



# MEN'S HEALTH FORUM NSW Launch Report

December 3, 2011

**MEN'S HEALTH  
FORUM  
NEW SOUTH WALES**

The peak body that works to  
improve male health, relationships  
and wellbeing in New South Wales.

A meeting was held on Friday December 2, 2011 to launch the Men's Health Forum of New South Wales (MHFNSW). It is the intention of MHFNSW to function as the peak body in NSW to improve the health, relationships and wellbeing of men and boys in NSW.

45 people who work in organisations, services and individually in the men's health area attended and endorsed the creation of the Forum and assisted in setting priorities for our future work. We thank them for their participation. This Report outlines the purpose, principles, Terms of Reference, goals and priorities for the MHFNSW.

**We see this as a great beginning....**



# TERMS OF REFERENCE

**The Men's Health Forum NSW is open to all men and women, who are involved in improving the health, relationships and wellbeing of men & boys in NSW.**

**PURPOSE/VISION** To improve the health, relationships and wellbeing of men and boys in NSW. By relationships we mean men and boys' relationships to others i.e. mates, friends, partners and families.

## **OUR PRINCIPLES ARE TO:**

- provide Community Service Organisations, service providers, government workers and private sector colleagues working with men & boys, an opportunity to network, share information and resources
- encourage collaboration between service providers and stakeholders on initiatives targeted at men and boys' health, relationships and wellbeing
- build cross sector support for men and boys' health, relationships and wellbeing programs
- align our work with the six priority areas for action outlined in the National Male Health Policy 2010
- work towards the establishment of an Office of Men's Policy at the NSW state level
- increase the profile of men and boys' health, relationships and wellbeing in the community
- provide programs for men and boys within a social determinants of health approach
- promote a strengths-based approach to working with men and boys'
- offer encouragement, collaboration and training opportunities to those working to improve the health, wellbeing and relationships of men and boys' in NSW
- embrace diversity in working with men and boys' from all backgrounds, cultures and sexualities. The diversity of men and boys' in NSW is valued and should be reflected in approaches to program development, service delivery and support.
- advocate for these principles in media, government, private sector and community contexts

# TERMS OF REFERENCE

## GOALS

1. To value the experience and ideas of men and boys' and provide opportunities that encourage their involvement in developing more accessible and male friendly health, welfare, legal and education systems.
2. To foster MHFNSW working groups on specific issues as required.
3. To work towards a better understanding of the impact of gender on health and wellness.

## KEY PRIORITIES FOR ACTION

1. Establish one major men's health, relationships and wellbeing state wide training event in 2012
2. Provide regular men's health educational sessions for those working to improve male health and relationships in NSW
3. Support increased cancer awareness strategies targeting men around early detection and intervention
4. Hold community consultative meetings as required to identify specific needs, issues and responses relating to men's health, relationships and wellbeing

# MHFNSW Interim Steering Committee



**Greg Millan**, Men's Health Consultant, Men's Health SERVICES. He is one of Australia's leading experts on men's health and wellbeing with over 19 years experience in the men's health promotion area. author of "*Men's health & wellbeing: an a – z guide*". Newcastle



**Andrew King**, Consultant trainer and program developer in group work. He is the Deputy-Chairperson for the Institute of Group Leaders and a specialist trainer in group work and trains professionals throughout Australia and Canada. Wollongong



**Kim Hopkins**, Community Development Worker Central Coast Shed Cluster Inc. & Men's Shed Access Coordinator. He has been a tutor for socially challenged boys, mentored at local schools, facilitated a number of men's groups. Central Coast



**David Hughes**, Clinical Nurse Specialist Men's Health, Prostate Cancer Support Nurse. He has written courses at tertiary level (the College of Nursing) regarding fatherhood and general men's health. Northern NSW Local Health District. Lismore



**Dr R.G. (Rod) Bain** MB.BS, FFARACS, FFARCS FRCA, FANZCA, He is the NSW RSL Vice President Southern Country, RSL National's Medical Advisor on National Health and Aged Care Forum Dept. Veteran's Affairs: Men's Health Peer Education |Operation Life Program Committee for suicide prevention. Sydney



**Andrew Whale**, Clinical Nurse Consultant for Primary and Community Health Nursing & Area Men's Health Co-Ordinator. He has been involved in a range of areas, including planning/policy development right through to providing direct clinical care for local men. Mudgee

