

REPORT CARD 25.2



STRONG FOUNDATIONS HEALTHY RELATIONSHIPS MATTER

Southern Area Annual Men's Health Seminar 2025



BACKGROUND & CONTEXT

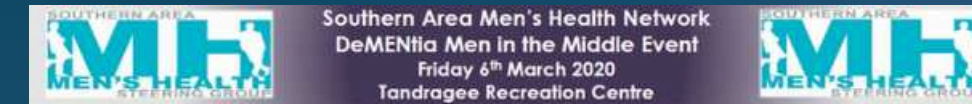
In recent years there has been a growing awareness and concern about the health and wellbeing of men in society. Men's health has been addressed through a range of programmes on offer from community, voluntary and statutory services.

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 annual seminars and workshops bringing together local groups and interested parties to provide a forum for updating and sharing good practice, start conversations and promote support available for men of all ages.

This year the group agreed to host a Seminar entitled "Strong Foundations: Healthy Relationships Matter".

The aim was to highlight the importance of healthy relationships for men and boys from birth, as a young man, as a parent/carer and in later life.



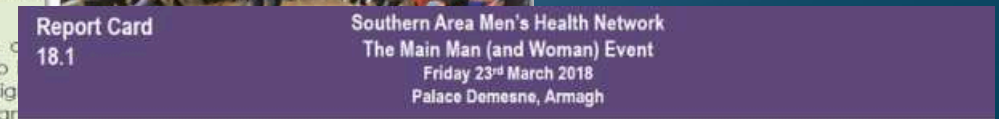
Background

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 aim to raise awareness, give an insight into the effect on men and their families, and to highlight support available to improve the lives of men and their families with regards to Dementia.



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.



The Southern Area Men's Health Steering Group was established in 2012 with 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 range of workshops bringing together local groups and interested parties to provide a forum for updating and sharing good practice, start conversations and promote support available for men of all ages.

This year the group agreed to host a Seminar entitled "Strong Foundations: Healthy Relationships Matter" to work in partnership on an event to promote support available for men of all ages, which included speakers as well as discussions on the Take 5 Steps to a healthier life.



The Southern Area Men's Health Group invites you to their free Men's Health Seminar

'GOODIE BAGS' FOR ALL PARTICIPANTS

WORTH THE RISK
Men and Risk Taking - the Good, the Bad and the Ugly!

Friday 17th November 2023, 9.30am to 1.30pm
Lough Neagh Discovery Centre, Craigavon, Co. Armagh

GUEST SPEAKER:
INTERNATIONAL ADVENTURER, RICHARD DOUGAN

Event also includes workshops, fun activities and finishes with a free lunch

Numbers are strictly limited. To book a place, contact Donna in YouthAction NI at
Email: donna@youthaction.org | Tel: 028 3751 1624

HOW MUCH DID WE DO?



“Strong Foundations” Seminar held on Thursday 13th March 2025 at Lough Neagh Discovery Centre, from 10am to 1pm.

Opening Speaker

Deputy Lord Mayor, Councillor Kyle Savage

Keynote Speaker

Kevin Duggan, Interim Social Care Commissioning Lead for Early Years Community Care Directorate, on **Building the Foundations of Strong Relationships**

4 Workshops

- Young Men and Why Healthy Relationships Matter (Youth Action NI)
- When Relationships go Wrong (Men’s Action Network & Local Actor Adam Murphy)
- Maintaining Healthy Relationships in Later Years (Men’s Sheds)
- Interactive Drumming Workshop

Seminar open to men of all ages and practitioners from services/organisations in Southern Area.

Southern Area Annual Men's Health Seminar 2025

STRONG FOUNDATIONS

Healthy Relationships Matter

Thursday 13 March 2025 | 10.00am - 1.30pm
Lough Neagh Discovery Centre

A **FREE** event packed with excellent information and fun interactions.
Refreshments and lunch provided.

Please register your interest with Donna Salt by Tuesday 11 March donna@youthaction.org

Logos at the bottom include: Armagh City Banbridge & Craigavon Borough Council, Southern Area Men's Health Steering Group, Comhairle Ceannair Lár Uladh Mid Ulster, Southern Health and Social Care Trust, Public Health Agency, P&C Policing & Community Safety Partnership, FORUM, YouthAction, and CYPSP.

