

# ALL-IRELAND MEN'S HEALTH DIRECTORY



THE INSTITUTE OF  
PUBLIC HEALTH IN IRELAND

men's health  
**FORUM**  
in ireland

## All-Ireland Men's Health Directory

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# INTRODUCTION

Historically men's health has received little attention in terms of consultation, planning, strategy development or project implementation. This is despite the fact that men in Ireland die, on average, nearly 6 years younger than women do, and have higher death rates at all ages and from all leading causes of death. However the picture is changing and there is an increasing awareness of the need to focus on men's health and there is an increasing level of activity in this area. To date there has been no assessment of the level of activity across the island and for this reason the Institute of Public Health in Ireland sought to map out activity in the area of men's health. This directory, the first of its kind in Ireland, is the result of this work.

The directory will be useful to those wishing to make contact with men's health activities and should also prove to be a useful networking mechanism for those working in the field. At this stage it does not cover all activity in the area of men's health but the intention is that over time others will submit details and the directory will become more comprehensive.

The directory is also available in electronic format at [www.publichealth.ie](http://www.publichealth.ie)

## Method and outcome summary

Almost forty individuals, groups, and organisations responded to a questionnaire which asked them to describe their work in this important field. There was a roughly equal distribution between north and south. Activities were diverse, ranging from broad-based health promotion and men's development programmes, through education and training, to family support services. While some respondents' work focused solely on men's health, most incorporated work relevant to this area in a wider work programme. Group work, one-off talks, short courses and research were the most common activities.

Many of the individuals, groups and organisations covered general topics around health and well-being relevant to men. Depression, Sexually Transmitted Infections, and Prostate Cancer were commonly engaged with, along with Heart Disease and Cancer. Lifestyle issues were also covered in work on men's health. Respondents also included many of the broader determinants of health as areas of activity, such as education, employment, social support, friendship and welfare entitlements. In most cases, the target for work in men's health was the general population, although as will be evident from the entries in the directory, some organisations focus on particular groups and/or issues.

Respondents were asked to describe the principal benefit of working in the area of men's health. The theme to emerge from their answers was the perceived importance of raising the profile of men's health, issues which determine it, and moving work in this area into the mainstream. Similarly, they were asked to describe the principal barriers they encountered in their work. Two themes emerged from their answers: firstly, it was perceived that men were not open to engaging with issues around their health; secondly, it was perceived that work in men's health was generally viewed as a fringe activity. Access to funding was also voiced as an obstacle. We are very grateful to all those who took the time to respond to the questionnaire as without their support the compilation of this directory would not have been possible.

**CONTACT DETAILS****ADDRESS****TELEPHONE****FAX****EMAIL****WEB**

Mary T Cleary  
 National Coordinator  
 9/10 Academy Street, Navan, Co Meath  
 046 23718  
 046 23718  
 amen@iol.ie  
 www.amen.ie

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**MEN'S HEALTH ACTIVITIES**

Group work, one-off talks, short courses, research, activity based projects, help line and one-to-one counselling

**AREAS OF WORK****DISEASE ISSUES**

Heart disease, STIs, testicular cancer

**LIFESTYLE ISSUES**

Smoking, drinking, drug use, sex, diet, exercise, family issues

**BROAD HEALTH DETERMINANTS ISSUES**

Income, employment, social support, friendship, housing

**SPECIAL TARGET GROUPS**

Male victims of domestic abuse

AMEN is a voluntary group, established in 1997, which provides a helpline and support services for male victims of domestic abuse and their children. It also addresses other men's issues such as physical and emotional health, housing and social welfare.

<b>CONTACT DETAILS</b>	John Murphy Co-Ordinator
<b>ADDRESS</b>	Lifeshaft, 4 Shangan Road, Ballymun, Dublin 9
<b>TELEPHONE</b>	01 862 3117
<b>FAX</b>	01 862 3409
<b>EMAIL</b>	menscentre@oceanfree.net
<b>WEB</b>	n/a

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<b>MEN'S HEALTH ACTIVITIES</b>	Group work, one-off talks, short courses
<b>AREAS OF WORK</b>	
<b>DISEASE ISSUES</b>	Depression
<b>LIFESTYLE ISSUES</b>	Smoking, drinking, drug use, diet
<b>BROAD HEALTH DETERMINANTS ISSUES</b>	Employment, welfare, social support, friendship
<b>SPECIAL TARGET GROUPS</b>	Unemployed, retired, low income aged 40-70

The Ballymun Men's Centre Limited aims to promote social re-integration of men in Ballymun and surrounds who have been seriously marginalised and demoralised because of factors such as unemployment, low paid employment, marital breakdown, isolation and other factors. It also aims to create a centre where men's needs can be addressed, their talents developed and where they can be encouraged/assisted to engage in education/training, community development or work. Activities include drama, communications (FETAC Level 1 & 2,) art classes, massage, computers, group outings, referrals to other groups and agencies.

**CONTACT DETAILS**

Mary Crawford  
 Centre Manager  
 29A North Street, Belfast, BT1 1NA  
 028 9032 8866  
 028 9023 5735  
 belfast.brook@talk21.com  
 www.brook.org.uk (Brook central site)

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**MEN'S HEALTH ACTIVITIES**

Group work and clinics

**AREAS OF WORK**

**DISEASE ISSUES**

STIs

**LIFESTYLE ISSUES**

Sexual relationships, general health issues, e.g. smoking

**BROAD HEALTH DETERMINANTS ISSUES**

N/A

**SPECIAL TARGET GROUPS**

Young people up to the age of 19 years; up to 25 years at male-only clinic Sat 4-5.30 pm.

