



# FIFE HEALTHY MEN PROJECT



## *What is the Fife Healthy Men Project*

The Fife Healthy Men Project is a two year partnership project involving professionals within NHS Fife and voluntary agencies, funded by the Scottish Executive.



## Our Aim

Our aim is to allow all men the opportunity to improve their health and well being by offering a free, completely confidential health assessment at a wide range of venues throughout Fife.

I FEEL HEALTHY ENOUGH – SO  
WHY SHOULD I BOTHER?

**MEN'S HEALTH IS LOOKING RATHER GRIM!!**

**Did you know ....**

- ▣ In Scotland males can expect to live to as low as 69
- ▣ A man dies every 4 hours in the UK of prostate cancer
- ▣ Sexually Transmitted Infections in men rise year upon year
- ▣ Men are 4 times more likely to commit suicide than women
- ▣ 62.8% of men are overweight

## Tell Me More

### Where and when can I get a health check?

Here is a list of towns in Fife where you can receive a free health check

Kirkcaldy  
Glenrothes  
Burntisland  
High Valleyfield  
Kelty

We hope to expand this list in future

Within these towns are particular venues including Health Centres, Pharmacies and Voluntary Centres

Health checks are made by appointment although some venues do have a drop-in system but they are geared at a time to suit you either during the day or evening.

For more information contact [Julia.king@nhs.net](mailto:Julia.king@nhs.net) or telephone 263322 between the hours of 9.15 a.m. and 2.15 p.m.

### Who will carry out my check & what does it involve?

A trained healthcare worker will guide you through a half hour assessment where various topics will be discussed - including;

- Weight
- Smoking
- Alcohol Intake
- Heart Health
- How healthy you feel mentally & physically
- Sexual well-being
- Blood Pressure

## **What will happen afterwards?**

Having received advice from the healthcare worker you may be given information leaflets or advised to see your GP in order to maintain a healthy future.

You will be given a health summary of the health check for your information.

## **Who else will find out about my health check?**

Your health check is strictly confidential, information will only be shared with other healthcare professionals or agencies if you consent to this.

## Contact Us

Feel free to contact us for further information

Co-ordinator: Darren Karrim

Administrator: Julia King

Address: 17 Tolbooth Street, Kirkcaldy, Fife, KY1 1rW

Tel/fax No. 01592 263322

Email: [Julia.king@nhs.net](mailto:Julia.king@nhs.net)

## Related links

Living in Fife, information of health & welfare advice

[www.show.scot.nhs.uk/livinlife/index.html](http://www.show.scot.nhs.uk/livinlife/index.html)

Stress Watch Scotland helpline

[www.breathingspacescotland.co.uk](http://www.breathingspacescotland.co.uk)

Mens Health Forum Scotland - mental health awareness

[www.mhfs.org.uk](http://www.mhfs.org.uk)

Clued Up - Drug Information & support service for young people under 25 in Kirkcaldy

[Cluedup@hotmail.com](mailto:Cluedup@hotmail.com)

Smoking Advice

[www.ash.org.uk](http://www.ash.org.uk)

MASA one to one counseling for adult male survivors of childhood abuse

[www.dapl.net](http://www.dapl.net)

First Intensive Rehabilitation & Substance Misuse Team for misuse problems

[www.firstforlife.co.uk](http://www.firstforlife.co.uk)

Fife Alcohol Support Service (FASS) offering day & evening confidential service for those concerned about their own drinking or that of another

[www.fife-alcohol-support.org.uk](http://www.fife-alcohol-support.org.uk)

Orchid-Cancer advice about testicular cancer

[www.orchid.cancer.org.uk](http://www.orchid.cancer.org.uk)

Cancer Advice

[www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)

[www.cancerresearchuk.org](http://www.cancerresearchuk.org)

General Mens Health

[www.malehealth.co.uk](http://www.malehealth.co.uk)

Fife Healthy Men Project is hosted on Fife Men Project website click below for their homepage.

[www.fifemen.co.uk](http://www.fifemen.co.uk)