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**Health information in Manchester...**

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| mhimBtn_standard1.jpg | **Mental Health in Manchester**  This website includes information about mental health in Manchester, including how to stay well and where to go for help. Booklets and audio information are free to download.  [www.mhim.org.uk](http://www.mhim.org.uk) |
| STOP SMOKING 2004 Max.jpg | Manchester Stop Smoking Service provides free NHS support to help you quit smoking. The service is open to anyone who lives or works in Manchester  For more information tel: 0161 205 5998 or text the word smoke and your name to 81025.  [www.stopsmokingmanchester.co.uk](http://www.stopsmokingmanchester.co.uk) |
| Green Corridor Logo [1].JPG | Manchester’s Green Corridor Walking Circuit is made up of 14 routes which connect up many of the beautiful green spaces and tree-lined streets around the city. Each route averages 4 miles.  For information leaflets to help make your walk as easy, interesting and enjoyable as possible visit the website:  [www.gettingmanchestermoving.org](http://www.gettingmanchestermoving.org) |
| mcht-image-logo1.jpg | Manchester Community Health Trainers are available to help you improve your health and wellbeing. You set your goal; they help you along the way.  To find out more, text the word CHANGE to 81025  tel: 0161 861 2548 or email: [healthtrainers@nhs.net](mailto:healthtrainers@nhs.net)  Visit [www.mphds.org/](http://www.mphds.org/) click on the Health Trainers link. |
| GettingManchesterMovingPostcard.jpg | The Getting Manchester Moving website is designed to provide you with all the information you need to get more physically active, eat more healthily and help you lose weight.  For more information visit: [www.gettingmanchestermoving.org](http://www.gettingmanchestermoving.org) |
| nhs_logo.jpg  **Screening Programmes in Manchester** | There are a number of screening programmes available for you across Manchester. Remember screening is for people without symptoms. If you are concerned about any symptoms please speak to your GP.  **NHS Health Check (Vascular risk)**  This is a FREE check for men and women and aims to prevent heart disease, stroke, diabetes, and kidney disease. If you are between the ages of 40-74 and have not already been diagnosed with one of these conditions you will be invited (once every five years) to have a check to assess your risk of any of these diseases.  For more information speak to your GP or call the NHS Health Check helpline on 0845 850 9850. Visit: [www.nhs.uk/nhshealthcheck](http://www.nhs.uk/nhshealthcheck)  **NHS Breast Screening Programme** Women between ages 47-73 are invited to attend for a mammogram (breast x-ray) every 3 years. The programme aims to detect and treat breast cancer early.  For more information tel 0161 291 4444, contact your GP with any concerns or visit  [www.breast-screening.uhsm.nhs.uk](http://www.breast-screening.uhsm.nhs.uk)  **NHS Cervical Screening Programme** The programme aims to prevent cervical cancer by detecting and treating cervical abnormalities before they cause problems.  For more information speak to you GP – visit: [www.cancerscreening.nhs.uk/cervical](http://www.cancerscreening.nhs.uk/cervical)  **NHS Bowel Cancer Screening Programme** This programme provides screening for men and women in their sixties to detect bowel cancer. Every two years a Faecal Occult Blood Test Kit is sent to you to complete at home and then sent to a laboratory for testing.  For more information speak to your GP, call the helpline on 0800 707 6060 or visit: [www.cancerscreening.nhs.uk/bowel/](http://www.cancerscreening.nhs.uk/bowel/)  **NHS Abdominal Aortic Aneurysm Screening Programme** This programme invites men during the year that they turn 65 (1 April – 31 March). The aim of the programme is to reduce deaths from abnormal aortic aneurysms (also called AAAs or Triple As). If you are over 65 and have not been previously screened you can request an appointment.   For more information speak to your GP or visit: [www.aaa.screening.nhs.uk](http://www.aaa.screening.nhs.uk)  **National Chlamydia Screening Programme** This screening programme provides young people under the age of 25 in England with the opportunity to get tested for Chlamydia – the most common sexually transmitted infection (STI) in the UK.  For more information contact your GP or call the sexual health helpline on 0800 567 123.  **Shingles Vaccination Programme** This screening programme is a vaccine against Shingles. If you are aged 70, 78 or 79 (in the first instance) you will be able to take part.  For more information speak to you GP. |
| Manchester Public Health Development Service (MPHDS) is committed to promoting the health and well being of all people who live or work in the city. For more information visit [www.mphds.org](http://www.mphds.org) | |