

National Men's Health Week 2011

MENS HEALTH ONLINE TOOLKIT



70% of male respondents to a malehealth.co.uk survey in 2009 said the internet was their first stop for health information mainly because it was quick, private and free.

Men's Health Week 2011 (13-19th June) will focus on how new technologies can be used to improve men's health. Many men are reluctant users of traditional health services, such as GPs and pharmacies, and do not always respond to mainstream health awareness campaigns. However, most men care about their health and do respond to messages when the information is presented in formats that appeal to them. We know that men are enthusiastic users of a wide range of new technologies – online systems, mobile phone applications, social networking, gaming, etc. We want to harness this interest in new technologies to develop health services, information and products that engage men so they take action to improve their health.

How to get online

Internet Service Providers

1

If you want to access the internet at home you will have to get an internet service provider (ISP) and a modem to connect to the ISP.

A good place to start looking for an ISP is the Internet Service Provider Association. Although this is a voluntary body, it is recognised by government for its knowledge and expertise. All ISP's on the site have agreed to certain rules and standards set by ISPA, therefore you can be confident that your chosen ISP has good business practice.

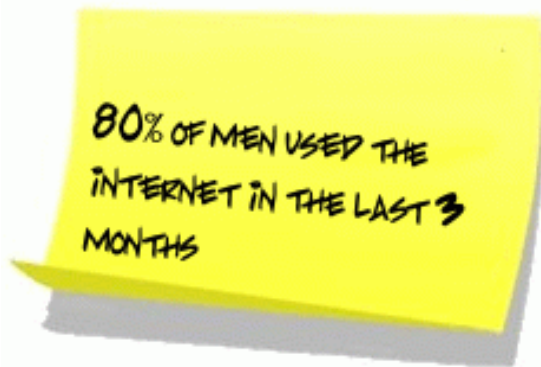
<http://www.ispa.org.uk/>

2

Internet Access at local libraries/UK Online Centres (Community)

Some local libraries now have computers with internet access, which can be booked for half hourly or hourly sessions.

Contact your local council who can provide you with details of the local libraries in your area that can provide you with free internet access. Alternatively, you can go straight to your local library to see what they have to offer and the information they can provide.



3

How to get apps on your android

Firstly select the android marketplace icon on your phone. You will then see a screen that allows you to search for the app you would like to download. Once you have found the app select the icon image and you will see further instructions on how to download the app.

4

How to get apps on your BlackBerry

To get apps on your blackberry you need to have BlackBerry App World, this is usually already downloaded onto your Blackberry but if it isn't you will need to go to www.blackberry.com and download it from there. You simply need to go on BlackBerry App World and search the app you would like to download and further instructions will be given from there.

5

How to get apps on your iPhone

Firstly you will need to register on the Apple Store Website. After registering, use your phone to click on the App Store button and scroll through to find the app you want to install. You will need to enter your username and password to download the app. Once your phone has started downloading the app a status bar will appear to show the downloading process.

DISCLAIMER - Whilst we are promoting within this document a variety of websites and smartphone applications the NHS does not endorse or guarantee the functionality or full quality of these resources. This is a general guide and not a definitive list of apps or online resources. Many more resources are available, some at cost, and we encourage you to complete your own research.

Want to learn more about going online?

There are UK Online Centres all over your local area which is a great place for beginners to get started using the internet and computers. There are over 6000 centres across England staffed by people ready to offer help and advice, many of which started out as beginners to UK Online Centres so they understand beginners concerns. The following venues offer a range of free or low cost computer courses for all ages. If you live outside any of these areas please visit www.ukonlinecentres.com to find your nearest venue. **In the Redcar & Cleveland area**, you can also visit www.cybervalleydigitalvoice.co.uk to find out how to access free training in lots of different informal venues. Call Jackie Godward on 01642 447 721.