Brook Belfast provides free and confidential sex advice and contraception for young people.

<b>CONTACT DETAILS</b>	Emma Breslin
<b>ADDRESS</b>	Research and Development Worker 50 Legavallon Road, Dungiven, Co Derry, BT47 4QL
<b>TELEPHONE</b>	028 7774 2904
<b>FAX</b>	028 7774 2972
<b>EMAIL</b>	emma.breslin@dryarchcentre.co.uk
<b>WEB</b>	www.dryarchcentre.co.uk

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<b>MEN'S HEALTH ACTIVITIES</b>	Group work, short courses
<b>AREAS OF WORK</b>	
<b>DISEASE ISSUES</b>	Heart disease, cancer, prostate cancer, STIs, depression
<b>LIFESTYLE ISSUES</b>	Smoking, drinking, drug use, sex, diet, exercise
<b>BROAD HEALTH DETERMINANTS ISSUES</b>	N/A
<b>SPECIAL TARGET GROUPS</b>	General

The main aim of the Dry Arch project is to "re-establish the family as the cornerstone of our society through the provision of quality support services which will empower all family members to an enrichment of family life". The aim of Ms Breslin's work is to assess the needs of families in the area and develop programmes accordingly, or bring in external organisations to deliver programmes.



<b>CONTACT DETAILS</b>	Paul Taylor Treasurer
<b>ADDRESS</b>	C/O East Clare Community Co-op, Main Street, Scarriff, Co Clare
<b>TELEPHONE</b>	087 6794861
<b>FAX</b>	N/A
<b>EMAIL</b>	N/A
<b>WEB</b>	ptaylor@Les.ie

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<b>MEN'S HEALTH ACTIVITIES</b>	One off talks, activity based projects
<b>AREAS OF WORK</b>	
<b>DISEASE ISSUES</b>	Prostate cancer
<b>LIFESTYLE ISSUES</b>	Smoking, drinking, sex, exercise
<b>BROAD HEALTH DETERMINANTS ISSUES</b>	Social support, education
<b>SPECIAL TARGET GROUPS</b>	No

East Clare Men's Group aims to provide personal development, support, health awareness and networking for men in the area.

<b>CONTACT DETAILS</b>	Johnny Markey Facilitator
<b>ADDRESS</b>	Cootehill, Boyle, Co Roscommon
<b>TELEPHONE</b>	071 966 3000/086 6053090
<b>FAX</b>	N/A
<b>EMAIL</b>	jjmarkey@gofree.indigo.ie
<b>WEB</b>	N/A

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<b>MEN'S HEALTH ACTIVITIES</b>	As initiated by members
<b>AREAS OF WORK</b>	
<b>DISEASE ISSUES</b>	Cancer, prostate cancer, STI
<b>LIFESTYLE ISSUES</b>	Smoking, drinking, drug use, diet
<b>BROAD HEALTH DETERMINANTS ISSUES</b>	Income, employment, social support, friendship, environment, education
<b>SPECIAL TARGET GROUPS</b>	No

Everyman is "a non-denominational, non-judgmental, confidential, safe, caring and fun-loving men's group".

<b>CONTACT DETAILS</b>	David Simpson
<b>ADDRESS</b>	Mossy Glen, Lecamy, Carndonagh, Co Donegal
<b>TELEPHONE</b>	074 938 1224
<b>FAX</b>	N/A
<b>EMAIL</b>	davidsimpson924@hotmail.com
<b>WEB</b>	N/A

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<b>MEN'S HEALTH ACTIVITIES</b>	Short courses
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**AREAS OF WORK**

<b>DISEASE ISSUES</b>	Cancer, prostate cancer, STI
<b>LIFESTYLE ISSUES</b>	Smoking, drinking, drug use, diet

<b>BROAD HEALTH DETERMINANTS ISSUES</b>	Fathering, boys/girls mental/emotional well-being
<b>SPECIAL TARGET GROUPS</b>	Father's of primary school children

The Father's Project aims to "offer opportunities to get support and new information as father's".

<b>CONTACT DETAILS</b>	Shay McGovern Assistant Principal
<b>ADDRESS</b>	Hawkins House, Dublin 2
<b>TELEPHONE</b>	01 635 4126
<b>FAX</b>	01 635 4372
<b>EMAIL</b>	shay_mcgovern@health.irlgov.ie
<b>WEB</b>	www.healthpromotion.ie

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<b>MEN'S HEALTH ACTIVITIES</b>	Policy development
<b>AREAS OF WORK</b>	Work is general
<b>DISEASE ISSUES</b>	
<b>LIFESTYLE ISSUES</b>	
<b>BROAD HEALTH DETERMINANTS ISSUES</b>	
<b>SPECIAL TARGET GROUPS</b>	General population

Action 15 of the Health Strategy, 2001 stated "that a policy for men's health and health promotion will be developed". It was further stated that "the Department of Health and Children will take the lead role in preparing and driving a policy for men's health in partnership with the health boards and other agencies". The Health Promotion Strategy, 2000 also identified the development of a national plan for men's health as an important initiative.

