

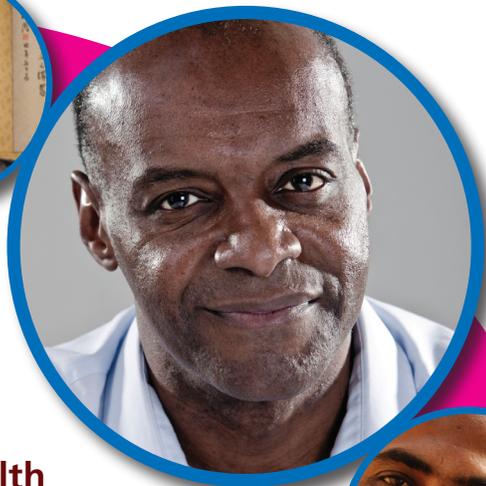
HEART  **PROUD**

Respecting your heart for life

NHS

Solent Healthcare

Men! Is your heart healthy?



Heart Proud can help you:

- quit smoking
- be more active
- eat a healthier diet.

All with the support of health professionals and other Heart Proud men.

Heart Proud is for black and minority ethnic men aged 40-75 in Southampton.

To be part of Heart Proud you need to have a free NHS health check first. Ask at your local GP surgery or Walk-in Centre.



Better health, local care 

Why should I take part in Heart Proud?

Heart disease and diabetes are the biggest causes of ill health, disability and early death in the UK. Heart Proud can help you lower your risk of developing heart disease and diabetes by helping you to eat a healthier diet, be more active and quit smoking.

What will be involved?

You will have an initial one to one assessment with your personal Health Trainer followed by regular group meetings for eight weeks. You could find yourself doing a new activity such as tennis, circuit training or gardening! There will also be some activities available for your family to enjoy, if you choose.

What will be expected of me?

You will need to be committed to changing your lifestyle so you can protect your health for the future. This could be anything from making small changes to the food you eat to taking a little regular exercise.

Do I need to speak English?

The sessions will be run in English. Support will be in place to overcome language barriers.

Where will it take place?

The programme will be available at a variety of locations within Southampton's Inner City.

Who is able to go?

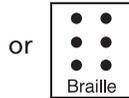
Men aged 40 - 74 who are from a black or ethnic minority group. You will also have had a free NHS health check which has shown you are at risk of heart disease.

How do I get involved?

If you have not already had a free health check then speak to your local GP or NHS walk-in centre to arrange one. The check is very simple and usually takes 20-30 minutes. A nurse will take some basic measurements and do a blood test. If the health check shows that Heart Proud is suitable for you, you will be contacted to arrange your one to one assessment.

For a translation of this document,
an interpreter or a version in

large
print



please contact Access to Communication

 023 8024 1300

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