Middlesbrough

Humanah Academic Enterprise,
Teesside University, TS1 3BA
01642 384 517

Greatest Expectations
36-40 Grange Road, Calvary House,
M'bro, TS1 5BQ

Omega
13 Clifton House, M'bro, TS1 4BZ
01642 350 092

Central Library
Victoria Square, M'bro, TS1 2AY
01642 729 002

TRICS
2 St. Pauls Road, M'bro, TS1 5NQ
01642 227 411

BME Network
169 Victoria Road, M'bro, TS1 3HR
08448 845 945

Middlesbrough Training Centre
Unit 2 Innes Street, Riverside Park
Industrial Estate, M'bro, TS2 1JA

Hartlepool

HVDA
Rockhaven, 36 Victoria Road,
Hartlepool, TS26 8DD
01429 262 641

Hartlepool Borough Libraries
124 York Road, Hartlepool, TS26 9DE
01429 242 900

West View Advice & Resource Centre
30 Miers Avenue, Hartlepool, TS24 9HH
01429 271 275

Hartlepool Borough Libraries
Foggy Furze Library, Stockton Road,
Hartlepool, TS25 5BQ
01429 274 095

Hartlepool Borough Libraries
Seaton Carew, Station Rd, Hartlepool,
TS25 1BN
01429 269 808

Hartlepool Borough Libraries,
Owton Manor Library, Wynyard Road,
Hartlepool, TS25 3LQ
01429 272 835

Redcar & Cleveland

The Junction
19 Station Road, Redcar, TS10 1AN
01642 756 000

Roseberry Library
Roseberry Road, Redcar, TS10 4NY
01642 483 326

Dormanstown Library
3 Farndale Square, Redcar, TS10 5HQ
01642 483 626

Marske Library
Windy Hill Lane, Marske, TS11 8BL
01642 485 440

Grangetown Library
Birchington Avenue, TS6 7LP
01642 454 417

Guisborough Library
90 Westgate, TS14 6AP
01287 632 668

Chartlons Community Centre
Chartlons Village, Saltburn, TS12 3DA
01287 637 739

Stockton

Stockton Borough Libraries
Church Road, Stockton, TS18 1TU
01642 528 023

Newtown Community Resource Centre
Durham Road, Stockton, TS19 0DE
01642 614 126

Learning Links Europe
33 Bridge Road, Stockton, TS18 3AE
01642 614 433

Portrack Baptist Church
St. Anns Terrace, Stockton, TS18 2HT
01642 534 926

Knowhow POA Learning Centre
HMP Holme House, Holme House Road,
Stockton, TS18 2QU
01642 607 151

Elm Tree Community Centre
Elm Tree Avenue, Stockton, TS19 0UW
01642 611 333

Low Grange Community Resource Centre
Low Grange Avenue, Billingham, TS23 3PF
01642 649 101

Every Body – Loss or Gain

Calorie Counter & Diet Tracker by My Fitness Pal

Tap in your age, gender, lifestyle choices and weight loss goal. Set a daily calorie limit to help you track your food and exercise.

**iPhone & iPad
FREE**

Healthy Recipes

This app pulls information from the Spark Recipes Website and allows you to sort the recipes by dietary needs (low fat, low carb, gluten free)

**Android App
FREE**

BMI Healthy Weight Calculator

Online BMI Calculator to check if you are a healthy weight. BMI measures to see if you are a healthy weight for your height.

<http://tinyurl.com/c4mt9h>

Healthy Heart Recipe Finder

A great range of meal options suitable for people with cholesterol, high blood pressure and diabetes. Choose from over 100 recipes from all over the world.

**iPhone & Android
FREE**

Training/Nutrition Advice

Two PDF documents – Lifeline

1. LL_Training_Advice -PDF

2. LL Nutrition Advice

Both available to download:

From the mens health section on: **<http://tinyurl.com/3qzhzk8>**
from Mens Health week 13th
June

Personal Dietician

After entering your weight, age, height and desired weight you are given a choice of diets and an entire week worth of healthy meals is chosen for you in a handy calendar.

**Android App
FREE**

Waist to hip ratio calculator

An online tool increasingly being used by doctors to measure the risk of obesity and cardiovascular disease.

<http://tinyurl.com/66b55jw>

The Snack App

Keep track of the calories in snack food you love to eat. Provides ideas for burning calories and making healthier snack choices.

iPhone

Adults should eat no more than 6g salt per day, 75% of the salt we eat is already in the food when we buy it.



Get Moving!

