

Background

The Southern Area Men's Health Network is a partnership of practitioners and representatives of services and organisations across the Southern Trust Area, with a remit and commitment to improving the health of men in the local area.

The group was established in 2012 with the purpose 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 men's health and wellbeing.

To date, the group has organised / contributed to the organisation of seven annual events which bring together local groups and interested parties to provide a forum for updating and sharing good practice.

This year's (2020) theme was Dementia with an event to raise awareness, give an insight into its effect on men and their families, and to highlight support available to improve the lives of men and their families with regards to Dementia.



How much did we do?

- 4 hour workshop held at Tandragee Recreation Centre
- 5 speakers:
 - Lord Mayor of ABC Council, Cllr Mealla Campbell
 - Roisin McCartney, Memory Nurse, SHSCT: "What is Dementia?"
 - Catherine McCorry & Sheena McSherry, Dementia Navigators, SHSCT: "Where to Find Help & Support"
 - Billy Stewart, ABC Council PCSP. "In Case of Emergency (ICE) Card"
- Panel Discussion on Men's Experience of Dementia facilitated by Hazel Haworth, Dementia NI: 3 men diagnosed with Dementia and family member (Grandson) of Grandparents with dementia describing their experiences and journeys. With Q&A
- All attendees participated in 3 workshops: "Singing for the Brain with Geoff Hatt", "Memory App" and "Keeping the Brain Active"



DeMENTia – Men in the Middle #meninthemiddle

Friday 6th March 2020, Tandragee Recreation Centre, Co. Armagh

Welcome to the Southern Area Men's Health Group's annual seminar for 2020. This event seeks to explore facts about dementia; hear directly from men living with dementia; hear from young men about living with family members with dementia; activities to support those living with and caring for men with dementia. We hope that you enjoy and learn something from today.

What's Happening:

- | | |
|----------|---|
| 9.30 am | Registration Tea, Coffee and Scones |
| 10.00 am | Welcome to Event and Overview of Morning
Michael McKenna – Team Leader Work with Young Men, YouthAction NI |
| 10.05 am | Launch of Seminar
Lord Mayor Armagh City, Banbridge and Craigavon Borough Council,
Councillor Mealla Campbell |
| 10.15 am | 'The Big Picture: What is Dementia?'
Roisin McCartney, Memory Nurse, SHSCT |
| 10.30 am | 'Men's Experience of Dementia'
Panel discussion facilitated by Hazel Haworth, Dementia NI |
| 11.00 am | Comfort Break |
| 11.15 am | Taster Workshops: <ul style="list-style-type: none">▪ 'Singing for the Brain' (Red Group) – Alzheimer's Society▪ 'Memory App' (Blue Group) – SHSCT▪ 'Keeping the Brain Active' (Yellow Group) – SHSCT |
| 12.40 pm | Main Hall – Singing for the Brain – Alzheimer's Society |
| 12.55 pm | Where to find help/support/tips
Catherine McCorry and Sheena McSherry, Dementia Navigators, SHSCT |
| 1.05 pm | In Case of Emergency Cards (ICE)
Billy Stewart, ABC PCSP |
| 1.10 pm | Complete Feedback Forms
Darren Curtis, CINI |
| 1.15 pm | Final Remarks Close Invite to Lunch |

YouthAction
NORTHERN IRELAND

HSC Southern Health
and Social Care Trust
Quality Care – for you, with you



How much did we do?