The Health Promotion Unit has supported the appointment of a Men's Health Research Officer, in the South Eastern Health Board, to research the role of gender and masculinities on Irish men's concepts of health, their knowledge, beliefs and attitudes to health and illness, health behaviours and risk behaviours, and the barriers that Irish men perceive in accessing the health services. The findings will inform the development of the men's health action plan. Stakeholder consultation meetings have also been held as part of the process of developing the action plan.

**CONTACT DETAILS**

Stuart Kirk  
 Information Officer  
 Floor 3, 7 James Street South, Belfast, BTZ 8DN  
 028 9024 9268  
 028 9032 9845  
 stuart@aidshelpline.org.uk  
 www.aidshelpline.org.uk

**ADDRESS**

**TELEPHONE**

**FAX**

**EMAIL**

**WEB**

**MEN'S HEALTH ACTIVITIES**

Group work, one off talks, short courses, helpline, training sessions

**AREAS OF WORK**

**DISEASE ISSUES**

STIs, HIV/AIDS

**LIFESTYLE ISSUES**

Drug use, sex, sexuality

**BROAD HEALTH DETERMINANTS ISSUES**

**SPECIAL TARGET GROUPS**

General

The HIV support centre aims "to prevent the spread of HIV/AIDS and STDs in Northern Ireland". It also provides support for people with HIV/AIDS, their partners, families and carers.

# INTERAGENCY GROUP

## CONTACT DETAILS

John Bennett  
Development Worker  
104 Irvinestown Road, Enniskillen, BT74 6DN  
028 6632 0046  
028 6632 4066  
admin@sexualabuseiag.co.uk  
www.sexualabuseiag.co.uk

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## ADDRESS

## TELEPHONE

## FAX

## EMAIL

## WEB

## MEN'S HEALTH ACTIVITIES

Research, training, information

## AREAS OF WORK

## DISEASE ISSUES

Mental health

## LIFESTYLE ISSUES

## BROAD HEALTH DETERMINANTS ISSUES

## SPECIAL TARGET GROUPS

Agencies providing services to the survivors of child sexual abuse

The Interagency Group aims "by joint planning of voluntary and statutory agencies in the WHSSB area to provide a better service to adult survivors of sexual abuse".

**CONTACT DETAILS**

Elaine Glynn  
 Health Promotion Manager  
 5 Northumberland Road, Dublin 4  
 01 231 0500  
 01 231 0555  
 eglynn@irishcancer.ie  
 www.cancer.ie

**ADDRESS**

**TELEPHONE**

**FAX**

**EMAIL**

**WEB**

**MEN'S HEALTH ACTIVITIES**

One off talks, short courses, research, public awareness campaigns, advocacy, workplace & community interventions, literature development, professional training

**AREAS OF WORK**

**DISEASE ISSUES**

**LIFESTYLE ISSUES**

Cancers  
 Tobacco use, alcohol, diet, physical activity, ultraviolet radiation, protective behaviour

**BROAD HEALTH DETERMINANTS ISSUES**

**SPECIAL TARGET GROUPS**

General public, primary healthcare professionals, occupational health professionals, community workers and other intermediaries who work with men

The Health Promotion Department of the Irish Cancer Society provides a multi-faceted service, which incorporates information provision, health education and health promotion interventions within specific settings for targeted populations as well as advocacy for healthy public policy and legislation. Programmes are delivered in a range of settings including workplaces, schools and community and at a number of levels: local, regional and national.

The Irish Cancer Society is the national charity for cancer care. The Society is dedicated to eliminating cancer as a major health problem and to improving the lives of those living with cancer through patient care, research and education.

## CONTACT DETAILS

Joe Armstrong,  
Author/Course Provider  
Cortown Glebe, Cortown, Kells, Co Meath  
046 9249285  
046 9249166  
joearmstrong@eircom.net  
N/A

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## ADDRESS

## TELEPHONE

## FAX

## EMAIL

## WEB

## MEN'S HEALTH ACTIVITIES

Group work, short courses

## AREAS OF WORK

## DISEASE ISSUES

Heart disease, cancer, prostate cancer, STIs, depression

## LIFESTYLE ISSUES

Smoking, drinking, drug use, sex, diet, exercise, relationships

## BROAD HEALTH DETERMINANTS ISSUES

Friendship

## SPECIAL TARGET GROUPS

Socially excluded groups

Joe Armstrong's work aims "to educate and empower men about their health, including physical, mental, emotional, social, and spiritual health". Joe runs a men's health programme based on his books "Men's Health - The Common Sense Approach" and "Write Way to Stop Smoking (WW2SS)" which aims to help people to stop addictive thinking and behaviour. It is also applicable to other addictions.



**CONTACT DETAILS**

**ADDRESS**

**TELEPHONE**

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**WEB**

Greg Neill

58 Howard Street, Belfast, BT1 6PJ

028 9024 7027

028 9024 4557

mentomen@ireland.com

www.mentomen.org

**MEN'S HEALTH ACTIVITIES**

Group work, one off talks, short courses, research, helpline, accredited courses on topical men's health issues

**AREAS OF WORK**

**DISEASE ISSUES**

**LIFESTYLE ISSUES**

Heart disease, cancer, prostate cancer, STIs, depression  
Smoking, drinking, drug use, sex, diet, exercise, gambling, pornography

**BROAD HEALTH DETERMINANTS ISSUES**

**SPECIAL TARGET GROUPS**

Friendship, education

No

The aim of Men to Men's work is "men's health promotion throughout the Greater Belfast Area".