Walkmeter

Versatile pedometer that not only counts distance and steps walked, but can also factor things like walking uphill when working out the number of calories you burn.

iPhone App
£2.99

FitFu

Aims to get users exercising throughout the day and uses the movement detector on the iPhone to record your activity. It's like having a personal trainer in your pocket!

iPhone App
£0.59

Couch to 5K

NHS running plan was developed to help absolute beginners get into running. You can download podcasts to plan on your iPod or mobile phone to help you along your way.

<http://tinyurl.com/2e7l35a>

Football Fan Fitness Challenge

Test your fitness and see how you rank in the World Cup health league. Play daily World Cup challenges to boost your value and get your chosen team to the top of the table.

<http://tinyurl.com/37cdlxc>

Walk 4 Life - Track your progress

Sign up to track your progress and you can plan your own walks, see how far they are and record your progress over time.

<http://tinyurl.com/5stm4pl>

iFitness

Hundred of gym based training programmes. You can customise your workouts, set goals and monitor your progress.

iPhone
£1.19

Let's Get Moving!

A one stop shop of local information on activities, clubs and ways to be active with the family and individually. Most activities are Stockton-on-tees based but are accessible to everyone.

www.letsgetmoving.org.uk

VirtuaGym Fitness

Free full workouts for home & gym with clear 3D demonstrations, exercise directions and personal trainer Brad Fit.

Android
FREE

Physical activity includes gardening, washing the car, DIY and walking the dog!



Alcohol

The NHS Drink Tracker

Follow how much you drink over time, analysing your habits to provide tailored feedback.

**iPhone or iPod Touch App
FREE**

Unit Calculator

Add up your drinks to see how many calories and units you drank yesterday.

<http://tinyurl.com/6cqud4>

Drinkulator

The drinkulator traffic light quiz can help you check to see if your drinking is putting you at risk.

<http://tinyurl.com/6xwdjv9>

Winning Rounds

Do you know your units? Use this game to see which alcoholic drinks are higher and lower.

<http://tinyurl.com/5r74d2c>

Track your drinking – Drink Aware

Find out how many units are in your favourite drinks, add them to your diary and see the running total!

<http://my.drinkaware.co.uk>

Alcohol Myth Buster

Test your knowledge of alcohol related risks and find out the facts about drinking. Can you tell fact from fiction?

<http://tinyurl.com/3ypj594>

Alcoholics Anonymous

Find your local AA group to meet others to share experience, strength and hope with each other to solve problems and recover from alcoholism.

<http://tinyurl.com/2s68o>

SMART Recovery Online Meetings

Go online every Sunday at 6.30pm to have an online meeting with others recovering from alcoholism.

<http://tinyurl.com/3l2lkvc>



Drinking 5 pints of lager a week adds up to 44,200 calories over a year, equivalent to eating 221 doughnuts.

Smoking

Smokefree

All of the NHS resources in one place to help you quit smoking with access to an online advisor.

<http://smokefree.nhs.uk>

Quit Smoking Widget

Receive daily support on your computer. This tool gives you daily messages, and keeps track of how much you're saving and how many days it's been since your last cigarette.

<http://tinyurl.com/yl8usu3>

NHS Quit Smoking app

Provides daily support and instant tips as well as showing how much money you're saving and how long it has been since your last cigarette.

iPhone
FREE

North Tees Stop Smoking Service

Information on local stop smoking service drop-in session timetables and Pharmacies One Stop Shop Services.

<http://tinyurl.com/5rn2oc>

Ash

Information on the benefits of quitting, help lines and stop smoking links.

www.ash.org.uk

Nicotinell

Crave life not cigarettes. Information on products that are readily available to increase your chance of quitting.

<http://tinyurl.com/65z99vx>

Addiction Test

Use this simple quiz to see how addicted you are to cigarettes. This will give you a better idea of how easy it will be to give up smoking.

<http://tinyurl.com/4yncgd9>

Can Stop Smoking

A helpful website that provides information on getting ready, beating cravings and trying again as well as handy tips and tricks to help you along the way!

www.canstopsmoking.com

Men who quit smoking by 30
add 10 years to their life.



Mental Health

Mind

A website that provides information, advice, training programmes, grants and services to help people take control of their mental health.

www.mind.org.uk

Mental Health Audio Leaflets

Adapted from Northumbrian Leaflets, the Hearts and Minds group in Middlesbrough have produced these audio leaflets

<http://tinyurl.com/65qf6jy>

Yoga Trainer Lite

Yoga tutorials for all abilities plus easy to follow, calming meditations.