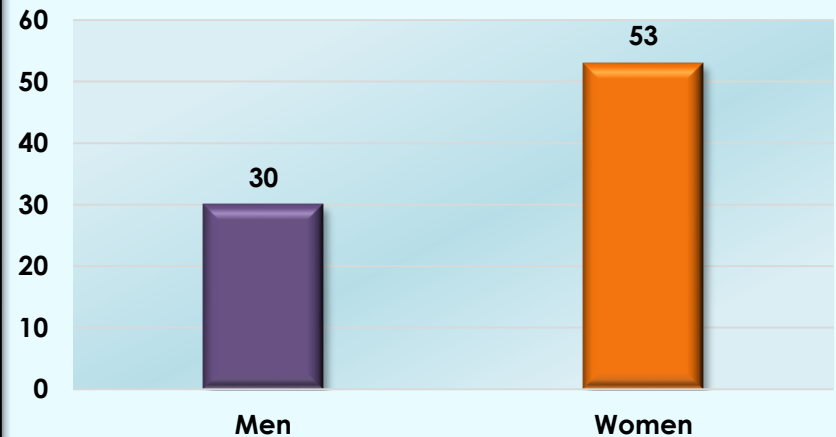
- Partnership of 12 organisations in the Southern Men's Health Network:
 - ✓Alzheimers Society
 - ✓Armagh City, Banbridge and Craigavon Borough Council
 - ✓Armagh Men's Shed
 - ✓Armagh Youth and Children
 - ✓Cancer Focus
 - ✓CYPSP
 - ✓Dementia NI
 - ✓Men's Health Forum in Ireland
 - ✓Mid Ulster District Council
 - ✓Public Health Agency
 - ✓Southern Health & Social Care Trust
 - ✓Youth Action NI
- 48 people registered for the event



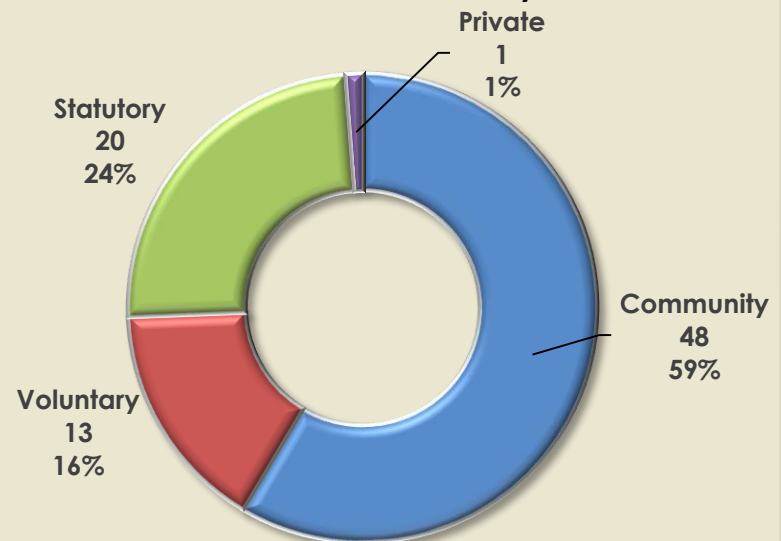
How well did we do it?

- Total 83 people registered on the day, including guest speakers and group facilitators
- 30 men and 53 women participated during the day
- 48 participants were from the community (individuals and community groups/clubs), 13 were Voluntary sector workers/volunteers, 20 statutory representatives and one from the Private sector
- 40 participants completed evaluation forms