<b>CONTACT DETAILS</b>	Lorcan Brennan Worker
<b>ADDRESS</b>	30 O'Connell Street, Waterford
<b>TELEPHONE</b>	051 844260/1
<b>FAX</b>	051 855264
<b>EMAIL</b>	lgbrennan@eircom.net
<b>WEB</b>	www.mens-network.net

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<b>MEN'S HEALTH ACTIVITIES</b>	Group work, one off talks, research
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#### **AREAS OF WORK**

<b>DISEASE ISSUES</b>	Heart disease, STIs, testicular cancer
<b>LIFESTYLE ISSUES</b>	Smoking, drinking, diet

<b>BROAD HEALTH DETERMINANTS ISSUES</b>	Education
<b>SPECIAL TARGET GROUPS</b>	No

The work of the Men's Development Network has a number of goals: build confidence, self-esteem and self-respect in men; empower men to build good relationships with themselves, each other, their partners, families, women, children, community and society; train men to develop leadership, facilitative and co-operative skills; have men take responsibility; achieve change in men, by men and with men, and therefore in society; achieve better and more meaningful lives for men, women and young people, in a more humane society.

**CONTACT DETAILS**

**ADDRESS**

Colin Fowler  
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Belfast BT2 7GE

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**FAX**

028 9031 2475

**EMAIL**

colin@mensproject.org

**WEB**

www.mensproject.org

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**MEN'S HEALTH ACTIVITIES**

One off talks, research, lobbying decision makers, one off awareness-raising events, network creation/ development/ maintenance

**AREAS OF WORK**

Work is general in nature

**DISEASE ISSUES**

**LIFESTYLE ISSUES**

**BROAD HEALTH DETERMINANTS ISSUES**

**SPECIAL TARGET GROUPS**

The Men's Project is an initiative within the Parents Advice Centre which aims to increase awareness of the issues facing men and boys in the north of Ireland and to promote their social inclusion by: providing a signposting service; creating and sustaining networks and partnerships; promoting cooperative activity and sharing experience, skills and knowledge; researching local needs and issues; producing and collating practical resources; initiating projects which model effective practice and support the development of innovative work; lobbying decision-makers; influencing public opinion via the media; recommending strategies for future development.

## CONTACT DETAILS

Noel Bradley  
Coordinator of Men's Education Initiative  
Mevagh Education Centre, Downings, Co Donegal  
074 9155055  
074 9155055  
mevaghresource@eircom.net

ADDRESS

TELEPHONE

FAX

EMAIL

WEB

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## MEN'S HEALTH ACTIVITIES

Group work, one-off talks, short courses, activity-based projects

## AREAS OF WORK

DISEASE ISSUES

Heart disease, cancer, prostate cancer

LIFESTYLE ISSUES

Exercise

BROAD HEALTH DETERMINANTS ISSUES

Social support, friendship, education

SPECIAL TARGET GROUPS

Men over 50 in rural, poor, isolated areas

The Mevagh Resource Centre, Men's Education Initiative aims "to reach out to and support isolated rural men by trying to get them into a learning environment".

<b>CONTACT DETAILS</b>	Fergal Fox,
<b>ADDRESS</b>	Project Worker for Traveller Men and Male Adolescents Health Promotion Service, Unit 4, Clonmimch, Tullamore, Co Offaly
<b>TELEPHONE</b>	0506 57810
<b>FAX</b>	0506 57823
<b>EMAIL</b>	fergal.fox@mhb.ie
<b>WEB</b>	N/A

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<b>MEN'S HEALTH ACTIVITIES</b>	Health education – group work, short courses, research, activity-based projects, project work
<b>AREAS OF WORK</b>	
<b>DISEASE ISSUES</b>	Heart disease, cancer, prostate cancer, STIs, depression, testicular cancer, smoking, drinking,
<b>LIFESTYLE ISSUES</b>	Drug use, sex, diet, exercise, mental health, being a man, being a traveller
<b>BROAD HEALTH DETERMINANTS ISSUES</b>	Environment, discrimination, education, accommodation
<b>SPECIAL TARGET GROUPS</b>	Traveller men

The Health Promotion Service aims to enable individuals and communities to take control of their health by making the healthy choice an easier choice. The areas of work of the Health Promotion staff include health information, healthy eating, substance misuse issues, health at school, health promotion for older people, women's health and physical activity, Traveller health, mental health. Their Mission Statement is "We will work together with individuals and communities to promote their well-being by informing, supporting and enabling people to live a healthy life. We will do this in a caring, committed and respectful way".