**iPhone
FREE**

Moodometer

Discrete, portable and easy to use interactive mood diary which helps you monitor and understand your emotional wellbeing.

**iPhone
FREE**

CBT Online

An interactive site that teaches people to use ways of thinking that will help using cognitive-behaviour therapy.

www.moodgym.anu.edu.au

Cruse Bereavement Care

Cruse is committed to breaking the stigma around grief insuring that everyone, no matter how old or young, can access the highest quality support following bereavement.

<http://tinyurl.com/5mjflw>

Living Life to the Full

The site uses a self help format, and also the CBT model which has a proven effectiveness in helping people develop life skills that help them tackle feelings of low mood, stress and distress.

www.lltff.com

Self Harm

This website offers information about self harm, the causes and diagnosis, self-help strategies, living with self harm and many other resources. It is strongly advocated that there is no shame in self harming.

www.selfharm.net

1 in 4 of us will have mental health problems at some point in our lives. 1 in 100 people has a severe mental health condition.



Men's Cancers

Spot Cancer Early

Try this online app by Cancer Research to find out the possible warning signs and symptoms of cancer.

<http://tinyurl.com/5vt3yan>

Cancer Signs and Symptoms

An app designed by Cancer Research to highlight some of the possible symptoms of cancer. Spotting the signs sooner rather than later can really make a difference.

**iPhone & Android
FREE**

Understand Skin Cancer

An app with a series of 3D animations that visually explains what Skin Cancer is, how it is treated, and the damage sun burns can do to your Skin.

iPhone, FREE
<http://tinyurl.com/3l2vcfq>

Healthy Living

There is a lot of information about lifestyle and cancer, this short quiz will make it easy to find your way through it and get tips on how you could reduce your cancer risk.

<http://tinyurl.com/3yxpc73>

Testicular Cancer Resource Centre

This site includes information about treatment, support issues, testicular self examination and over 600 links to testicular cancer and related issues.

www.acor.org/TCRC/

Cancer Information and Support Services

Services for cancer patients, their carers, families and friends providing information on all forms of cancer, screening, treatment and prevention.

www.cancerhelp.org.uk

Macmillan Learn Zone

Learn more about how to manage the day to day impact of living with cancer to make a difference to your quality of life. Here you will find a range of self management courses, workshops and e-learning.

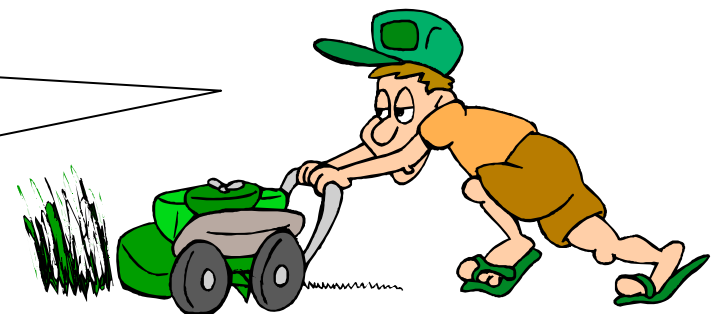
<http://tinyurl.com/3upfja8>

Orchid

Fighting male cancer. Information on male cancers and getting involved.

www.orchid-cancer.org.uk

Over 95% of men with early stage testicular cancer will be completely cured.



General Health

Man MOT

An online surgery every Monday from 6pm-10pm offering men a free and secure service where they can talk to a GP anonymously and in confidence.

www.manmot.co.uk

WebMD Mobile

Use the body map symptom checker to narrow down symptoms and get a 'diagnosis'. Access information about medications and treatments, including a useful first aid tool.

iPhone
FREE

Bloke Noises

Create a health profile based on your lifestyle and get all relevant health advice sent to your phone.

Smartphone's
FREE

NHS Life Check

Free, easy to use, online service that will help you to assess your lifestyle and improve your future health. Results tailored to your age, gender and lifestyle.

<http://tinyurl.com/6cktobx>

Screening and testing timeline

An interactive timeline which shows what testing and screening you should be going for at each stage in life.

