

MEN'S HEALTH INFORMATION DAY

NHS

Hull

Clinical Commissioning Group

**FREE
EVENT**

Hull ManClub



**GET FIT
WITH THE
ROBINS**

**Fathers
Reaching
Out**

8TH NOVEMBER 2017 - 9.30AM - 3PM
BRITANNIA ROYAL STATION HOTEL, 170 FERENSWAY HUL1 3UF
OPEN FOR HEALTH PROFESSIONALS & MEMBERS OF THE PUBLIC

**WALKING
FOOTBALL**

ROOTED IN HULL

Blues Boys

**MY TRANSPLANT
JOURNEY**

TO BOOK YOUR FREE TICKET CLICK BELOW

<https://hull-mens-health.eventbrite.co.uk>

MEN'S HEALTH

INFORMATION DAY

8TH NOVEMBER 2017

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An event for members of the public & Health Professionals aimed to help and support men and their families with all aspects of their healthcare.

On the day a programme of speakers will provide fascinating insight into some key health issues facing men with a variety of stands to showcase what is available in communities in Hull supporting all aspects of men's health; physical, psychological and social. We will have representatives from; Hull 4

MY TRANSPLANT JOURNEY

Mike was diagnosed with kidney failure in 2010 and waited four years for a life-saving kidney transplant. Mike's powerful story offers an important reminder for men not to ignore symptoms or health concerns.

GET FIT WITH THE ROBINS

Get Fit with the Robins is an innovative Hull KR programme which supports men aged 16+ to get fit, feel healthier and boost confidence. Find out what impact the programme is having on men's health in the City.

FATHERS REACHING OUT

Mark's inspiring story explains how his experience of panic attacks and postnatal depression following the traumatic birth of his son has motivated him to promote issues of mental health for fathers. Mark is the Founder of International Fathers Mental Health Day.

BLUES BOYS

Find out how this local project supports paternal postnatal depression and the problems some men encounter when they become fathers. Find out how health visitors are receiving training to address mental health issues for fathers.

Heroes, Men in Sheds, Yorkshire Cancer Research, ENABLE Weight Management, Tigers Trust, Smoking Cessation Support (CHCP), Let's Talk Service (CHCP), NHS Health Checks, Connect Well Hull, Fitmums & Friends, RENEW Drugs & Alcohol Service and Freedom Stroke Club.

WALKING FOOTBALL

Walking football is increasingly popular and is attracting more and more men to be physically active. Find out just what impact this is having and not just on physical health.

HULL MANCLUB

The single biggest killer of men under 45 in the UK is suicide, that's one man every 2 hours. Jon will explain how Hull ManClub is making a difference. A talking group, which offers a place for men to come together in a safe environment to chat.

ROOTED IN HULL

This project has a vision to create a community space for growing fruit, vegetables and rearing livestock in the heart of the City. Adrian explains how men getting involved in this project are reaping the rewards of positive health changes.

TO BOOK YOUR

FREE TICKETS VISIT:

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OR CALL: 01482 344700