



HEART ATTACK? Know these symptoms:

Pain or discomfort in the chest that doesn't go away;

The pain may spread to the left or right arm;

Or may spread to the neck and jaw;

You may feel sick or short of breath;

THINK QUICK ACT FAST CALL 999 IMMEDIATELY

MEN'S HEART 2 HEART REPORT

Royal British Legion Club - 6 February 2014

EBCDA Health Team: Alan, Sharon, Alison, two volunteers Loren and Leigh.

51 Men Attended : Groups Represented: Bikeway East, CRAG, Get Active, Knights, Mountpottinger, Refresh Café, Time Travellers, W Club, Wisecrackers.

Legion Talk delivered by Dennis at short notice and his mention of the local name for the Club as the 'Shed' was appropriate.

Duncairn Shed Talk provided personal experiences and acknowledgement of the daunting task to keep the centre open after Lottery funding ends.

Blood Pressure Checks provided by Myrtle for 39 men showed no risk indicators.

Body Massage provided by Lisa and Karen for 12 men.

Hair Cuts provided by Irene for 22 men.

Pool had 11 entries won by Alan Higgins who beat Mervyn for a £5 prize.

Darts had 8 entries won by wee Billy who beat Brian McClean for a £5 prize. David McCullough, John McCandless organised along with Stephen Gourley and team.

EVALUATION RESULTS 23 completed.....

23 men found the event an **excellent use of their time**

22 men found the event helped **improve their wellbeing**

19 men found the **services excellent**

17 men found the **event important** for themselves

9 men stated they were **isolated** and at risk of becoming very isolated

12 men indicated an interest in **botany workshop**, 9 **life drawing**, 4 **kitchen appliances** and 2 **social history**

15 men asked to be kept informed of **future events.**

