

# Key Areas of Work 2016

## Men's Development Network Health Programme

### Men's Health Action Plan

#### 1.1

MDN--Work inter-sectorally to develop a new action plan for men's health 2016 within the parameters (Goals, Themes and Actions) of Healthy Ireland and in agreement with the HSE and DoH. Review the findings of the report and plan for implementing the recommendations.

##### 1.1.1

#### **MDN Organisational Planning Reporting & Governance.**

MDN MDHP will continue to provide calendar space for organisational capacity building, administrative reporting and internal review towards growing as a learning organisation

NMHAP 1.1 Review the composition of the National Men's Health Action Plan Implementation Group with a broad representation of stakeholders, including other Government Departments, to oversee HI-M 2016-20.

#### 2.1

#### **MDN--Development and Delivery of 'Engage' national men's health training programme**

NMHAP 3.1 Deliver ENGAGE training via the ENGAGE Trainers network to front line service providers (including the up-skilling of Trainers to deliver Units 1-5 as stand-alone Units)

##### 2.1.1

#### **MDN- Promoting the MDN's Men's Health 7 Key Questions for Men nationally**

#### **MDN--Scope the MDN's Men's Health 7 Key Questions for Men Training & Community Development Work, nationally**

NMHAP 3.2 Develop MDN 7 Key Questions further as a Training for Trainers to be offered to existing Engage Trainers and MDN National Reps

##### 2.1.2

#### **MDN--20th Annual National Men's Health Training & Development Summer School**

NMHAP 3.2 Deliver training to front line service providers within the Community and Voluntary sectors to engage more effectively with marginalised groups of men.

### 3.1

#### **MDN--Connecting with Young Men Project**

NMHAP 2.5 Continue to implement and expand existing initiatives (e.g. Engaging Young Men, Mojo Project, 7 Questions) to promote positive mental health and resilience among at risk groups of men.

### 3.2

#### **MDN- SPHE Experientially-Based Facilitation Training (Emotional Intelligence Training) for 'Out of School Setting' staff**

NMHAP 2.10 Develop new resources to support the implementation of the National Sexual Health Strategy and SPHE in schools with a particular focus on promoting increased self-awareness and emotional intelligence among boys and young men.

### 3.3

#### **MDN- Community based health promotion activities targeting key populations of men e.g. isolated rural men, unemployed men, retired men, gay/bisexual men, traveller men, men who use violence, fathers, separated men, men and women who work with men. Health Awareness Resource Packs on Mental Health, as described in Healthy Ireland**

NMHAP 3.3 Deliver training to front line service providers within the Community and Voluntary sectors to engage more effectively with marginalised groups of men.

### 4.1

#### **MDN- Ongoing delivery of the Men on the Move Programme (PA programme targeting men > 35y)**

NMHAP 2.1 Continue to be part of Implementing Committee and evaluate Men on the Move to increase the proportion of men who are physically active and to improve their overall biopsychosocial health.

### 5.1

#### **MDN--Co-ordinate National Men's Health week in partnership with MHFI and relevant national bodies.**

NMHAP 3.6 Support Co-ordination of Men's Health Week (MHW) annually and expand the MHW partnership network established to date.