

The Men's Development Network CLG

49 O'Connell St. Waterford / North Brunswick Street, Dublin 7

Tel. 051-844260/1 Fax: 051-855264

health@mens-network.net www.menshealthireland.ie

The National Men's Health Programme (NMHP) 2018

The National Men's Health Programme at the Men's Development Network is based in Waterford, Ireland. It carries out work nationally facilitating workshops and training for and with frontline service providers and men. All the work supports developing greater awareness in relation to the way men are understood and the way services are provided to and for men.

- The work supports service providers towards improving men's access to services and enhancing their experience of using those services.
- It provides a clear focus for engaging and supporting men with their health especially within community and other settings.
- Over recent years the key focus of the work has been to implement key community development actions from the Irish National Men's Health Policy (2009/15).
- Through this work service providers and men are supported to create new conversations, more supportive communities and networks for men by moving out of isolation.
- Central to all the work is highlighting how best to support workers engaging with men and young men to pay attention to their health, lives, their families and their communities.
- The Men's Health Programme funded by The Health Service Executive and run by the Men's Development Network.

From its foundations as a Men's Development Network, those working within the MDN have been acutely aware that physical and mental health are key issues impacting on men suffering marginalisation. In fact, struggles with physical and mental health issues can cause men to become marginalized.

Working Nationally for and with Men towards Health & Wellbeing

The NMHP has incrementally focused on informing policy development and practice for engaging and supporting men. This has been achieved through key initiatives and a partnerships approach to the work. For example:

- NMHP was actively involved in developing and delivering resources and training modules that continue to be facilitated and disseminated nationally.
- NMHP's work has included involvement in the development of the National Men's Health Policy (2009/15) and implementation of some of its key actions, including the Engage National Men's Health Training Programme, Connecting with Young Men and the MDN 7 Key Questions training. In more recent times MDN continues its work nationally and as an active member of the Healthy Ireland – Men Advisory Group
- *It was involved in the development and implementation of key actions of the National Men's Health Policy launched in 2009/15.*
- *In the evaluation of the National Men's Health Policy and informing the development and launch of Healthy Ireland – Men (HI-M) 2017-2021*

The Men's Development Network CLG

49 O'Connell St. Waterford / North Brunswick Street, Dublin 7

Tel. 051-844260/1 Fax: 051-855264

health@mens-network.net www.menshealthireland.ie

National Men's Health Programmes work focuses on:

- Delivering the Engage National Men's Health Training Programme, nationally
- Delivering Connecting with Young Men Training to service providers and front line staff nationally
- MDN's 7 Key Questions Training & Community Development Work, nationally
 - Hundreds of participants from a broad range of disciplines have engaged in these training programmes and workshops nationally on an all island basis.
- Working in partnership with the all island Men's Health Forum in Ireland promoting International Men's Health week nationally alongside over 70 partners.
- National & Inter-Sectoral Committee Work promoting best practice in health & wellbeing for men
 - Men's Health Forum Ireland
 - Facilitation for Health and Well-being Advisory Network
 - National Men's Health Advisory Committee
 - Pavee Point Engage Resource Committee
 - Cancer Prevention Committee
 - Sheds for Life Advisory Committee
 - Men's Health Week Coordinating Committee
 - MHFI – Middle Aged Men Committee
- Delivering and facilitation of the National Men's Health Training & Development Summer School
- Supporting engagements with other National and Regional Organisations working with men including Irish Men's Sheds Association, Teagasc, National Youth Council Ireland & Pavee Point

Additional Work & Health Promotion for Men & Younger Men

- *It has produced and broadcast radio programmes focusing on issues impacting on men's lives through the MDN's 'Coming into View' radio programmes.*
- *It was involved in the support and development of Traveller Men's Health work through research, programme development, facilitation and training. He has worked with Pavee through facilitating training with Primary Health Teams and traveller men. He is currently working with Pavee exploring ways of developing health resources towards supporting and engaging traveller men with their health and lives*
- *It has worked extensively with younger men within school's settings, through the facilitation of the MDHP specialist programme supporting boys to explore how the messages we receive in life as boys can impact on our health and ability to self-care.*
- *Working nationally, he continues facilitating training and providing presentations, health days, and the engagements with men through the annual MDN's annual National Training and Development Summer School.*
- *It has also presented on Men's Health at national and international conferences*

The Men's Development Network CLG

49 O'Connell St. Waterford / North Brunswick Street, Dublin 7

Tel. 051-844260/1 Fax: 051-855264

health@mens-network.net www.menshealthireland.ie

NMHP signposts and disseminates clear relevant information and materials for accessing a range of services for better health and wellbeing for service providers and men. This information provides connections to key national agencies and supportive advice on dealing with issues such as testicular cancer, prostate cancer, colon cancer, heart disease, stress, addictions, depression and suicide.

Based on experience of engagements with men and service providers the NMHP continues to develop its working practice. It also demonstrates through its training nationally that engaging men developmentally in and through different engagements can be a support towards better health. Such an approach can act towards helping men recognise positive supports and resources within their lives.