

16 July 2025 (#6)

## **Birmingham and Solihull 'Know Your Numbers' Campaign**

We're pleased to share the launch of **Birmingham and Solihull 'Know Your Numbers' campaign**, aimed at raising awareness of high blood pressure and encouraging more people — especially those over 40 with undiagnosed hypertension — to check their blood pressure.

As a trusted community provider of free blood pressure checks through the NHS Community Pharmacy Hypertension Case-Finding Service, your pharmacy is a key part of this campaign. We anticipate increased public interest and footfall as we promote the campaign across Birmingham and Solihull. To support this campaign, we've refreshed the Healthy Hearts website with information, simple health advice and signposting resources for the public such as:

- Eligibility criteria for the service and a postcode finder to find a pharmacy that offers free blood pressure checks
- Easy tips to keep your heart healthy
- Guidance on checking your blood pressure
- Local services and support
- Real stories from people improving their health

The campaign will run until the end of the calendar year with a look back in September, to coincide with the national 'Know Your Numbers Week' whereby we hope to be able to illustrate all the events across the previous months to support our communities. To find out more, visit the [Healthy Hearts](#) website.

**Healthy Hearts website**

**Exciting News!**  
**Our Brand-New CP BSOL Website is Live!**  
**Take a look!**  
<https://birmingham-solihull.communitypharmacy.org.uk>



### Lets get social

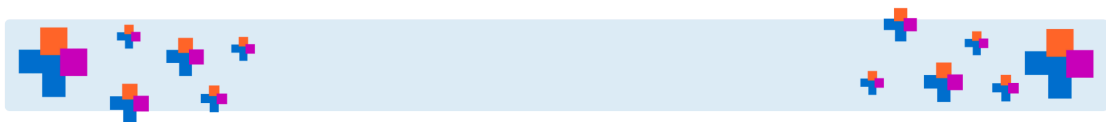
Please encourage your team to **like and share** our pages to maximise exposure.  
Posts are supportive of all Birmingham & Solihull pharmacy contractors highlighting activity/services/care that the people of Birmingham & Solihull may not necessarily associate with Community Pharmacies.

### Keep In Touch

[Report Generic Medicine Supply Issue](#)  
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CHECK [CPM](#) website for latest news and updates

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