## MOSS (MEN OVERCOMING SEPERATION SUPPORTIVELY)

<b>CONTACT DETAILS</b>	Brian Conlon Project Leader
<b>ADDRESS</b>	Boyle, Co Roscommon
<b>TELEPHONE</b>	071 963000
<b>FAX</b>	071 962954
<b>EMAIL</b>	bconlon@familylifecentre.ie
<b>WEB</b>	www.familylifecentre.ie

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<b>MEN'S HEALTH ACTIVITIES</b>	Group work
<b>AREAS OF WORK</b>	
<b>DISEASE ISSUES</b>	Heart disease, depression
<b>LIFESTYLE ISSUES</b>	Smoking, drinking, drug use, sex, diet, exercise, new relationships
<b>BROAD HEALTH DETERMINANTS ISSUES</b>	Friendship, environment, separations, divorce, bereavement
<b>SPECIAL TARGET GROUPS</b>	Separated men

The work of Moss takes place in the context of the overall work undertaken in the Family Life Centre. While one to one/individual work is more popular than say the couple/relationship counselling or family therapy work there is a strong tradition at the Centre of Voluntary Like to Like Group-work. The main approach for the group-work is the understanding that much support and nurturance can be found in similarly experienced people who have come through life changing events of loss and bereavement. MOSS (Men Overcoming Separation Supportively) is one of those groups and it's purpose is to support Separated Men through the upheaval and difficulties that lie in the wake of a relationship breakdown.

**CONTACT DETAILS****ADDRESS****TELEPHONE****FAX****EMAIL****WEB**

John McGinty

Project Coordinator

30 Academy Court, Pearse Road, Letterkenny

074 9125017

074 9125017

irishmstactics@eircom.net

N/A

**MEN'S HEALTH ACTIVITIES**

Group work, one-off talks, short courses, helpline

**AREAS OF WORK****DISEASE ISSUES**

Depression

**LIFESTYLE ISSUES****BROAD HEALTH DETERMINANTS ISSUES**

Employment, friendship, education, relationships

**SPECIAL TARGET GROUPS**

People with MS

The MS Society of Ireland aims "to bring groups together cross-border in partnership providing opportunities for people with multiple sclerosis and their families".

## CONTACT DETAILS

Declan Clarke

Director

Co. Meath VEC, Abbey Road, Navan, Co. Meath

046 9021778

046 9070619

navantc@eircom.net

N/A

ADDRESS

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## MEN'S HEALTH ACTIVITIES

One off talks, short courses, activity based projects

## AREAS OF WORK

### DISEASE ISSUES

Heart disease, cancer, prostate cancer, STIs, depression

### LIFESTYLE ISSUES

Smoking, drinking, drug use, sex, diet, exercise

## BROAD HEALTH DETERMINANTS ISSUES

Employment, education

## SPECIAL TARGET GROUPS

Traveller men

Navan Traveller's Training centre aims to provide education, training and life skills for travellers in Co Meath over the age of 15 years.



<b>CONTACT DETAILS</b>	Beverly Poskitt Education/Development Worker
<b>ADDRESS</b>	6 Portmore Street, Portadown, BT6Z 3NG
<b>TELEPHONE</b>	028 3833 7719
<b>FAX</b>	028 3835 0860
<b>EMAIL</b>	beverly.poskitt@nexusinstitute.org
<b>WEB</b>	N/A

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<b>MEN'S HEALTH ACTIVITIES</b>	Group work, one off talks, short courses
<b>AREAS OF WORK</b>	
<b>DISEASE ISSUES</b>	Depression
<b>LIFESTYLE ISSUES</b>	Smoking, drinking, drug use, sex, stereotypes, relationships, pregnancy and parenthood
<b>BROAD HEALTH DETERMINANTS ISSUES</b>	Social support, friendship
<b>SPECIAL TARGET GROUPS</b>	Survivors of child sexual abuse age 12-25 years

The Nexus Institute provides counselling to adult survivors of sexual abuse. The educational work covers personal and social education with emphasis on sexuality, relationships, sexual health, and contraception with age group 12-25 years.

<b>CONTACT DETAILS</b>	Finian Murray
<b>ADDRESS</b>	Men's Health Development Officer Primary Care Services, St. Brigid's Hospital, Ardee, Co Louth
<b>TELEPHONE</b>	074 9123630
<b>FAX</b>	074 9129752
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<b>WEB</b>	www.nehb.ie

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<b>MEN'S HEALTH ACTIVITIES</b>	Group work, seminars, short courses, research, activity based projects, men's health campaigns, setting up and supporting men's consultative group
<b>AREAS OF WORK</b>	
<b>DISEASE ISSUES</b>	Heart disease, cancer, prostate cancer, STIs, depression, testicular cancer, accidents, diabetes
<b>LIFESTYLE ISSUES</b>	Smoking, drinking, drug use, sex, diet, exercise, mental health
<b>BROAD HEALTH DETERMINANTS ISSUES</b>	Social support, friendship, education, environment, social justice, impact of masculinity on men's health
<b>SPECIAL TARGET GROUPS</b>	No

The North Eastern Health Board's purpose "is to promote and improve the standards of health and social well being for all people of the region through the work of the Board and to influence health and social improvement in collaboration with others". Its Mission Statement for Men's Health Service is as follows: "In collaboration with various departments in the North Eastern Health Board and in partnership with men, local communities, statutory and voluntary agencies, we aim to achieve enhanced health outcomes for men and promote men-friendly services".