HOW WELL DID WE DO IT?



Partnership of 9 organisations in the Southern Men's Health Network:

Public Health Agency (PHA) – Funders

Armagh City, Banbridge & Craigavon Borough Council

Armagh City, Banbridge & Craigavon Policing & Community Safety Partnership (PCSP)

Children & Young People's Strategic Partnership (CYPSP)

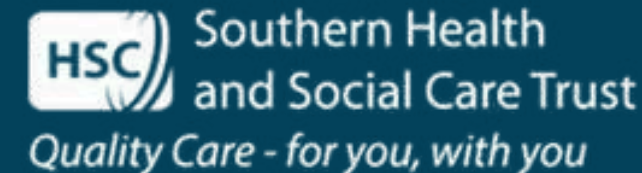
Men's Health Forum in Ireland

Mid Ulster District Council

Newry, Mourne and Down District Council

Southern Health & Social Care Trust Promoting Wellbeing Team (PWB)

Youth Action Northern Ireland (YANI)



HOW WELL DID WE DO IT?



120 people attended the event

65 (54%) of participants completed Evaluation Forms



Feedback Form

Thank you for participating in today's event. It was much appreciated. Before you leave, could we please ask for a few minutes of your time to give us some feedback? This will help with the planning of future events.

In the table below, please circle the number which indicates how satisfied you were with each of the following aspects of today.

[1 = Poor 2 = Just OK 3 = Good 4 = Very Good 5 = Excellent]

Category	How you'd rate it	Additional comments
Venue	1 2 3 4 5	
Food / refreshments	1 2 3 4 5	
Length of event	1 2 3 4 5	
Programme: Keynote speaker, Content and delivery of the 3 workshops	1 2 3 4 5	

What did you enjoy most about today?

How could the seminar have been improved?

Did you hear or learn anything / meet anyone that might be useful to you (if so, what / who)?

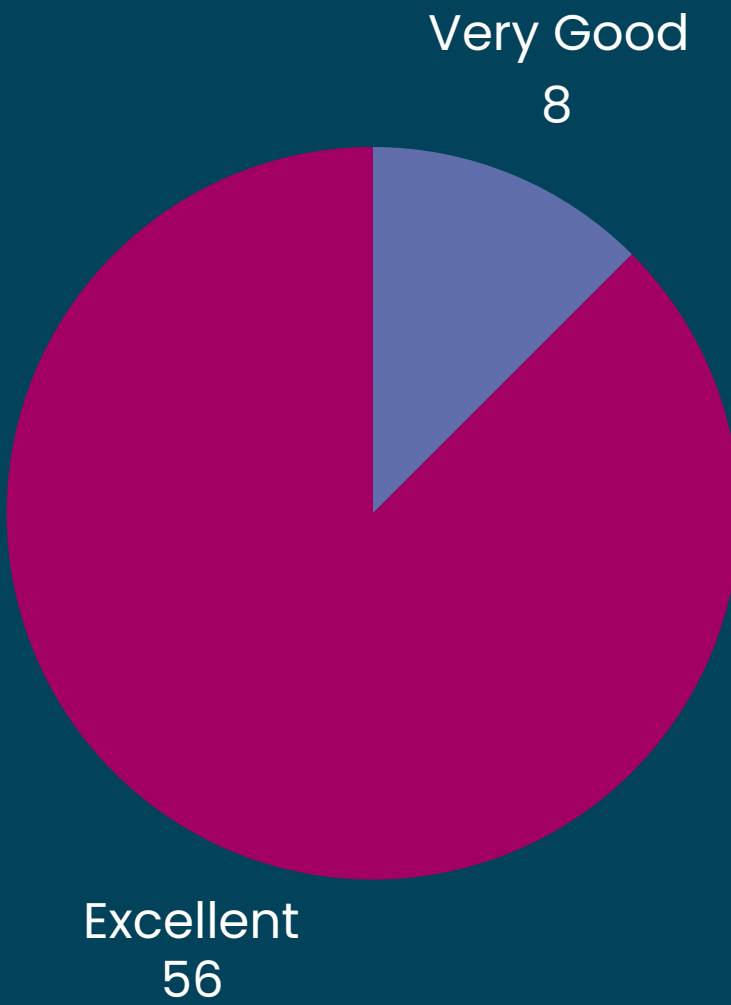
Please give any other comments or suggestions here ...