Gender Breakdown of attendance



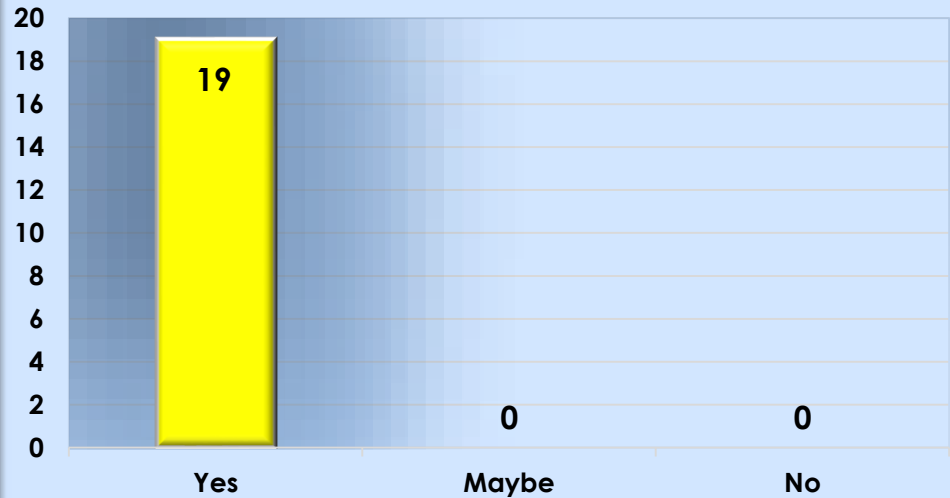
Breakdown of Attendance by Sector



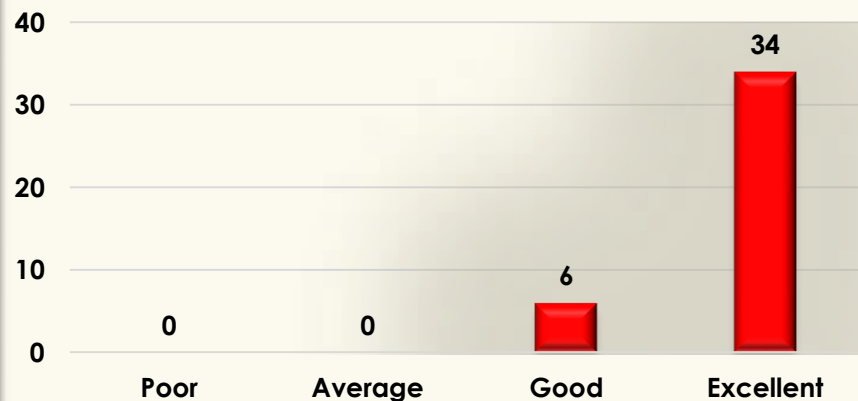
How well did we do it?

- **100%** of respondents agreed the **Event was Worthwhile**
- **100%** of respondents agreed the **Speakers were Good/Excellent**
- **97.5%** of respondents agreed the **Activities were Good/Excellent**

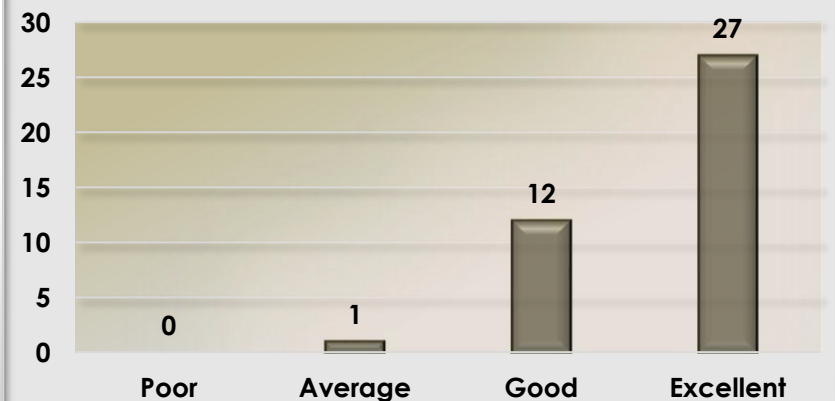
Do you think the Event was Worthwhile?



How would you Rate the Speakers?

