

## **MDN's MHP contribution will focus on resource development as follows**

- facilitation of health training modules and programmes.
- Work will be developed and implemented through working partnerships involving HSE, ITC, WIT, NOSP, MHFI and other community based organisations.
- All the work will focus on developing, promoting and signposting approaches to improving men's health and lives across communities nationally.

## **Through reflective learning and facilitating the 5 priority areas and 11 Key Actions of work named the MHP will also continue to**

- Provide reports and evaluations to continue informing the work and the H.S.E./Dept of Health towards engaging men
- Support the H.S.E/Health Promotion in the delivery of key actions in line with Healthy Ireland and Health inequalities.
- Through the work outlined male participants will have gained greater awareness of health issues, how gender conditioning can impact on health and men's failure to identify needs or use of services.
- Roll out the New Conversation for Men campaign to engage men in meaningful talk with each other and with services in order to undo conditioning, improve emotional intelligence and end isolation. The resources for this programme are funded by NOSP. This application includes for further NOSP resources to disseminate this campaign and provide the support for it.
- Trainees will have gained experienced new ways of engaging men based on international best practice
- Trainers will have up-skilled towards facilitating others in learning
- Strengthen the cohort of men who volunteer as representatives for MDN's men's health work.

## **In line with the goals, themes and action's in Healthy Ireland MHP's Includes**

- a gendered and gender relations approach to men's health
- a social determinants approach
- a community development approach
- a health promotion, preventative health & wellbeing approach
- an evidence based approach
- an intersectoral and interdepartmental approach
- tackling men's health from a strengths perspective
- supporting men to become more active agents and advocates for their own health

**MDN/MHP will also work throughout 2015 with the National Men's Health Policy Implementation Advisory Group to develop a new action plan for men's health within the parameters (Goals, Themes and Actions) of Healthy Ireland and in agreement with the HSE and DoH to support the continued national implementation of Men's Health programmes under the direction of and in the context of Healthy Ireland.**

**With the strategic approach developed through the theoretical and philosophical principles and good practice underpinning MDN's Actions of work named the MHP will also continue to implementation of the National Men's Health Policy and Action Plan and the development of a new Action Plan at community level being brought to:**

- Healthy Ireland
- HSE's Health Inequalities Framework;
- Health Promotion Framework;
- MDN's Men's Health Programme.
- All-Ireland "Engaging Young Men Project"
- SPHE Experientially-Based Facilitation Training
- Engage National Training
- 7 Key Questions Training
- New Conversation Training
- Men on the Move

### **Cascade Model**

Because the MDN approaches its work through incorporating the cascade model, MDN will work inter-sectorally to continue building the capacity of other organisations to work with men. Through our developmental conversational approach to working with men we know the following to be true.

**Because of what Men Engaged With have said in evaluations MDN know that;**

- Isolation is broken through contact
- Feeling empowered to develop clearer thinking
- Feeling valued
- Being listened to
- Feeling included
- Age and experience valued
- Acceptance of responsibilities
- Accepting support and giving support
- Developing relationships
- Ability to try new beneficial experiences
- Increased self-esteem
- Kind, respectful, helpful, encouraging, loving, nurturing and compassionate
- Mentoring to our young and our peers
- Careful of our own and other's safety
- Able to talk, able to listen
- Able to ask for help
- Wise enough to go to the doctor when we feel a pain or to check out a change
- Willing to say sorry when we are wrong
- Connected to the living and spending time with them
- Gentle with ourselves
- Able to give support and get support
- Free to express ourselves considerably and appropriately

- Able to rest
- Able to enjoy life

**MDN's MHP approach to measuring is qualitative, quantitative and observational and is informed by each man's reflection and feedback as highlighted in our reports.**

**MDN as a men's health organisation continues to contribute in a meaningful way to men's health across Ireland through;**

- Training and resourcing practitioners and frontline workers to support and engage men in relation to their health and lives
- Promoting best practice based on recommendations from the National Men's Health Policy and Action Plan and Healthy Ireland.
- Further raising awareness of best practice for work developmentally towards targeting and engaging populations of men impacted by social determinants nationally
- Building on MDN's men's health experience since 1998
- Developing resources for engaging men developmentally, through reflecting on practice
- Being informed by practice, evidence, research and evaluation
- Engaging nationally with intersectoral and interagency bodies
- Breadth of work shown in this application and associated Annual Reports over the last 12 years

**All the MDN's MDHP work informed by the outcomes of the NMHPAP is linked strategically to the Goals, Themes and Actions in Healthy Ireland.**