

STEP UP TO STOP FALLS!

The Belfast Health and Social Care Trust in partnership with Active Belfast are pleased to announce the continuation of its Falls Prevention Group Exercise Programmes. Let us help you return to structured exercise in a safe environment, increase your physical activity levels, challenge your strength & balance, promote general wellbeing and ultimately reduce your risk of falling.

HAVE YOU:

- Had a recent fall?
- A history of falls OR near misses?
- A fear of falling that limits your confidence to complete your daily activities?

If you answered Yes to one or more of the above, live within the Belfast Trust and are aged 65 or over, you may be eligible to attend a 12 week Strength & Balance Exercise Programme.

This 12 consecutive week Strength & Balance Programme is free of charge.

CURRENT LOCATIONS:

- Olympia Leisure Centre
- Girdwood Community Hub
- Andersonstown Leisure Centre
- Hanwood Centre
- Shaftsbury Recreation Centre
- Avoneil Leisure Centre

(Please contact us for further information on day and time of classes. Venues are subject to change)

CONTACT DETAILS:

If you would like to attend one of the programmes, please telephone 028 9504 7656 or email: FallsServices@belfasttrust.hscni.net
www.makinglifebettertogether.com

Cancer Focus Northern Ireland

Unfortunately, 1 in every 2 people will receive a cancer diagnosis during their lifetime. Every year over 7,000 men in Northern Ireland are diagnosed with cancer (including about 2,200 who have the less serious non-malignant melanoma). This equates to 19 men being given a new cancer diagnosis every single day here in Northern Ireland.

However, research has shown that up to 40% of all cancers can be prevented by adopting a healthier lifestyle. Our Keeping Well service provides essential health advice and delivers these messages directly into the heart of the local communities and workplaces right across the region. This includes health checks, cancer awareness sessions and cancer prevention workshops that encourage and empower individuals to take positive steps to improve their health. We always believe that an early diagnosis leads to a better prognosis, and we urge you to talk to your doctor early if you have any concerns.

The Keeping Well Service provides:
 Health checks and lifestyle advice via mobile units.
 Health promotion and cancer awareness presentations.
 Facilitation of health fayres.
 Personal development programmes.
 Stop Smoking support.
 Skin Scanning and care in the sun advice.

Our Keeping Well Van is a mobile service with specialist staff who provide health checks and one-to-one cancer awareness sessions at various venues including workplaces,

community groups, sports clubs, leisure centres and colleges.
 Health checks available on board the Keeping Well Van include:

- Blood pressure checks
- Pulse monitoring
- Blood sugar level checks
- Carbon monoxide monitoring (for smokers)
- BMI and a body composition analysis
- Skin scanner analysis
- Lifestyle advice on how to improve and maintain your health
- Information on the early signs and symptoms of various cancers & signposting to the relevant health care professionals.

For further information or to book the Keeping Well Service for your community venue or workplace contact us on 028 9066 3281 or email keepingwell@cancerfocusni.org.



Disclaimer: Health related information provided in Men 2 Men is of a general nature and cannot substitute for the advice of a medical professional (for instance, a qualified doctor/physician, nurse, pharmacist/chemist, etc.)



FOR MORE INFORMATION:

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 Charity Registration No. NIC101309 Company Limited by Guarantee No. NI602399

MEN2MEN

A great way for men aged 55+ to socialise

WINTER 2023

Impacted by Cancer? Do you need to talk?

Our Nurse Line can help.

For advice, information,
and support on any
cancer issue call

0800 783 3339

Or email

nurseline@cancerfocusni.org



*Lines are open Monday,
Wednesday and Friday, 9am-1pm.



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RECOGNISING THE SIGNS OF A STROKE

If you suspect you or someone else is having a stroke, phone 999 immediately and ask for an ambulance. Even if the symptoms disappear while waiting for the ambulance, it's still important to go to hospital for an assessment.

Symptoms of a stroke that disappear quickly and in less than 24 hours may mean you had a transient ischaemic attack (TIA).

The signs and symptoms of a stroke vary from person to person but usually begin suddenly. As different parts of your brain control different parts of your body, your symptoms will depend on the part of your brain affected and the extent of the damage.

Find out more <https://www.nhs.uk/conditions/stroke/symptoms/>.

