based on your health assessment and needs.



Emotional mental health and wellbeing

You'll be asked how you're feeling and if you need support with sleep or emotional health.

How to book an appointment?

We will contact you again to advise on how you can book an appointment.

To learn more about the Personal Health Assessment, visit www.grenfell.nhs.uk/pha or email nhsnwl.nkrt@nhs.net