# PRIORITIES FOR ACTION - 2012/2013 from our Launch Meeting

ISSUE / AREA	SUGGESTED ACTION/S TO BE TAKEN
<b>Alcohol and drugs</b>	Look at strategies to prevent risky drinking like DVA “Changing the Mix” program and 12 step programs
<b>Boy to manhood   youth transition</b>	Develop mentoring programs e.g. Pathways to Manhood – broaden this to schools, all years. Bring all services in this area together – perhaps a MHFNSW Seminar on this topic
<b>Chronic health conditions &amp; disability</b>	Scope the extent of problem by gathering statistics; identify and explore support services available
<b>Cultural background, impact of..</b>	Need to have a more diverse range of images of men in our work/programs/services
<b>Education</b>	Need to conduct a media campaign on men’s health & wellbeing. Promotion targeted to different age groups on <i>surviving and thriving</i> theme Cultural values and lifeskills   Use key relationships in men’s health as a point of reference
<b>GP Surgeries – accessible and male friendly</b>	Need a cultural shift in health promotion targetting GPs around how to more effectively provide for men. Possible Partners: GPS4Men, RACGP, AMA
<b>Incontinence   Bladder &amp; bowel health</b>	MHFNSW to collaborate with NSW Peak Bodies in these health areas.
<b>Men transitioning out of jobs, retirement</b>	Offer retirement seminars and promote retirement services in safe men friendly meeting arenas; mates groups to socialise
<b>Men’s mental health</b>	Encourage services to be more holistic in approach to men; encourage collaborative approach between services. Invite representation from NSW Govt and NSW Health to MHFNSW
<b>Obesity – men and boys</b>	Action and access to programs that promote physical exercise like “Life Be In It”
<b>Older men</b>	Older men who don’t use sheds need support programs for them Retirement transition programs
<b>Outreach to rural and remote communities</b>	Encourage collaborate work between services like DVA, Men’s Sheds, Local District Health Services and local media to increase the profile of existing services   advocate of funding to increase men and boys access to services. Encourage GP education on male health issues.
<b>Primary care   Home care</b>	<ol style="list-style-type: none"> <li>1. Describe the parameters of a healthy male and support the National Longitudinal Study on Male Health</li> <li>2. MHFNSW needs to be the voice for State level advocacy and inclusion of gendered language in Govt. Organisational planning</li> <li>3. Distribute Fact Sheets and information</li> </ol>

# PRIORITIES FOR ACTION - 2012/2013 from our Launch Meeting Continued

ISSUE / AREA	SUGGESTED ACTION/S TO BE TAKEN
<b>Promote and raise awareness of existing services</b>	Use existing assets e.g. Mensline data base to provide service providers with knowledge of existing resources for men and boys
<b>Refugees &amp; new migrants</b>	Need to talk to Refugee Health Services/STARX to discuss male friendly service delivery
<b>Respectful Relationships</b>	More research needed on male victims of DV/Intimate Partner Violence. More training needed for workers on men as victims and women as perpetrators.
<b>Spirituality</b>	This is a very important component in men's recovery. Create programs that make it safe for men to talk about their spiritual practices and ideas.
<b>Suicide Prevention</b>	Provide awareness to service providers and stakeholders on the many factors that lead to the increased number of men suiciding in Australia. Review existing resources on suicide to see if they are male friendly. Look at "suicide in care" issues. Applied Intervention Strategies
<b>Training for service providers</b>	Provide more professional training programs for broad range of service providers in how to more effectively work with men   who to work with men in family relationships   other specific training areas
<b>Young men</b>	More programs that look at role models for young men or young men as role models for peers. Peer support   mentoring from older men
<b>MHFNSW   Advocacy</b>	MHFNSW to be the voice to advocate for change; raise awareness of issues and "be a voice" to Governments at all levels. Access local MPs and Ministers and Equal Rights and Human Rights Commission
<b>MHFNSW   Raise community awareness</b>	Create a Communications Plan and implement to raise awareness of the role of MHFNSW
<b>MHFNSW   Relationship Building</b>	<ol style="list-style-type: none"> <li>1. Build relationships with corporate organisations and conduct workshops for staff</li> <li>2. Document the evolution of strategies to improve the health and wellbeing of men and boys in NSW</li> <li>3. Advocate for father inclusive practice as a central focus for cooperative parenting in NSW</li> <li>4. In corporate, Govt., and NGO Conference events promote the expression of male relationships as a key to community health by using a strengths based framework</li> </ol>
<b>MHFNSW   Develop a Men's Health Media Strategy</b>	Identify key issue spokespersons contact list. Develop a Media Strategy that includes producing a Men's Health Media Kit and training for the media in how to present men's health, wellbeing and relationship issues in a positive light
<b>MHFNSW   Linking to other peak bodies</b>	MHFNSW needs to link to other peak bodies in areas of health, wellbeing, relationships, men's networks