KNOW THE SYMPTOMS OF A STROKE...

F **FACE** - has their face fallen on one side? Can they smile?

A **ARMS** - can they raise both arms and keep them there?

S **SPEECH** - is their speech slurred?

T **TIME** to call 999 if you see any single one of these signs.

PROSTATE CANCER

Prostate cancer is cancer that occurs in the prostate. The prostate is a small walnut-shaped gland in males that produces the seminal fluid that nourishes and transports sperm.

Prostate cancer is one of the most common types of cancer. Many prostate cancers grow slowly and are confined to the prostate gland, where they may not cause serious harm. However, while some types of prostate cancer grow slowly and may need minimal or even no treatment, other types are aggressive and can spread quickly.

Prostate cancer that's detected early — when it's still confined to the prostate gland — has the best chance for successful treatment.

SYMPTOMS

Prostate cancer may cause no signs or symptoms in its early stages. Prostate cancer that's more advanced may cause signs and symptoms such as:

- Trouble urinating
- Decreased force in the stream of urine
- Blood in the urine
- Blood in the semen
- Bone pain
- Losing weight without trying
- Erectile dysfunction

WHEN TO SEE A DOCTOR

Make an appointment with your doctor if you have any persistent signs or symptoms that worry you.

SHINGLES

WHAT IS SHINGLES

Shingles is a viral infection that causes a painful rash. Shingles can occur anywhere on your body. It typically looks like a single stripe of blisters that wraps around the left side or the right side of your torso.

Shingles is caused by the varicella-zoster virus — the same virus that causes chickenpox. After you've had chickenpox, the virus stays in your body for the rest of your life. Years later, the virus may reactivate as shingles.

Shingles isn't life-threatening. But it can be very painful. Vaccines can help lower the risk of shingles. Early treatment may shorten a shingles infection and lessen the chance of complications. The most common complication is postherpetic neuralgia. This is a painful condition that causes shingles pain for a long time after your blisters have cleared.

SYMPTOMS

If you are experiencing new, severe, or persistent symptoms, contact your GP.

Disease condition is usually associated with itchy rashes, fever and chills.

- Headache
- Fever and chills
- Malaise

- Nausea
- Body aches
- Swollen lymph glands
- Burning, itching or tingling sensation
- Red patches
- Fluid-filled blisters that break easily
- Rash on the face and ears
- Itching
- Muscle weakness
- Fatigue
- Stomach upset

HOW TO GET THE SHINGLES VACCINE

Your GP surgery will usually contact you when you become eligible for the shingles vaccine. This will usually be by letter, text message, phone or email. Sometimes you might be offered the vaccine during a GP appointment you're having for another reason.

NON-URGENT ADVICE: SPEAK TO YOUR GP SURGERY IF:

- you think you're eligible for the shingles vaccine, but you've not been contacted.
- you did not have the vaccine when you were contacted and you're still under 80 (only people with a severely weakened immune system can get the vaccine after 80 years of age)
- you're due to have your vaccine and you're feeling unwell – you may need to wait until you're feeling better before having the vaccine.
- you need to change your vaccination appointment.

Your GP surgery can book or rearrange an appointment.

WHAT IS MEN'S SHED?





- A larger version of the typical man's shed in the garden!
- Somewhere to feel at home, have a laugh, socialise, pursue practical interests and stay active!
- A group of men working on projects of their own choosing at their own pace and in a safe, friendly and inclusive venue.
- A place to capture and pass on skills and craftsmanship between each other.
- The shed can also be a place just to come and sit for a while, have a chat over a cup of tea, or play a game of pool.

WHO CAN JOIN?

Men aged **60 years & over** and membership is £15 per month.



For more information, please call **T: 07391 801804**
Joe McCusker: joemccusker@gmail.com
Alexandra Park Ave
Belfast, BT15



Keep Warm this Winter

The Red Cross is offering Winter Warm packs free of charge to anyone over 55 struggling to keep warm this winter.

Packs include an array of items to keep you warm during the colder weather including a thick blanket, thermal socks, a fleece jumper among others. For more information contact us using the details below.

Contact name: Rosie Jenkins
Contact phone: 07921 404092
Contact email: rosemaryjenkins@redcross.org.uk

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