



## ON THE ROAD



# TO Better Health For Travelling Men



Being a Travelling man has never been easy, trying to find a good stopping place, being moved, having to make a living whatever the weather is like.

In the days when Travellers lived in horse drawn wagons at least they were having lots of exercise like walking with the horses, hawking door to door with carpets and other goods and fruit picking in the summer or chopping and selling firewood in the winter.

There was plenty of good healthy food as well fresh vegetables, game and stews - all low fat - and there definitely wasn't as much stress and rushing around as there is now.

Back then in a good day Travellers could travel 15 miles in a day; with the tackle people have now, they can do 500. All this rushing around can affect your health

Travelling men value their families and need to look after their own health, get check ups, and talk to doctors and health visitors, even if they feel a bit strange doing it.

**After all it could save YOUR life.**



Sarah Rhodes from NAHWT checks a Traveller's blood pressure

### Some of the things Travelling men have problems with

Pressure and stress,	Contributing to	Depression
Smoking too much,		High Blood Pressure
Drinking too much,		Heart Attack
Being overweight		Diabetes

### A few good ways to stay well

Enjoy some regular exercise; enjoy relaxing time with friends and family; share your worries with others; work safely; drive safely; keep your weight down; cut down on smoking and drinking.

**If things aren't right, don't keep it to yourself - talk to a nurse, a health visitor or a doctor and have a check up!**

**IT'S ALWAYS KEPT PRIVATE**

"I know from what happened to us after my dad's heart attack the damage health problems can do to a family. Don't put your family through it, start looking after your health"

*Richard O'Neill*



This Booklet is dedicated  
To the memory of  
**Richard (Dick O'Neill)**  
of Darlington 1925-1983

### Your Local Health Services

**Other Useful Contacts:**  
[www.malehealth.co.uk](http://www.malehealth.co.uk)

The best website for information on men's health

**NHS Direct Advice on all aspects of health**

24 Hour/7 day phone help line 0845 46 47

**Community Law Partnership**

Eviction, Planning, Site Problems and other issues 0845 120 2980

**National Association of Health Workers with Travellers**

Balsall Heath, Health Centre, Birmingham B12 9LB

Information on your nearest NAHWT member Tel: 01214462300

**The Gypsy Council: 01708 868986**

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