# Launch Meeting Evaluation Report

24 Evaluation Forms returned from 45 participants

## Question 1. WHAT WERE THE THREE MOST POSITIVE ASPECTS OF THE MEETING?

- **Networking and possible future collaboration of services x 12**
- **Setting Priorities & Actions x 6**
- **Good to see the collaboration of so many services | seeing the range of stakeholders x 4**
- **Being a part of the birth of the Men's Health Forum NSW x 3**
- **Information sharing x 3**
- **Good facilitation – kept control of the meeting, well structured x 2**
- **Increased awareness of the diversity of work in the area shown at this meeting x 2**
- Increased my knowledge in the area
- Hearing from others so an educational/informative experience
- The program content for the day
- The preparation, thoughts, actions for a well structured meeting
- The openness and inclusion of all present
- The process for us to input into the terms of reference was really good
- The positivity of being involved in a proactive organisation
- Very informed facilitation – good balance of presentations and group work input
- Small groupwork setting priorities was great

# Launch Meeting Evaluation Report

## Question 1. WHAT WERE THE THREE MOST POSITIVE ASPECTS OF THE MEETING? Cont..

- Planning for the future for men
- Energy and focus | Ideas | Passion
- Good the meeting was kept brief
- Enthusiasm for the concept | Coverage of the issues | Commitment to the future
- Support given to the work we do now with men
- Good to see strong positive outcomes from a meeting like this
- I am very excited about the movement towards improving men's wellbeing
- Focus kept on improving men's health, wellbeing and relationships
- Good to see the corporate sector involvement
- Getting men's health higher on the agenda and the hope for improvement in men's health in the future
- I gained understanding of the complexities of men's health and wellbeing
- Great atmosphere and interactions with others, exciting to be a part of something new
- Need to define manhood – generally and for immigrant men



# Launch Meeting Evaluation Report

## Question 2. PLEASE RATE THE FOLLOWING POSSIBLE ACTIVITIES FOR MHFNSW

POSSIBLE ACTIVITIES FOR MHFNSW	YOUR RATING				
	MINOR IMPORTANCE	MODERATE IMPORTANCE	MAJOR IMPORTANCE	ESSENTIAL	CRITICAL
Facilitate greater interaction and support of workers			4	11	9
Provide professional training and development opportunities for workers		1	3	14	6
Increase sharing of information and resources	1		2	12	9
<b>Conduct health promotion activities and events for men and boys in the community</b>	1		3	7	<b>13</b>
<b>Inform State and Local Government and key stakeholders on current men's health, wellbeing and relationship issues</b>			3	5	<b>16</b>
Identify gaps in services and suggest initiatives to address these		2	3	11	9
<b>Support regional initiatives to promote male health and wellbeing</b>		2	1	9	<b>12</b>

# Launch Meeting Evaluation Report

## Question 3. INVOLVEMENT



1. I support the general concept of forming a State peak body

YES	NO
24	0

2. I would like to become a member of MHFNSW when membership is available

YES	NO
24	0

3. I would like to be kept on the mailing list

YES	NO
24	0

# Launch Meeting Evaluation Report

## Question 4. FEEDBACK ON THE LAUNCH MEETING?

PLEASE RATE OUT OF 5 FOR EACH ASPECT (1=LOW SATISFACTION 5=HIGH SATISFACTION)					
	LOW SATISFACTION	2	3	4	HIGH SATISFACTION
Venue		1	3	8	12
Promotion	1		5	8	10
Organisation			2	7	15
Facilitation			1	1	17
Timing Duration			5	4	15
Presentations			1	7	16
Group Discussion			2	7	15
Overall Satisfaction			1	7	16





We have established a mailing list of 57 interested people who want to support the Forum and receive updates from us as we move towards incorporation and the start of our work in 2012. We will soon become a membership based organisation and the Steering Committee will be working now on establishing organisational structures

We have a temporary website presence [here](#) and you can contact Greg Millan at [greg@menshealthservices.com.au](mailto:greg@menshealthservices.com.au) for more information on the Forum.

**We welcome your support, energy and ideas.**