<http://tinyurl.com/6f28axt>

Healthy Heart Check

Aims to help lower your risk of common but often preventable diseases. This website includes information on all areas of health.

<http://tinyurl.com/hhctees>

Find your focus quiz

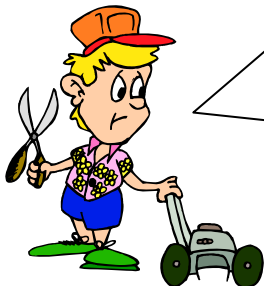
Take this quick and easy quiz to find out which areas might be best for you to focus on to becoming a healthier you!

<http://tinyurl.com/3xsoyfv>

Back Care

Provides information on all aspects of back care and measures to help people with back pain.

iPhone
FREE



43% of the people using the NHS Midlife Check lifestyle-assessment website are men. The average age of men completing the lifestyle questionnaire was 49. These men are an average 2 stones, 3lbs overweight (14kg) with a 37 inch waist.

Men's Health Week Calendar

2

0

1

1

13th

14th

15th

16th

TOOLKIT OFFICIAL
LAUNCH!

MAKE SURE EVERY MAN
YOU KNOW HEARS ABOUT
THIS DURING MENS
HEALTH WEEK

5.15am Urban Fitcamp

CD Launch (all day
event)

ALL EVENT DETAILS
ON NEXT PAGE

CD Launch (all day
event)

5pm Men's Health
Drop-in

17th

18th

19th

ALL EVENT DETAILS
ON NEXT PAGE

9am Park Run

10am & 11am Urban
Fitcamp

ALL EVENT DETAILS
ON NEXT PAGE

NATIONAL
MEN'S
HEALTH
WEEK

The Events

Urban Fitcamp

Middlesbrough Council Sports Development Team is delivering non-military Urban Fitcamp classes in Middlesbrough. They will help you to improve overall fitness levels, lose weight, boost energy levels and feel better!

Tuesday - Centre Square, Middlesbrough, 5.15pm-6pm

Saturday – Sandy Flatts Pavilion, Acklam, 10am-10.45am & 11am-11.45am

Open to men and women of all ages, sizes and fitness levels! This is a weekly activity!

Men's Health Drop-in

Come along to the Men's Health Drop in Centre for a wide range of health services including BMI checks, stadium walks, boxercise and healthy heart checks.

Middlesbrough Football Club 5-8.30pm

Featuring laptops to explore the online resources discussed in this toolkit.

Also, Hearts and Minds will have their own laptop there with new audio mental health leaflets.

Park Run

A 5km run – you against the clock! Running for your own enjoyment whatever your pace.

Albert Park, Middlesbrough

Open to people of all ages! This is a weekly activity, please register in advance.

CD Launch

Go along to Central Library in Middlesbrough all day for the launch of the mental health audio CD's! Be the first to listen to the CD's which will cover all areas of health related issues, such as sleep problems and depression. You can also access them online at www.middlesbrough.gov.uk/mentalhealthvoice



Start Walking Today with Healthy Stepping



Healthy Stepping is a programme of structured and led health walks offered by the Health Improvement Service of South Tees NHS Foundation Trust. The programme is accredited to the national Walking for Health Campaign. Healthy Stepping aims to encourage local people of all ages and ability to increase their level of physical activity through walking, providing a fun way to improve health, get fitter and make new friends. Healthy Stepping offers shorter walks to beginners and longer walks to more experienced walkers. All the walks are FREE.

Why walk and what are the benefits?

Lack of physical activity has been described as a 'silent killer of our time' and is one of the biggest causes of illness, disease and death in the UK. The current government recommendation is a minimum 30 minutes a day (on 5 or more days a week) of moderate intensity activity, such as brisk walking.

Some of the benefits are:

- 👉 No specialist equipment required – just a pair of comfortable shoes and sensible seasonal clothing
- 👉 Helps you manage your weight
- 👉 Keeps your heart 'strong' and reduces blood pressure
- 👉 Reduces stress and helps you sleep better
- 👉 Reduces the risk of some cancers and type 2 diabetes
- 👉 Helps prevent the development of osteoporosis
- 👉 Socialising and meeting new friends.

Want to become a Volunteer Walk Leader?