How did you rate the **VENUE?**



100%

of respondents agreed the Venue was Excellent/Very Good



Good break out rooms/spaces

Excellent
Beautiful Location
Amazing
Fab
Very neat/tidy

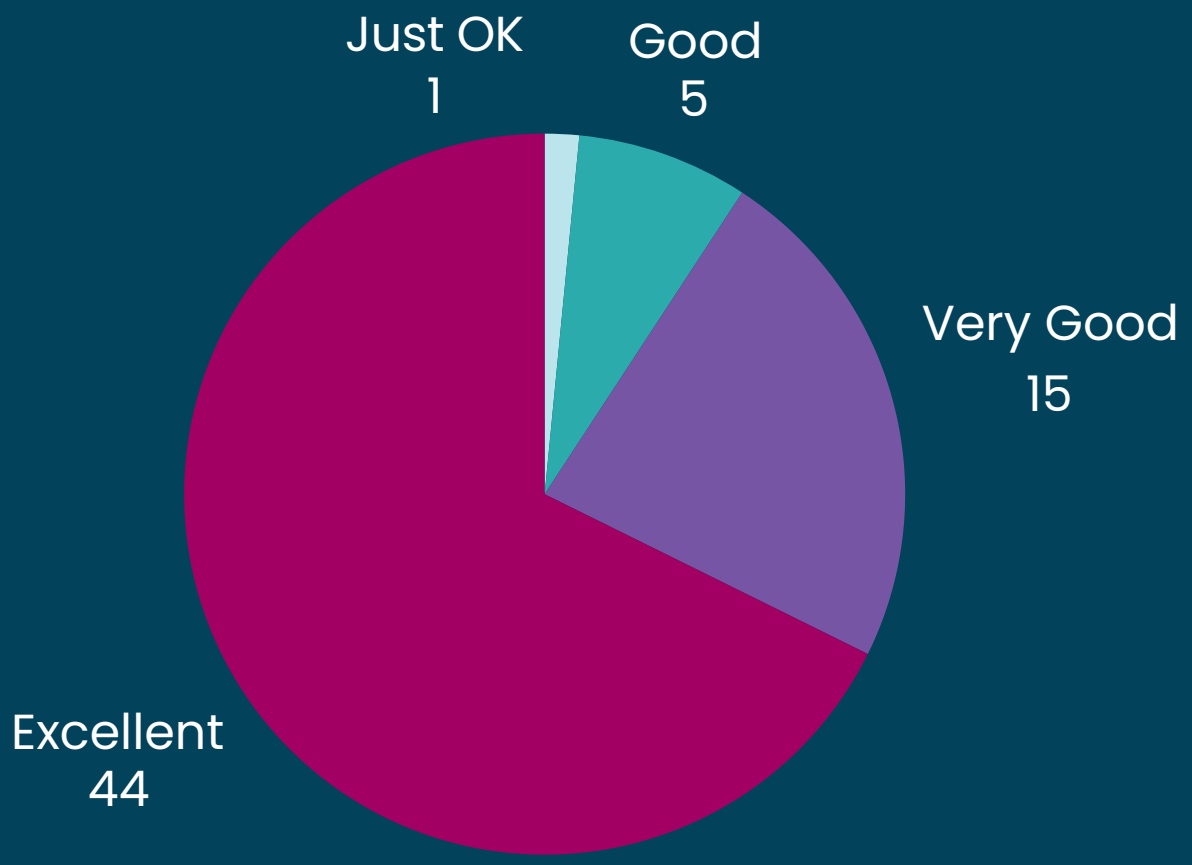


How did you rate the **LENGTH OF THE EVENT?**



93%

