

## Background

In recent years, there has been a growing awareness and concern about the burden of ill health experienced by men in Ireland. Men's health has been addressed through a range of programmes on offer from community, voluntary and statutory services.

In 2012 the Southern Area Men's Health Steering Group was established. The purpose of this group is to support the development of new approaches to engage with and inform men about health issues, provide a forum for sharing information on local initiatives and identify local need thereby improving the health and wellbeing of men.

To date the group has organised three seminars and a workshop bringing together local groups and interested parties to provide a forum for updating and sharing good practice.

The group agreed to work in partnership on an event to promote mental health and wellbeing among men both in the workplace and in the community, which included speakers as well as facilitated discussions on the Take 5 Steps to Wellbeing.



# How much did we do?

- 4 hour workshop held in the Lord Mayor's Parlour, Palace Demesne, Armagh
- 3 speakers:
  - Lord Mayor Gareth Wilson, ABC Council
  - Dr Ian Banks, President, European Men's Health Forum
  - Richard Taylor, Governor, Hydebank Wood College
- World café style workshop based on Take 5 Steps to Wellbeing
- Facilitated groups identified how men can maintain good mental wellbeing – themes were :
  - Be Active
  - Give
  - Connect
  - Keep Learning
  - Take notice

**SOUTHERN AREA**  
**MH**  
**MEN'S HEALTH**  
STEERING GROUP

**The Main Man (& Woman)**  
**Workshop**

*'Exploring realistic ways to support men's health and wellbeing at work and in the community'*

Friday 23<sup>rd</sup> March 2018, The Palace Demesne, Armagh, 9.30 – 1pm

09.30 Registration, Tea, coffee and scones  
Welcome and Introductions  
Lord Mayor Alderman Gareth Wilson  
Guest Speaker: Dr Ian Banks  
Guest Speaker: Mr Richard Taylor  
Question & Answer Session

11.30 Comfort break  
World Café Session  
Close and Evaluation

13.00 Lunch and Networking

FORUM Cancer Focus  
closing-gap HSC Agency  
Public Health Agency  
Southern Health  
Quality Care. For real. with you.  
CYPSP  
The Health Trust  
HSC Water



## How well did we do it?

- Partnership of 6 organisations in the Southern Men's Health Network
- 55 people attended the event
- 34 participants completed evaluation forms
- 100% of respondents agreed the workshop was worthwhile
- 100% rated the content of both key speakers' talks as good/excellent
- 97% rated the table discussions as good/excellent
- 27 pledges were made to maintain good health and wellbeing for men in work and in the community, as a result of the day



# Is anyone better off?

Participants rated their levels of **understanding of the need to supports men's health and wellbeing at work** both before and after the event.

**BEFORE** the event:

9% rated their understanding as **VERY LOW**

61% rated their understanding as **AVERAGE**

18% rated their understanding as **HIGH**

12% rated their understanding as **VERY HIGH**

**AFTER** the event:

0 rated their understanding as **VERY LOW**

0 rated their understanding as **AVERAGE**

65% rated their understanding as **HIGH**

35% rated their understanding as **VERY HIGH**

## Feedback for Speakers

What I heard was very interesting, especially about the way men react to information & express themselves

Very witty but got straight to the point & had great interaction with the group

Excellent range of knowledge

Could have listened longer. Brilliant

Opened my eyes to men's health

Excellent and captivating

Great to include data – gives a real representation of people affected

Inspiring attitude – 10 day tip – great idea

Great to hear how much the Prison has changed over the last 20+ years

Very positive and inspirational

Related activities happening within community and work

It was inspiring for the future



## Feedback for Table Discussions

Very good. Lots of sharing information and great range of ideas

Good to hear how other networks connect

Got some brilliant ideas

Very enjoyable

Good table discussion – really enjoyed

Great passion for change & making a difference

It was good to hear how men connect & ideas as to how to involve men

Loads of different ideas brought forward

People have good knowledge of men's health – liked finding out about Mens Shed

Useful to hear all views



## Some of the Pledges Made by Participants

- To continue positive work with young men
- To make more connections
- To help improve the work done for young vulnerable men in the community
- Keep reaching out to where the need is in the areas.
- Look at further ways to encourage men to talk about their health
- Be more aware of men's health in general
- To continue participating in men's group (WATT), Men About the Town & promoting men's health
- Make stronger links to men's groups and support their health and wellbeing. Develop my knowledge & skills so that I can engage with men about their health
- To further our efforts to reach more members: table discussion provided some ideas.
- Design events differently for men & women
- Speak with my teenage sons about health
- To be more aware of others' needs and being self aware
- To keep working to help others and myself
- Understand that women & men think differently so target men specifically with the way they think
- To inform our young men about 5 Steps to Wellbeing
- To think more about men in the development of our information and our approach in delivery
- To look at ways we can improve our connection with men.
- To focus on getting something done/changed within 10 days

### Final comments:

- Brilliant day
- Very well organised, good opportunities for discussion
- Really very well organised, beautiful venue and very thought provoking event
- This was a very enjoyable workshop with lots of learning and networking opportunities
- Very good workshops & full of information regarding men's health, also improved my knowledge
- Great morning. Interesting, productive, thought-provoking, useful!  
Speakers were thought provoking and excellent
- This was a very helpful & useful seminar: I'm so happy that I attended
- Really enjoyed how men think differently from women
- The whole thing was EXCELLENT