<b>CONTACT DETAILS</b>	Seamus Gordon
	Social Worker
<b>ADDRESS</b>	Garden Centre Complex, St. Conal's Hospital, Letterkenny, Co Donegal
<b>TELEPHONE</b>	074 23630
<b>FAX</b>	074 29752
<b>EMAIL</b>	seamus.gordon@NWHB.ie
<b>WEB</b>	N/A

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<b>MEN'S HEALTH ACTIVITIES</b>	Group work, one-to-one counselling
<b>AREAS OF WORK</b>	
<b>DISEASE ISSUES</b>	
<b>LIFESTYLE ISSUES</b>	Drinking, drug use, sex, sexuality, health communication, thinking/feeling, values
<b>BROAD HEALTH DETERMINANTS ISSUES</b>	Employment, welfare, social support, friendship, education, housing, transport
<b>SPECIAL TARGET GROUPS</b>	Male sex offenders in treatment

This project is aimed at the assessment and treatment of adult male sex offenders.

# OPEN DOOR MEN'S PROJECT

## CONTACT DETAILS

### ADDRESS

### TELEPHONE

### FAX

### EMAIL

### WEB

Declan Hughes  
Project Manager  
Parnell Square, Athlone, Co Westmeath  
090 6498903  
090 6493311  
1declanhughes@eircom.net  
www.a-c-t.org.ie

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## MEN'S HEALTH ACTIVITIES

Group work, one off talks, short courses, research, activity based projects, training course sponsored by FAS

## AREAS OF WORK

### DISEASE ISSUES

### LIFESTYLE ISSUES

### BROAD HEALTH DETERMINANTS ISSUES

### SPECIAL TARGET GROUPS

STIs, depression, hepatitis b and c  
Smoking, drinking, drug use, sex, exercise  
Income, employment, welfare, social support, friendship, environment, education, housing  
Disadvantaged communities

The Open Door Men's Project aims, using a person-centred approach to, "facilitate men to engage in a process of moving from crisis to hope". Its Mission Statement is as follows: "To support, facilitate and promote the development of men so that they reach their fullest potential and become valued members within their own lives, homes and communities".

<b>CONTACT DETAILS</b>	Alan Beirne
	Project Director
<b>ADDRESS</b>	Social Services Centre, 15A Clanbrassil Street, Dundalk, Co Louth
<b>TELEPHONE</b>	087 7811218
<b>FAX</b>	N/A
<b>EMAIL</b>	alan@operationseahorse.ie
<b>WEB</b>	www.operationseahorse.ie

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<b>MEN'S HEALTH ACTIVITIES</b>	Group work, one off talks, short courses, research, helpline, developing online community
<b>AREAS OF WORK</b>	
<b>DISEASE ISSUES</b>	Heart disease, prostate cancer, STI, depression
<b>LIFESTYLE ISSUES</b>	Planned pregnancy for men
<b>BROAD HEALTH DETERMINANTS ISSUES</b>	Income, employment, welfare, social support, friendship, environment, education, housing, transport, shared parenting, fatherhood
<b>SPECIAL TARGET GROUPS</b>	No

Operation Seahorse aims "to develop men's health in the broadest sense from men's own perspective, designed and development by and for men".

<b>CONTACT DETAILS</b>	Rosemary Murphy Treasurer
<b>ADDRESS</b>	Gleshygolgan, Plumridge, Omagh, Co Tyrone NI, BT798DX
<b>TELEPHONE</b>	028 8164 8336
<b>FAX</b>	N/A
<b>EMAIL</b>	rosemary.mu@btinternet.com
<b>WEB</b>	N/A

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<b>MEN'S HEALTH ACTIVITIES</b>	Parenting
<b>AREAS OF WORK</b>	Work is general in nature
<b>DISEASE ISSUES</b>	N/A
<b>LIFESTYLE ISSUES</b>	N/A

<b>BROAD HEALTH DETERMINANTS ISSUES</b>	
<b>SPECIAL TARGET GROUPS</b>	20-45 year olds

The Plumridge Community Toy Library provides a service which loans out toys to parents, provides resources to parents, and also organises activities to promote parenting skills.

**CONTACT DETAILS**

	Duane Farrell
	Manager
<b>Address</b>	2-6 Union Street, Belfast, BT1 2J7
<b>Telephone</b>	028 9031 9030
<b>Fax</b>	028 9031 9031
<b>Email</b>	manager@rainbow-project.com
<b>Web</b>	www.rainbow-project.com

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**Men's Health Activities**

Group work, research, one to one counselling, outreach

**AREAS OF WORK****DISEASE ISSUES**

STI, depression

**LIFESTYLE ISSUES**

Drinking, drug use, sex

**BROAD HEALTH DETERMINANTS ISSUES**

Welfare, social support, education, housing

**SPECIAL TARGET GROUPS**

Gay and bisexual men

The Rainbow project exists to improve the mental, emotional and physical health of gay and bisexual men in Northern Ireland.

# RURAL HEALTH AND SOCIAL WELL-BEING PROJECT

## CONTACT DETAILS

Therese Lowry  
Project Manager  
80-82 Rainey Street, Meagherafelt, BY45 5AJ  
079 301334  
079 301308  
comdev@rhswp.co.uk  
N/A

ADDRESS

TELEPHONE

FAX

EMAIL

WEB

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## MEN'S HEALTH ACTIVITIES

One off talks, short courses

## AREAS OF WORK

### DISEASE ISSUES

Heart disease, cancer, prostate cancer, STI, depression, testicular cancer

### LIFESTYLE ISSUES

Smoking, drinking, drug use, sex, diet, exercise,

## BROAD HEALTH DETERMINANTS ISSUES

Friendship, environment

## SPECIAL TARGET GROUPS

Rural communities

The Rural Health and Social Well-being Project is an action research project on mental health promotion using community development approaches in a rural setting.



