

The

HOUNSLOW

MALE

Is your gambling out of control?

Drop-in sessions

Peer support groups

Education sessions

Get help at ResetPoint Hounslow

For further information and support visit:

www.wlmind.org.uk/get-support/resetpoint



ALL YOU NEED TO KNOW ABOUT MEN’S HEALTH AND WELLBEING IN HOUNSLOW

DON’T FACE

ADDICTION

ALONE

Help is at hand

‘Hounslow men are opening up about addictions.

FULL STORY INSIDE



FREE



HEALTH CHECK

If you’re aged between 40 and 74, you may be eligible for a free NHS Health Check, a quick and simple way to assess your risk of major conditions like heart disease, stroke, kidney disease, and diabetes.

The check takes around 20–30 minutes and includes a blood pressure measurement, cholesterol test, BMI calculation, and a chat about your lifestyle.

Many serious conditions develop without symptoms, so this check is a great way to

catch potential issues early. It’s basically a quick MOT for your body to check everything is working as it should. And if there is something not quite right, it’s always best to know so you can get it fixed.

You’ll get personalised advice to help you stay healthy including tips on diet, exercise, and managing risks.

Contact your GP or local pharmacy to book your free Health Check today.

CONTINUED... DON'T FACE ADDICTION ALONE

Addiction can feel isolating and something you have to deal with alone. But a growing number of men in Hounslow are finding support in an unexpected place, a podcast called Breaking the Stigma.

The podcast has real-life stories, expert advice, and honest conversations about substance use, mental health, and rebuilding after hitting rock bottom. Whether it's alcohol, drugs, or other harmful habits, just hearing someone else say "I've been there" can make all the difference.

No pressure, no judgement

You can listen to Breaking the Stigma on your commute, while walking, or even at home when things feel overwhelming. There's no pressure, no judgement, just voices sharing experiences openly and honestly. It features people in recovery talking about the highs and lows of their journey. They

speak about relapse, rebuilding relationships, coping strategies, and finding purpose again. Hearing people talking about their setbacks can really help, as you realise even people who are currently doing better are fallible and make mistakes.

Experts also play a key role. Health professionals give advice on managing triggers, understanding cravings, and looking after your mental health. They also talk about how you can access more traditional support services, such as counselling and local recovery programmes.

Help for the family

Addiction can also be very hard for family members and friends. If you have someone in your family facing addiction, listening to Breaking the Stigma can help you understand the illness, support your loved one's recovery

and generally help you make sense of a very difficult situation.

It can also help you to understand where to turn for help yourself, as you will probably be going through a very hard time too.

If you or someone you know is struggling, remember help is available and you're not alone. Whether it's reaching out to a local service, speaking to a GP, or simply pressing play on a podcast, that first step matters. Sometimes, hearing someone else's story can help you start writing a new chapter of your own.

Listen to the podcast now: bit.ly/stigmapod



READY TO QUIT?



QUITTING IS TOUGH BUT YOU'RE NOT ALONE. HOWEVER YOU WANT TO DO IT, WE'RE HERE FOR YOU.

Quitting smoking is one of the best things you can do for your health, and you don't have to do it alone. There are three great options in Hounslow to help you give up for good...

1. HEALTHY HOUNSLOW

Healthy Hounslow offers a free stop smoking service, giving you personalised support to help you quit. Our expert advisors can support you with free nicotine replacement therapy, such as patches or gum, or a free vape to help manage cravings. With the right support, you're far more likely to succeed than going it alone. Head to healthyhounslow.co.uk to find out more.

2. THE SMOKE FREE APP

The Smoke Free app combines practical tools with expert advice to help you conquer your cravings. With 24/7 access to stop smoking advisors, you can receive tailored support and, where appropriate, have nicotine replacement therapy, vapes, or stop smoking medications delivered straight to your door. It's the perfect pocket pal to help you throughout your smokefree journey. Get the app here: smokefreeapp.com

3. SWAP TO STOP

If you want to quit but prefer not to attend one-to-one sessions, try Swap to Stop. Instead of quitting nicotine immediately, Swap to Stop helps you switch from cigarettes to the less harmful alternative of a vape. While not risk-free, vaping is considered significantly less harmful than smoking and can help you to transition away from tobacco. Simply sign up online and, if you're eligible, a free vape kit will be delivered straight to your door.