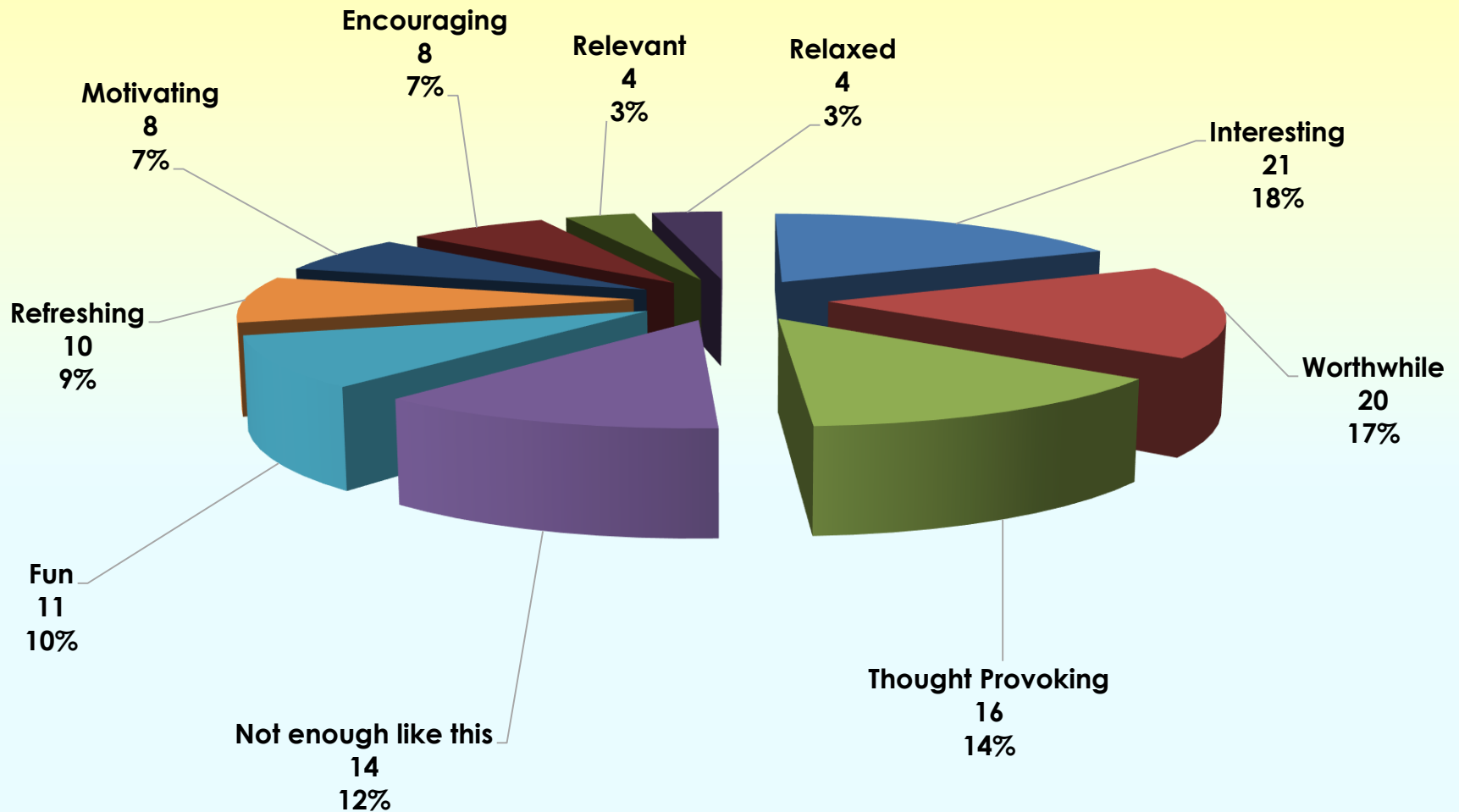


How would you rate the Activities?



How well did we do it?

Please circle up to 3 words/phrases to describe your thoughts on today's event



Is anyone better off?