of respondents rated the Length of the Event as Excellent/Very Good



Breakout Sessions good

Just Correct
Good

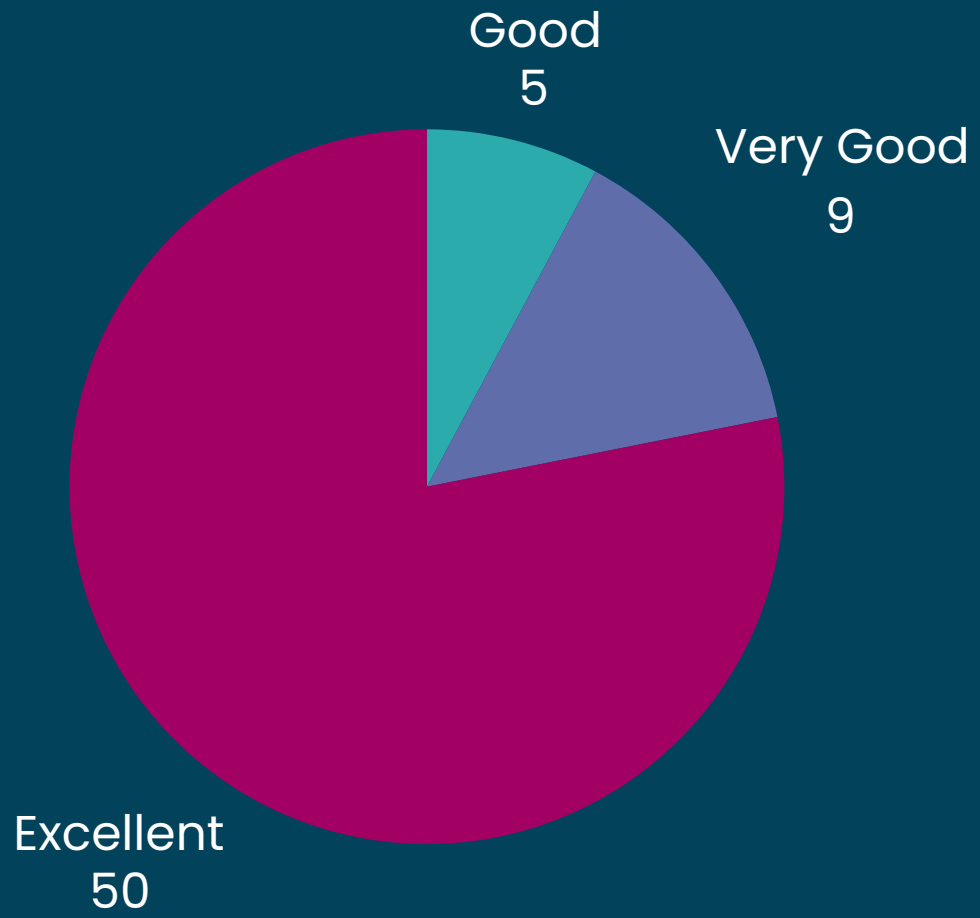


How did you rate the **PROGRAMME**?



91%

of respondents rated the Keynote Speaker, Content and Delivery of the 3 Workshops as Excellent/Very Good



Good Speakers & Workshops (Men's Shed)

