

# The Men's Development Network

## National Men's Health Programme



HEALTH

# The National Men's Health Programme (NMHP)

The NMHP at the Men's Development Network CLG. works nationally facilitating training and workshops for and with frontline service providers and men. The work supports developing greater awareness in relation to the way men are understood and the way services are provided to and for men. From its foundation those working within the Men's Development Network, have been acutely aware that physical and mental health are key issues impacting on men living in marginalisation. In fact, struggles with physical and mental health issues can cause men to become marginalised.

The National Men's Health Programme is funded by The Health Service Executive.

- The work of the NMHP 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.
- 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, their lives, their families and their communities.
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- Developing and delivering resources and training modules that continue to be facilitated and disseminated nationally.
- Development of the National Men's Health Policy (2008/13) and implementation of some of its key actions, including the Engage National Men's Health Training Programme.
- Membership of the Healthy Ireland - Men Advisory Group.
- Evaluation of the National Men's Health Policy (2008 - 2013) and the development and launch of National Men's Health Action Plan Healthy Ireland - Men (HI-M 2017-2021).
- Implementation of key actions of the National Men's Health Action Plan (HI-M 2017-2021) launched on 30th November 2016.

# NMHP's National Work Focuses on

- Engage National Men's Health Training Programme, nationally to a broad range of service providers and front-line staff nationally
- Hundreds of participants from a broad range of disciplines have engaged in these training programmes and workshops 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 a large group of partners.
- National & Inter-Sectoral Committee Work promoting best practice in health & wellbeing for men
- Delivering and facilitation of the annual 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 and Pavee Point.

## NMHP's national work focuses continued.....

- The NMHP has produced and broadcast radio programmes focusing on issues impacting on men's lives through the MDN's 'Coming into View' radio programmes.
- Supporting The development of Traveller Men's Health work through research, programme development, facilitation and training. Working with Pavee through facilitating training with Primary Health Teams and Traveller men. Working with Pavee exploring ways of developing health resources towards supporting and engaging Traveller men with their health and lives
- Facilitating training and providing presentations, health days, and the engagements with men in the community and workplace.
- Presenting on Men's Health at national and international conferences .

# Dissemination & Signposting Key Support Services

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, guided by the 4 goals of Healthy Ireland:

- Increase the proportion of people who are healthy at all stages of life
- Reduce health inequalities
- Protect the public from threats to health and Wellbeing
- Create an environment where every individual and sector can play their part in achieving a healthy Ireland

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 can be a support towards better health. Such an approach can act towards helping men recognise positive supports and resources within their lives.

For more information on  
The National Men's Health Programme please contact

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# International Men's Health Week

Men's Health Week is an International event that you can help us promote. Enclosed are resources and information that we hope will help you and your organisation to mark and promote International Men's Health Week from Monday 11<sup>th</sup> – Sunday 17<sup>th</sup> of June 2018.

If you're planning anything (or know of someone who is) please get the details submitted to us as soon as you can at [health@mens-network.net](mailto:health@mens-network.net)

See more at [www.menshealthireland.ie](http://www.menshealthireland.ie)





The 'Engage' training programme aims to increase participants' understanding of best practice in engaging men with health and social services. Specifically, on completion of the training programme, participants will:

- **Understand the broad determinants of men's health, including how gender influences men's approach to looking after their own health.**
- **Understand how to guide health consultations with men using brief intervention and motivational interviewing techniques.**
- **Understand how best practice guidelines in working with men should be used to engage men more effectively with health and social services.**
- **Be aware of how to set-up and support effective group work with men.**
- **Be aware of the barriers and prompts experienced by men when accessing health and social services.**
- **To assist a broad range of practitioners to effectively engage with young men on mental health and wellbeing issues.**

**Engage National Men's Health Training** is a comprehensive two-day training programme to assist a broad range of practitioners to effectively engage Men and Young men, to address the current deficit in gender sensitive service provision and mental health and wellbeing issues. It focuses on the engagement process (i.e. why and how to build relationships with men), rather than offering a new or revised mental health programme (i.e. what to offer them).

Its development has been a collaborative effort between the Institute of Technology in Carlow, the Men's Development Network CLG, the Health Service Executive's Health Promotion & Improvement Department, Waterford Institute of Technology and Men's Health Forum in Ireland. The training content is based upon the authors' experience, evidence from academic and evaluation literature, and an extensive 24-month pilot phase.

In 2009, the Health Service Executive sanctioned the development of this training. In 2009 and 2010 it was piloted among community workers, trainee GPs, men's health workers, health promotion officers, the Irish Heart Foundation, the Irish Cancer Society, and at the Irish College of General Practitioners' (ICGP) Annual Summer School. In 2010, it was also delivered as part of the National Health Promotion Summer School (titled 'Multidisciplinary Approaches to Men's Health') to a wide variety of frontline service providers. In 2011, the Partners began finalising the training content and developing audio-visual resources to support the training.

In 2018 a new cohort of 19 Engage trainers from diverse backgrounds including the Community and Voluntary sector alongside the HSE's Health Promotion & Improvement staff have completed the Training for Trainers programme. This will see the continuation of the delivery of the National Engage Training Programme right into 2020.

## The 'Engage Units 1 - 5' training day focuses on:

### Unit 1 Overview

- 1.1 What is Men's Health
- 1.2 Gender and Health
- 1.3 The Social Determinants of Men's Health

### Unit 2 Men's Health and You – Practitioner Values and Supports

### Unit 3 Guiding Health Consultations with Men

### Unit 4 The Rules of Engagement

### Unit 5 Establishing a Men's Development Group and Sustaining Engagement



## The 'Engage Unit 6' training day focuses on:

### 6.1 Overview of Connecting with Young Men

### 6.2 Template for One Day Workshop

### 6.3 Resources used in this Unit

### 6.4 Welcome, Scene Setting and Creating a Safe Space for Young Men

### 6.5 Why Focus on Young Men?

### 6.6 Young Men: A Positive Force rather than a Problem to be Solved

### 6.7 Bags and Baggage

### 6.8 How are you Smart?

### 6.9 The Journey into Manhood

### 6.10 Connecting with Young Men

### 6.11 Top Tips for Engaging Young Men

### 6.12 Bringing it all Together





## **CONTACT DETAILS FOR ENGAGE TRAINING**

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