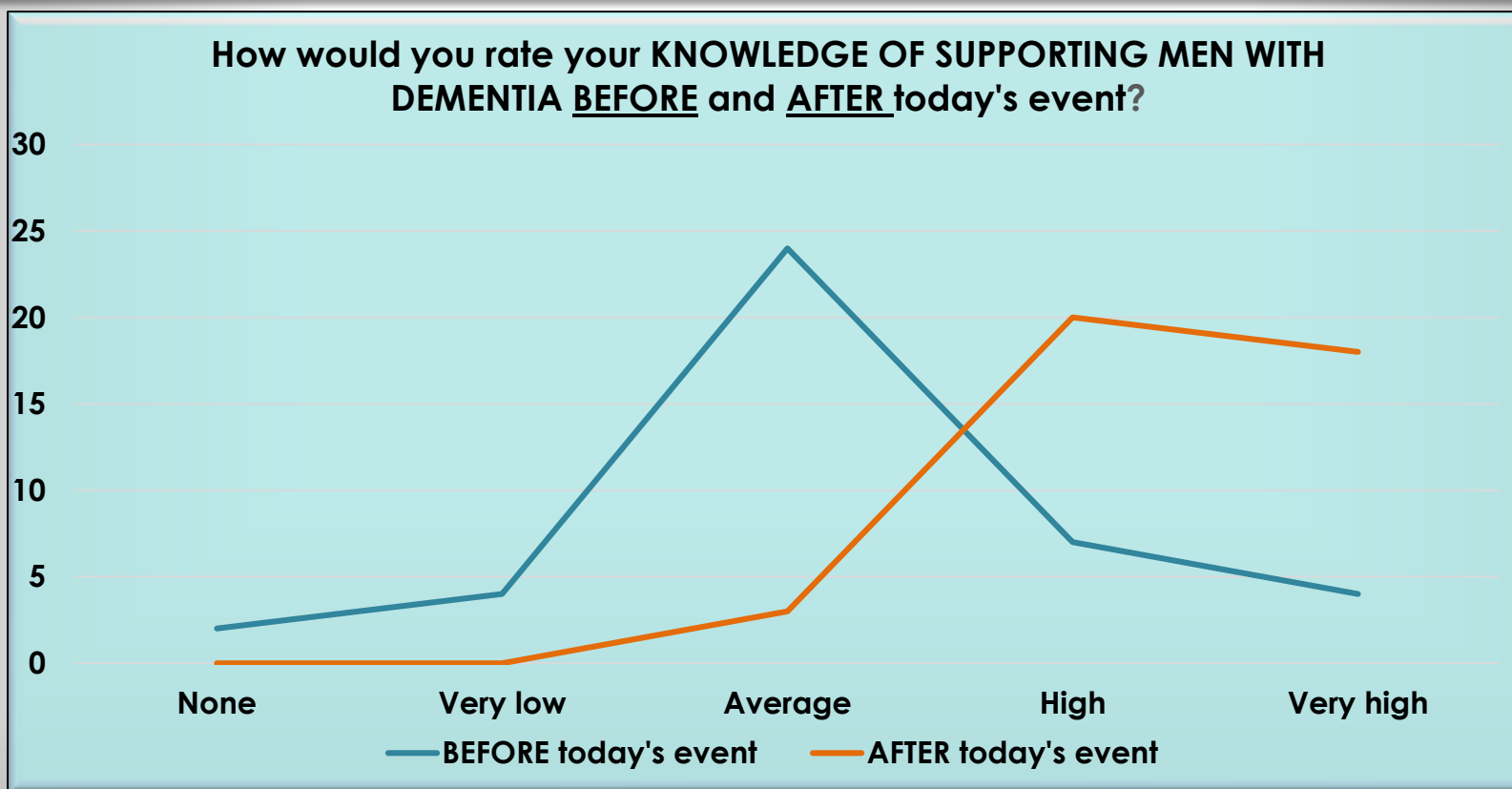
Participants rated their levels of **knowledge of supporting men with dementia** **BEFORE** and **AFTER** the event?

BEFORE the event:

4.9% rated their **knowledge** as **NONE**
9.8% rated their **knowledge** as **VERY LOW**
58.5% rated their **knowledge** as **AVERAGE**
17.1% rated their **knowledge** as **HIGH**
9.8% rated their **knowledge** as **VERY HIGH**

AFTER the event:

0 rated their **knowledge** as **NONE**
0 rated their **knowledge** as **VERY LOW**
7.3% rated their **knowledge** as **AVERAGE**
48.8% rated their **knowledge** as **HIGH**
43.9% rated their **knowledge** as **VERY HIGH**



How well did we do it?

Tell us One Benefit to you by Coming to Today's Event



Meet people and share knowledge...the ICE Card is a superb idea... spreading the word about early onset dementia

It is possible to live a relatively normal life with dementia... helped to reassure me about the future... reducing my fear of dementia

Excellent... very informative and uplifting... gave a fresh perspective for me as a carer

Address a range of good daily practices... insight into how people learn to cope with dementia and enjoy life....

Accessing useful information to benefit others caring for people with dementia... hearing the perspective of a family member

Can you suggest any other themes on men's health that we should focus on next year?

Mental health/social isolation post retirement

5

I thought today's programme was **excellent**

2

Prostate cancer

2

Local support services & activities for people diagnosed with Dementia

2

Gambling

1

Panel to include FAMILY MEMBERS (with a member) **living with dementia**

1

Nutrition & exercise

1

Information on dementia for individuals with **Downs Syndrome** or

1

Learning Disability