Brilliant
Excellent
Great
Very Informative



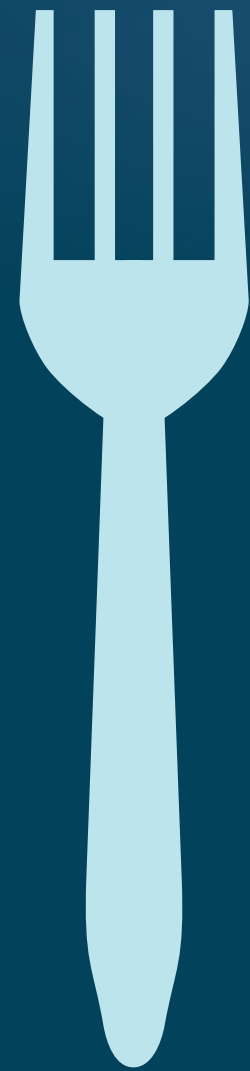
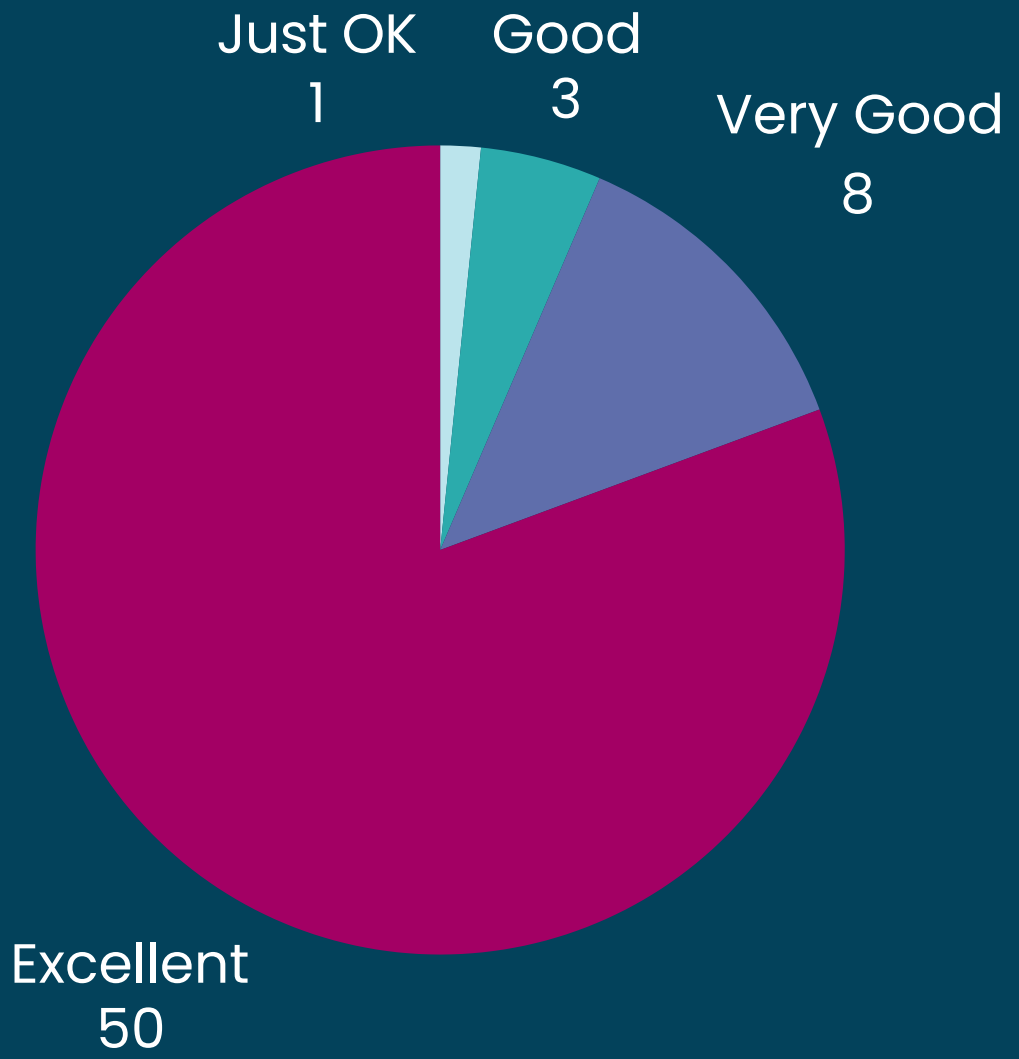
Keynote Speaker:
Excellent Engaging
Enjoyed

How did you rate the **FOOD**?



94%

of respondents rated the Food as Excellent/Very Good



WHAT CHANGED AS A RESULT?



What did you enjoy most about the day?



What did you enjoy most about the day?



WORKSHOPS



Being able to hear everyone's stories.

Lovely to see all ages of men in attendance and sharing knowledge around healthy relationships.

The diverse range of topics and learning and workshops.

Delivery and honesty was refreshing.

What did you enjoy most about the day?



INTERACTIONS / CONNECTIONS / MEETING NEW PEOPLE



Connecting with other practitioners.

Met a lot of groups doing good things.

The interaction during the talks was brilliant.

What did you enjoy most about the day?



EVERYTHING / GREAT DAY / EXCELLENT



I loved each and every aspect. Thoroughly enjoyed each workshop and the fact that they were each so different but powerful.

Everything. Speakers, presentations, workshops, thoroughly enjoyed the day.

What did you enjoy most about the day?



KEYNOTE SPEAKER



Excellent keynote
- emphasizing
the importance of
early years.