<b>CONTACT DETAILS</b>	PJ Jones Chairperson
<b>ADDRESS</b>	26a Beechfield Street, Belfast BT5 4EQ
<b>TELEPHONE</b>	028 9050 1700
<b>FAX</b>	028 9050 1705
<b>EMAIL</b>	N/A
<b>WEB</b>	N/A

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<b>MEN'S HEALTH ACTIVITIES</b>	One off talks and activity based projects
<b>AREAS OF WORK</b>	
<b>DISEASE ISSUES</b>	Heart disease, cancer, prostate cancer, depression
<b>LIFESTYLE ISSUES</b>	Drinking, drug use, diet
<b>BROAD HEALTH DETERMINANTS ISSUES</b>	Social support, education
<b>SPECIAL TARGET GROUPS</b>	No

The Short Strand Men's Health Group is situated in East Belfast. They meet for informal discussions on men's health issues and matters in general, as well as organising games, enjoying music, television, undertaking history projects and trips with cross community men's groups from other parts of East Belfast.

<b>CONTACT DETAILS</b>	Noel Richardson
<b>ADDRESS</b>	Men's Health Researcher
<b>TELEPHONE</b>	Dean Street, Kilkenny
<b>FAX</b>	056 61400
<b>EMAIL</b>	056 64112
<b>WEB</b>	richardsonn@sehb.ie
	N/A

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<b>MEN'S HEALTH ACTIVITIES</b>	Research
<b>AREAS OF WORK</b>	
<b>DISEASE ISSUES</b>	Heart disease, cancer, prostate cancer, STI, testicular cancer, depression
<b>LIFESTYLE ISSUES</b>	Smoking, drinking, drug use, sex, diet, exercise
<b>BROAD HEALTH DETERMINANTS ISSUES</b>	Income, employment, welfare, social support, friendship, environment, education, housing, transport
<b>SPECIAL TARGET GROUPS</b>	No

Noel Richardson has undertaken research on men's health practices, and the construction of masculinities.

<b>CONTACT DETAILS</b>	Gerard Finnegan Director
<b>ADDRESS</b>	Community House, 2 Errigal Road, Woodlawn, Letterkenny, Co Donegal
<b>TELEPHONE</b>	074 9720633
<b>FAX</b>	074 9120605
<b>EMAIL</b>	steerireland@donegal.net
<b>WEB</b>	N/A

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<b>MEN'S HEALTH ACTIVITIES</b>	Mental health promotion, suicide intervention/prevention, support group work, listening ear, educational presentations, mental health research, employment rehabilitation programmes, career advice/guidance, supported training, mental health advocacy, counselling, employment, rehabilitation, holistic therapies
<b>AREAS OF WORK</b>	
<b>DISEASE ISSUES</b>	Mental health
<b>LIFESTYLE ISSUES</b>	Drinking, drug use, diet
<b>BROAD HEALTH DETERMINANTS ISSUES</b>	Unemployment, welfare, social support, environment, education, housing, socially excluded and long-term sick
<b>SPECIAL TARGET GROUPS</b>	People with mental health difficulties and their carers/families

STEER Ireland provides a range of community based adult mental health services.

## CONTACT DETAILS

Alison Branigan  
Project Coordinator/Resource Worker  
Third Age Centre, Summerhill, Co Meath  
046 9557766  
046 9557766  
thirdage@indigo.ie  
www.thirdage-ireland.com

## ADDRESS

## TELEPHONE

## FAX

## EMAIL

## WEB

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## MEN'S HEALTH ACTIVITIES

Series of talks, short courses, helpline

## AREAS OF WORK

## DISEASE ISSUES

Heart disease, cancer, prostate cancer, depression

## LIFESTYLE ISSUES

Smoking, drinking, diet and exercise

## BROAD HEALTH DETERMINANTS ISSUES

Social support, education, first aid, CPR

## SPECIAL TARGET GROUPS

Over 30s

Summerhill Active Retirement Group was established in 1988 to help cater for a growing older population with little or no outlet for recreation or organised activities. The organisation is involved in lobbying for facilities, rights, opportunities and social inclusion for the older person in society, and does so, at local, national, and international level through conferences, seminars, information sessions and innovative programmes and projects (which focus on: education and lifelong learning, health, community development, social policy, intergenerational activities, and volunteering). Their aim is to provide information and new ideas that will encourage older people to improve their own lives, and make a positive difference to their communities.

**CONTACT DETAILS**

Brian Mc Cormack  
 Programme Director  
 Kilcornan, Kilkishen, Co Clare  
 061 367 035  
 061 367 035  
 sustain@ireland.com  
 N/A

**ADDRESS**

**TELEPHONE**

**FAX**

**EMAIL**

**WEB**

**MEN'S HEALTH ACTIVITIES**

Group work, one-off talks, short course, research, activity based projects

**AREAS OF WORK**

**DISEASE ISSUES**

Depression

**LIFESTYLE ISSUES**

Exercise, stress

**BROAD HEALTH DETERMINANTS ISSUES**

Employment, social support, friendship, education, anger management, assertiveness, stress management

**SPECIAL TARGET GROUPS**

No

Sustain Teambuilding provides communication training programmes.

