

**Friday 20 February 2026**

[for immediate publication]

## **Free community sessions will help residents spot undiagnosed high blood pressure**

Residents across Bath and North East Somerset, Swindon and Wiltshire will have the opportunity to check their risk of high blood pressure at a series of ten free community events taking place over the coming weeks.

The drop-in sessions will encourage the public to understand and monitor their blood pressure, take early action where necessary and reduce their risk of heart attacks, strokes and other cardiovascular conditions.

They will be held at easy to access locations in Bath, Trowbridge, Salisbury, Swindon, Chippenham and Warminster from Monday 23 February and continue until Friday 6 March.

High blood pressure, often referred to as the “*silent killer*”, rarely causes symptoms yet significantly increases the risk of life-threatening conditions. Many people remain undiagnosed, especially those who do not routinely visit their GP or pharmacy.

Staff from Bath and North East Somerset, Swindon and Wiltshire Integrated Care Board (BSW ICB) are working with students from the University of Bath’s Pharmacy programme and Rowden Hill Pharmacy in Chippenham to deliver the sessions. These will provide free blood pressure checks along with training on how to use home blood pressure monitors and personalised health and wellbeing advice.

By offering free, easy-access testing in community settings, BSW ICB aims to reach individuals who might not otherwise seek out blood pressure checks. The events will help identify people with raised readings and provide immediate advice, education and signposting.

**Gill May, Chief Nurse Officer at Bath and North East Somerset, Swindon and Wiltshire Integrated Care Board said:**

“High blood pressure is responsible for more than half of all strokes and heart attacks and preventing it is a key priority for the local health and care system.

“Many adults living with high blood pressure remain undiagnosed. Without detection and appropriate intervention, it can increase the risk of having a stroke, heart attack or heart failure.

“That’s why we’re getting out and about in our local communities to host these drop-in events. They will allow us to raise awareness of this hidden killer, help to prevent heart attacks and strokes and, ultimately, improve the health of our local population.”

More information can be found at <https://bsw.icb.nhs.uk/bpbroadshows/>

## Notes to editors

- **Community blood pressure checks will take place across BaNES, Swindon and Wiltshire at the following times and venues:**
  - 23 February, 10am - 5pm, County Hall, Trowbridge,
  - 24 February, 10am - 3pm, Friary Community Centre, Sailsbury, SP1 2HW
  - 25 February, 9.45am - 5pm, Bath Central Library,
  - 26 February, 10am - 5pm, Swindon Hub – 36 The Parade, SN1 1BA
  - 27 February 9.30am - 5pm, Emery Gate Shopping Centre, Chippenham
  - 2 March, 10am - 5pm, Swindon Designer Outlet
  - 3 March, 9.30am - 5pm, Brunel Shopping Centre, Swindon
  - 4 March, 9.45am - 5pm, Bath Sports & Leisure Centre
  - 5 March, 10.15am - 5pm, Swindon Central Library
  - 6 March, 9.45am - 5pm, Warminster Library
- For further information or to arrange an interview with a spokesperson from Bath and North East Somerset, Swindon and Wiltshire Integrated Care Board, please email [bswicb.media@nhs.net](mailto:bswicb.media@nhs.net).
- Bath and North East Somerset, Swindon and Wiltshire Integrated Care Board is a statutory organisation that is responsible for developing a plan of how to meet the health needs of 940,000 people, managing the local NHS budget and arranging the provision of local health services.
- BSW ICB is part of the wider BSW Integrated Care System, which brings NHS providers, local authorities, community providers and voluntary sector partners together to collaboratively plan and organise how health and care services are delivered. The ICB has a Board made up of representatives from various organisations across the BSW health and care system.
- The local integrated care system is known as BSW Together, and is home to 83 GP practices, two mental health trusts, three local councils, a single ambulance provider, three acute hospitals, a number of other NHS providers and more than 2,800 voluntary organisations and community groups.
- Visit [www.bsw.icb.nhs.uk](http://www.bsw.icb.nhs.uk) for more information