Kevin Duggan's
lecture.

Keynote
speaker was
fab and easy to
listen to.

What did you enjoy most about the day?



OTHER COMMENTS



Mix of ages – Focus of relationships



Sole focus on men's health – unique



Seeing great turnout of people with same aim & interest of working with men



How could the seminar have been improved?



How could the seminar have been improved?



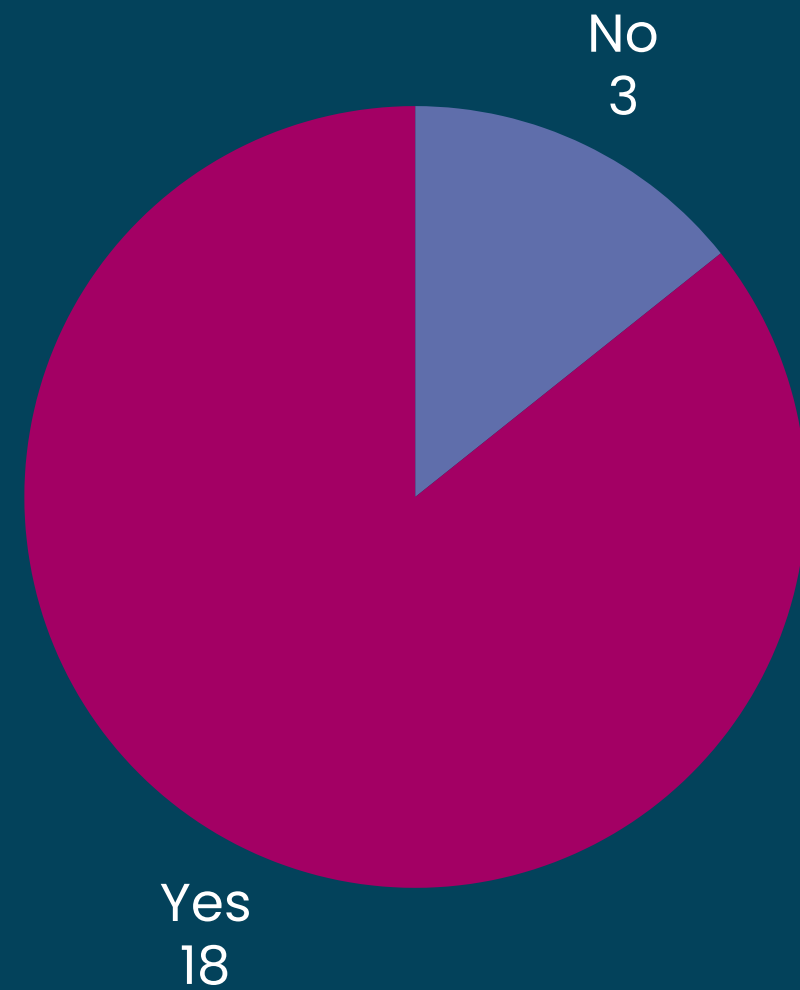
COMMENTS



Maybe hear from the voice of young men more, what it's like growing up as a young man today, issues & how they could be counteracted.

