

MEN OF HACKNEY!

Get active, Get fit, For free

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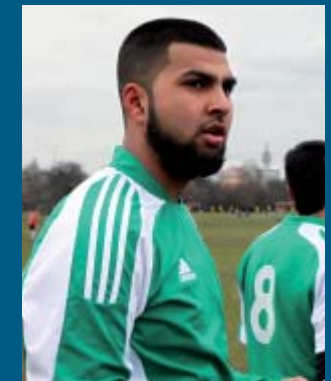
Why looking after yourself is important:

In Hackney,

- men **live seven years less** than men living in the City (75 vs 82.4)
- **39% of men smoke** - Smoking accounts for 18% of deaths
- **early death** from **Coronary Heart Disease** is **three times higher in men** than in women

In Hackney and the City,

- the death rate from **diabetes** is higher than the national average and **men are dying more than women**
- the death rate from **Chronic Obstructive Pulmonary Disease** is much higher than the national average and the early death rate for men in Hackney are **double that of women**.



Hackney Men's Health Week

14 - 20 June 2010

MEN'S HEALTH WEEK

14 - 20 June 2010

Get active with the following **FREE** activities.

Mon, 14 June, 11am - 3pm

Celebrating Men's Health Week at City & Hackney Carers Centre, 84 Springfield House, 5 Tyssen St, E8. With speaker, games, music, food. Men of all ages welcome.

To book: Call 020 7923 8756

Mon, 14 June

AgeWell: Healthy and social activities for men aged 50 - 65 at Woodberry Down Elders Project, Newton Close Sheltered Housing, 456-484 Seven Sisters Road N4. **To book:** Call 020 7241 5908 or drop in to Age Concern Hackney, 22 Dalston Lane, E8

Mon, 14 June, 12 - 4pm

Family Mosaic Drop in for healthy living advice on: Quitting Smoking, Drug and Alcohol Advice, men's health and getting fitter plus entertainment and food! At 2 Link Street, E9 6DP. **To book:** Call 0208 510 0404

Wed, 16 June, 10am - 3pm

Family Mosaic 5-a-side Football Tournament 2010 at Britannia Leisure Centre, 40 Hyde Road, Hackney, N1 5JU. **Register your team:** Call 020 8806 9532

Friday, 18 June

Free Thames boat trip for male carers with City & Hackney Carers Centre.

To book: Call Luke Daniels on 020 7923 8756

Sat, 19 June, 10am - 4pm

Your Health in YOUR Hands Community Health Fair at St John's Churchyard, Hackney Central. **Find out more:** Call 020 7683 4644

121 and group therapy for men and boys from the Orthodox Jewish community from Talking Matters.

Find out more: Call 020 8802 9222

Join Hackney's Leisure Centres

- no contract or joining fee for new members - ends 30 June.

Find out more: Call Britannia Leisure Centre - 020 7729 4485, London Fields Lido - 020 7254 9038, Clissold Leisure Centre - 020 7254 5574 or Kings Hall Leisure Centre on 020 8985 2158

Free swimming lessons for adults at Hackney Leisure Centres

Find out more: Visit www.gll.org

Free health checks

Throughout the week, community health trainers from Hoxton Health and Age Concern Hackney and NHS health checks from TLC Care Services, will be out around Hackney.

- **Mon, 14 June, 10am - 1pm** at Hackney Central Library, 1 Reading Lane E8
- **Mon, 14 June, 11am - 3pm** free NHS health checks at Cousins Snooker Hall, 2nd Floor, 244 Cambridge Heath Road E2
- **Wed, 16 June, 9am - 12pm** at Ridley Road market, E8
- **Wed, 16 June, 2 - 4pm** at Gillett Square, E8
- **Thu, 17 June, 10am - 1pm** at Tesco, Morning Lane E9
- **Fri, 18 June, 10am - 1pm** at Shoreditch Library
- **Fri, 18 June, 3 - 5pm** at Clapton Library.



Photography: info@katherinegreen.co.uk

What else can you do?

Volunteer your time in your community – Research shows volunteers live longer.

Find out more: Call Volunteer Centre Hackney on 020 7241 4443

Exercise – 30 mins a day five days a week will help – walking will do it. Or if you're feeling more active, why not join one of Hackney's sports centres for free!

Eat well – You don't have to be a master chef to get some fruit & veg in your diet daily. Get some tips at AgeWell's healthy eating sessions on Mondays.

Give up the fags – Smoking accounts for 18% of early deaths in Hackney.



Photography: info@effiefotaki.co.uk