A good walk leader should be familiar with the walk route, be able to plan and assess new walk routes, ensure everyone in the walk is registered with Healthy Stepping and has signed the walk register, be friendly and approachable, ensure new walkers feel welcome, be reliable and punctual, be aware of any hazards on walk routes and be encouraging and supportive.

How to become a Volunteer Walk Leader

Just ring 01642 777 845 to speak to the Health Walks Co-ordinator.

We will provide:

- 👉 A FREE 1 day volunteer walk leader training package
- 👉 A FREE rucksack and first aid kit for each walking group
- 👉 Ongoing support from Health Walks Co-ordinator
- 👉 FREE quarterly newsletter and walks programme
- 👉 FREE CRB check
- 👉 FREE insurance cover during walks
- 👉 FREE first aid training (if requested)



Mens Health Drop In

Middlesbrough Football Club, 1st Thursday of every month, 5pm-8.30pm

The MFC drop in is a programme designed for men with a DIY approach of kicking those habits for good!

MANage your weight!

The weight MANagement programme will help you think differently about the way you eat and live and show you how to lose weight by making the fewest amounts of changes in your life.

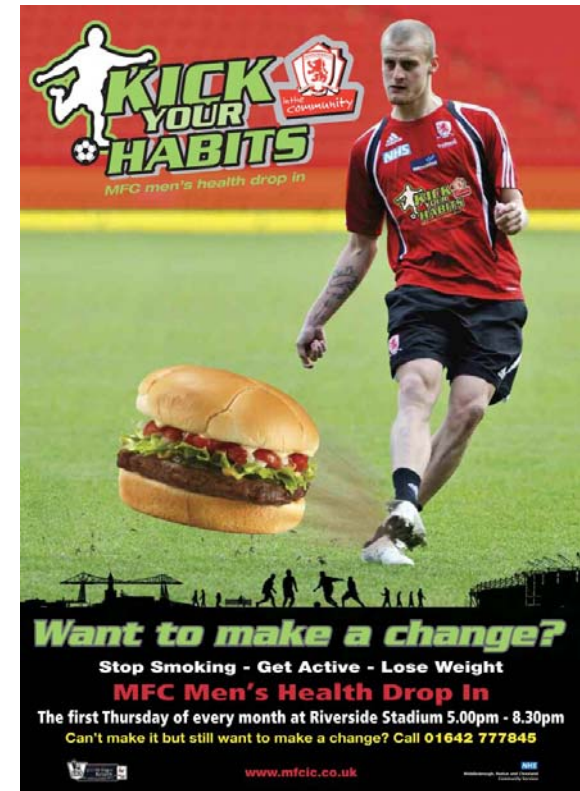
During the drop in session you will:

- Review and understand your current eating habits
- Learn approaches that will help you think differently about food and eating
- Use simple techniques to make the food you enjoy healthier
- Identify and manage times in your life where there are particular temptations put before you
- Resources to help you increase your physical activity

The drop in centre will offer:

- Healthy heart checks
- Chlamydia screening
- Stadium health walks
- Boxercise and circuit
- BMI checks
- Mid life check
- Weight MANagement
- Cooking quick fixes
- Stop smoking advice
- Wii fit challenges

For more information call 01642 777 845



Free advice & support for businesses and their employees

Are you a business that has staff on sick leave and at risk of losing their job?
Are you an employee in need of support to avoid going on the sick?

The Tees Valley InWork Support Project can help you!

- **Help for Businesses**

As an employer you could benefit from free advice and support to help your staff take less time off work.

- **Help for Employees**

Personal circumstances, such as health, debt, housing issues, etc, can make it difficult for you to remain in work we can work with you to identify appropriate support.

Our advisors are here to give one-to-one support to managers and employees by accessing the appropriate support organisations to help you maintain a fit and healthy workforce.

For further information contact:

Tel: 0300 303 1184

or visit: www.inworksupport.co.uk

NHS

Hartlepool
Middlesbrough
Redcar and Cleveland
Stockton-on-Tees
Darlington

Tees Valley

TeesValley
inwork
support

How healthy is your business? ONLINE

How healthy is **your business?** have launched a new website! Through this website you can access a wide range of health information and complete health quizzes to see how much you know!

Visit www.howhealthyisyourbusiness.org