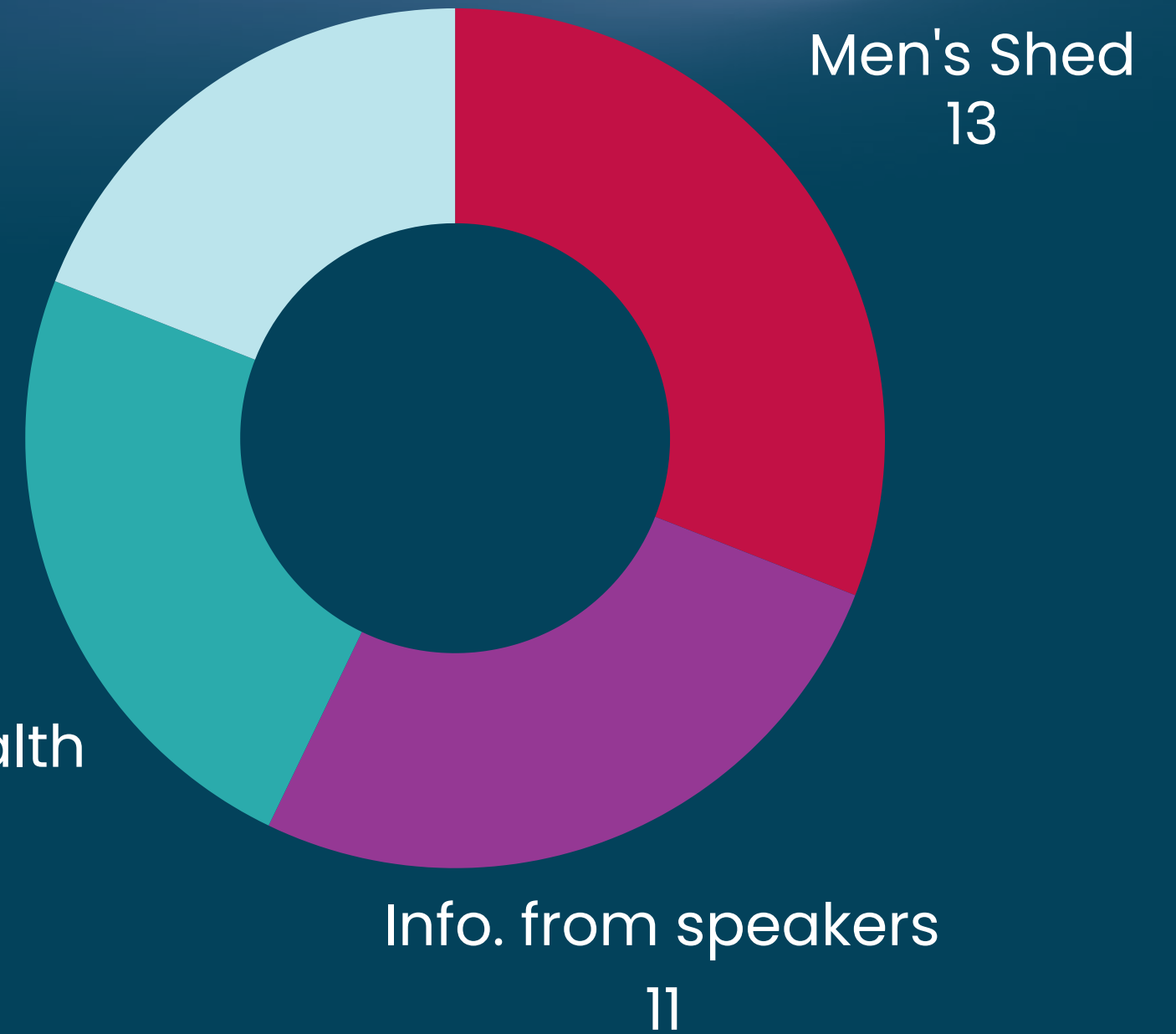
Not sure, felt all was relevant, informative and fun!!

Did you hear or learn anything/meet anyone that might be useful to you?



Meeting new people / services
8

Importance to talk / mental health
10



Did you hear or learn anything/meet anyone that might be useful to you?



I learnt to speak out if I need to.

I learnt that there is so much out there new sheds and groups to go to no matter if you want to take part in.

Plenty of good practice in mental health awareness which can incorporate in my workplace.

How to start conversations with young men.

Thought young people being there was very useful. "Women talk face to face. Men talk shoulder to shoulder".

Met with great and inspirational people.

Swapped contact info for offering services in work setting.

Adam Murphy (Actor) speaking about resilience.

Good opportunity to learn about men's services and groups in community – Very good to signpost men to supports.

I realised how important the Men's Shed is in terms of health.

Other Comments



Such an enjoyable event and so much learning acquired.

Great event - lovely atmosphere & all team of men's health very welcoming. Continue your great work!

Men tend to not talk about their feelings & emotions and there should be more mens' groups devised in every area.

Excellent & informative. Life changing for some.

It was a great networking experience.

Thought logistically it was very well planned and organised, would commend all involved.

Really glad to see the young people in the room - their input and behaviour was brilliant.

Great session & well organised & great to see emphasis on men's mental health.

THANK YOU & FURTHER INFO.



To find out more about the Southern Area Men's Health Seminar 2025, visit [HERE](#)