

Community Partnerships

Supporting and working with community groups and clubs to promote a deeper understanding of local health and care needs and experiences

Spotlight on



MARY HOW TRUST
HEALTH SCREENING FOR LIFE

Mary How Trust

For more than 35 years, the Mary How Trust has been offering life-saving health screenings to individuals over 18 in the local Sussex community and beyond.

They look for the early signs of many life-threatening illnesses such as heart disease, bowel cancer, diabetes, and aortic aneurysm as well as listening to your health concerns too and offering lifestyle guidance to help you stay well.

They are entirely donor supported, and instead of charging a fixed fee for their health screenings, they ask for a donation based on what you can afford.

Individuals over the age of 18 are welcome to apply for a screening, providing you are not pregnant or currently undergoing any medical investigations, including scans or blood tests.

They're happy to see you at their clinic in West Sussex no matter where you live and welcome men and women from all over the country who wish to check up on their health!

Apply for a screening

[Click here to apply for a screening](#)

Screening tests available

Lifestyle assessment

Can discuss certain topics that you are concerned about.

Body composition

Height
Weight
Girth
BMI
Body Fat %*
Visceral Fat Level*
Basal Metabolic Rate*
Total Body Water*

Heart Tests

Blood Pressure
Resting Pulse
Electrocardiogram [ECG]
QRISK® Cardiac Risk Assessment

Bowel & Urine Tests

FIT Bowel Screening
Urine Dip Test

Ultrasound Scans

Spleen
Kidneys
Liver
Gallbladder
Pancreas
Bladder
Abdominal Aorta

Pelvic Ultrasound

- Uterus
- Ovaries
- Prostate

Blood Tests

Lipid Profile

- Cholesterol
- High-density Lipoprotein (HDL)
- Low-density Lipoprotein (LDL)
- Cholesterol / High-density Lipoprotein ratio
- Triglycerides

Haematology

- White Blood Cell Count
- Red Blood Cell Count
- Platelets
- Haemoglobin
- Lymphocytes
- Neutrophils

Biochemistry

- Creatinine
- Blood Urea Nitrogen (BUN)
- Calcium
- Amylase
- Uric Acid
- Total Protein
- HbA1c
- eGFR
- Prostate Specific Antigen (PSA)

Liver Function

- Gamma-glutamyl Transferase (GGT)
- Aspartate Aminotransferase (AST)
- Alanine Aminotransferase (ALT)
- Alkaline Phosphatase (ALP)
- Total Bilirubin
- Albumin

For help, advice, and information or to share your story

Healthwatch is your health and social care champion.

If you use GPs and hospitals, dentists, pharmacies, care homes or other support services, we want to hear about your experiences. We have the power to make sure NHS leaders and other decision makers listen to your feedback and improve standards of care. We also help people to find reliable and trustworthy information and advice



Last year, we helped nearly a million people like you to have your say and get the support you need.



If you are setting up or would like to share news of a similar project we would be interested to hear from you. Please contact Cheryl Berry, Community Partnership Lead: cheryl.berry@healthwatchwestsussex.co.uk

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West Sussex