## CONTACT DETAILS

Peter Robinson  
Men's Group  
Coordinator/Webmaster  
Kilcornan, Kilkishen, Co Clare  
028 9032 7755  
028 9032 7747  
Admin@themanwhole.zzn.com  
www.themanwhole.com  
www.onlinepub.tk

## ADDRESS

## TELEPHONE

## FAX

## EMAIL

## WEB

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## MEN'S HEALTH ACTIVITIES

Group work, short courses, activity based projects and helpline

## AREAS OF WORK

## DISEASE ISSUES

Heart disease, cancer, prostate cancer, STIs, depression and as requested

## LIFESTYLE ISSUES

Smoking, drinking, drug use, sex, diet, exercise

## BROAD HEALTH DETERMINANTS ISSUES

Employment, welfare, social support, friendship, education, housing, parenting, men's and dad's rights

## SPECIAL TARGET GROUPS

No

The aim of [www.themanwhole.com](http://www.themanwhole.com) is to provide fun and information to men on issues that affect them. The websites are the main focus for the men's group now and will be developing dramatically in 2004. The aim of the discussion boards ([www.onlinepub.tk](http://www.onlinepub.tk)) is to provide a forum where men can talk about issues that affect them and share ideas. It is essentially an online men's group.

<b>CONTACT DETAILS</b>	Gary Symington Team Leader
<b>ADDRESS</b>	Top of the Rock, 689 Springfield Road, Belfast BT12 7FP
<b>TELEPHONE</b>	028 9023 6677
<b>FAX</b>	028 9023 1074
<b>EMAIL</b>	<a href="mailto:gary.symington@usdt.org">gary.symington@usdt.org</a>
<b>WEB</b>	N/A

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<b>MEN'S HEALTH ACTIVITIES</b>	Group work, activity based projects
<b>AREAS OF WORK</b>	
<b>DISEASE ISSUES</b>	STIs, testicular cancer
<b>LIFESTYLE ISSUES</b>	Smoking, drinking, drug use, sex, exercise
<b>BROAD HEALTH DETERMINANTS ISSUES</b>	Employment, social support, friendship, environment, education
<b>SPECIAL TARGET GROUPS</b>	Youth

The Training for Life Programme at the Upper Springfield Development Trust delivers personal development courses to young men and women in West Belfast aged 11-25 years in schools, youth clubs, communities centres etc, with a focus on health and social issues.

<b>CONTACT DETAILS</b>	Gerry McElwee Head of Cancer Prevention
<b>ADDRESS</b>	40 Eglantine Ave, Belfast BT7 2GJ
<b>TELEPHONE</b>	028 9066 3281
<b>FAX</b>	028 9066 0081
<b>EMAIL</b>	<a href="http://www.ulstercancer.org">www.ulstercancer.org</a>
<b>WEB</b>	N/A

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<b>MEN'S HEALTH ACTIVITIES</b>	Group work, one off talks, short courses, research, activity based projects, helpline
<b>AREAS OF WORK</b>	
<b>DISEASE ISSUES</b>	Cancer, prostate cancer, testicular cancer
<b>LIFESTYLE ISSUES</b>	Smoking, diet, exercise
<b>BROAD HEALTH DETERMINANTS ISSUES</b>	Social support, education
<b>SPECIAL TARGET GROUPS</b>	No

Areas of work in which the Ulster Cancer Foundation are engaged include research, patient care, prevention, lobbying and campaigning.



**CONTACT DETAILS**

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 diarmuid.moore@wea-ni.com  
 www.wea-ni.com

**ADDRESS****TELEPHONE****FAX****EMAIL****WEB****MEN'S HEALTH ACTIVITIES**

Short courses

**AREAS OF WORK****DISEASE ISSUES**

Heart disease, prostate cancer, STIs, depression, mental health

**LIFESTYLE ISSUES**

Smoking, drinking, sex, diet, stress

**BROAD HEALTH DETERMINANTS ISSUES****SPECIAL TARGET GROUPS**

Deprived areas

The Worker's Educational Association (WEA) is an adult education organisation, which provides a wide range of courses in Northern Ireland and the Border Counties of the Republic of Ireland. The WEA has a project which is designed to bring men from disadvantaged areas back into education. The "Men from the Margins" project offers a course called "Men's Health – A Common Sense Course", which is a general introduction to the main issues in men's health.

## CONTACT DETAILS

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028 9076 0067  
028 9076 8799  
info@youthaction.org

## ADDRESS

## TELEPHONE

## FAX

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## WEB

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## MEN'S HEALTH ACTIVITIES

Group work, one off talks, short courses, research, project-based activities, advocacy, reflection with young men

## AREAS OF WORK

## DISEASE ISSUES

STIs, testicular cancer

## LIFESTYLE ISSUES

Smoking, drinking, drug use, sex, sexual orientation, fatherhood, masculinity and the impact of life choices

## BROAD HEALTH DETERMINANTS ISSUES

Employment, friendship, environment, education, positive mental health, self-confidence, self-expression

## SPECIAL TARGET GROUPS

Youth

Youth Action NI aims to "develop, implement, and support strategies for the development of young men's work throughout Northern Ireland".





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