Sign up today at hounslow.gov.uk/health-wellbeing/swap-stop



COMEDY FOR THOUGHT

Looking for a different way to boost your mental health and self-confidence?



Brentford FC Community Sports Trust's Comedy for Thought is a unique course combining humour with wellbeing support. It's a great way to build confidence, meet new people, and improve your mood.

The sessions create a relaxed and supportive space where you can explore mental health

topics through laughter, storytelling, and creative expression. You don't need any experience of doing stand-up or comedy, just a willingness to take part and have a go!

Find out more and sign up: www.brentfordfcst.com/en/comedy-for-thought

DADS, HELP OUT WITH VACCINATIONS



Be honest, does your child's mum take care of all the vaccinations?

There's so much to think about as a parent, so why don't you share the load and check if your son or daughter is up to date with their jabs? It's one way you can get peace of mind about your kid's health.

As one Hounslow dad said: "You want to protect your kids from anything that could harm them, even things you can't see. When I was told about the HPV and MMRV vaccines at school, I had questions.

"But after speaking to health professionals, I realised these vaccines protect against serious illnesses, including cancers and infections like measles and mumps. For me, it came down to this: a simple vaccine now can prevent serious health problems later."

www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them



LOOK AFTER YOUR LIVER

Give your liver a break - cut back on the booze



Your liver works hard to keep your body healthy, but hitting the drink too hard can cause serious damage over time. Liver disease often develops silently, with no obvious symptoms until it becomes a much bigger problem.

Early signs of liver problems include feeling tired, loss of appetite, or discomfort in the upper abdomen. If you're worried about your liver and want to do some tests, speak to your GP.

AVOID BIG SESSIONS

It's alright to enjoy a drink but try and do it in moderation. This means no more than 14 units of alcohol (about seven pints of beer) per week, spread over several days, with alcohol-free days in between. Binge drinking can put extra strain on your liver and increase the long-term risks, so try to avoid big drinking sessions.

Reducing your alcohol intake can significantly improve liver health, even after years of drinking. If you currently drink more than 14 units, don't panic or feel you have to make drastic changes immediately. Any way you can cut down will help, so why not start with small changes and go from there?

If you're worried your drinking is a bigger issue, get in touch with the Addiction Recovery Community (ARC)...

Call 01895 488675

Visit www.cnwl.nhs.uk/services/addictions/arc-hounslow



THE POSITIVE MOVEMENT PROJECT

The Positive Movement Project has a great range of activities for men of all ages and abilities.

You can meet other people on friendly walks, head to the allotment for some social gardening, or enjoy a workout and a cup of tea.

Everything is designed to help your body and mind, meet new people, get closer to nature, and most importantly have fun!

Email info@thepositivemovementproject.org or head to their website to find out more thepositivemovementproject.org



WANT TO GET OFF THE COUCH AND ON YOUR FEET BUT DON'T KNOW WHERE TO START?



Take the first step to
a healthier lifestyle

LAMPTON LEISURE: EXERCISE ON REFERRAL

Healthy 
Hounslow
X
Lampton
Leisure

Want to get
active but need
a bit more help?



London Borough
of Hounslow

Lampton Leisure's Exercise on Referral programme offers personalised fitness plans for people with serious health conditions.

Working in partnership with Healthy Hounslow, the programme helps you to safely improve your fitness under expert guidance. It's suitable for people with conditions like diabetes, high blood pressure, obesity, or mental health challenges.

After being referred by a GP or health professional, you'll receive a tailored plan designed to meet your needs and abilities.

With access to gyms, classes, and professional support, this is a great way to start moving more and improving your health with confidence.

Speak to your GP to find out if you're eligible and take your first step towards a healthier you.