ALL-IRELAND
MEN’S HEALTH DIRECTORY
All-Ireland Men’s Health Directory

Published by the Institute of Public Health In Ireland

The Institute of Public Health in Ireland, 2004
Reproduction authorised for non-commercial use purposes provided the source is acknowledged

Prepared by Owen Metcalfe and Paul Kavanagh of the Institute of Public Health in Ireland with co-operation from the Men’s Health Forum Ireland

ISBN 0-9542965-6-7

For further Copies of this document please contact:

The Institute of Public Health in Ireland
5th Floor
Bishop’s Square
Redmond’s Hill
Dublin 2

Tel: + 353 1 478 6300

The Institute of Public Health in Ireland can be contacted at:
Forrestview
Purdy’s Lane
Belfast BT8 7ZX
Northern Ireland

Tel: +44 28 9064 8494

The Men’s Health Forum in Ireland can be contacted at:
Men’s Health Forum in Ireland
12 Brunswick Street
Belfast
BT 2 7GE

Tel +44 28 9031 0891
www.mhfi.org

Email: info@publichealth.ie
Web: www.publichealth.ie
INTRODUCTION

Organisations:
AMEN 2
Ballymun Men’s Centre Limited 3
Brook Belfast 4
Dry Arch Centre for Families 5
East Clare Men’s Group 6
Everyman 7
Father’s Project 8
Health Promotion Unit, Department of Health and Children 9
HIV Support Centre 10
Interagency Group 11
Irish Cancer Society 12
Joe Armstrong 13
Men to Men 14
Men’s Development Network 15
Men’s Project 16
Mevagh Resource Centre, Men’s Education Initiative 17
Midland Health Board, Health Promotion Unit 18
MOSS 19
MS Society of Ireland 20
Navan Traveller’s Training Centre 21
Nexus Institute 22
North Eastern Health Board 23
North Western Health Board 24
Open Door Men’s Project 25
Operation Seahorse 26
Plumridge Community Toy Library 27
Rainbow Project 28
Rural Health and Social Well-being Project 29
Short Strand Men’s Health Group 30
South Eastern Health Board, Health Promotion Unit 31
STEER Ireland 32
Summerhill Active Retirement Group 33
Sustain Teambuilding 34
THEMANWHOLE 35
Training for Life Programme, Upper Springfield Development Trust 36
Ulster Cancer Foundation 37
WEA 38
Youth Action NI 39
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

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**

Mary T Cleary  
National Coordinator  

**ADDRESS**

9/10 Academy Street, Navan, Co Meath  

**TELEPHONE**

046 23718  

**FAX**

046 23718  

**EMAIL**

amen@iol.ie  

**WEB**

www.amen.ie

---

**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.
**CONTACT DETAILS**  
John Murphy  
Co-Ordinator  

**ADDRESS**  
Lifeshift, 4 Shangan Road, Ballymun,  
Dublin 9  

**TELEPHONE**  
01 862 3117  

**FAX**  
01 862 3409  

**EMAIL**  
menscentre@oceanfree.net  

**WEB**  
n/a  

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

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

ADDRESS
29A North Street, Belfast, BT1 1NA

TELEPHONE
028 9032 8866

FAX
028 9023 5735

EMAIL
belfast.brook@talk21.com

WEB
www.brook.org.uk (Brook central site)

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.
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.
EAST CLARE MEN’S GROUP

Contact details
Paul Taylor
Treasurer
C/O East Clare Community Co-op,
Main Street, Scarriff, Co Clare

Telephone 087 6794861
Fax N/A
Email N/A
Web ptaylor@Les.ie

Men’s Health Activities
One off talks, activity based projects

Areas of Work
Disease Issues
Prostate cancer
Lifestyle Issues
Smoking, drinking, sex, exercise

Broad Health Determinants Issues
Social support, education
Special Target Groups
No

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

CONTACT DETAILS
Johnny Markey
Facilitator
Address
Cootehill, Boyle, Co Roscommon
Telephone
071 966 3000/086 6053090
Fax
N/A
Email
jjmarkey@gofree.indigo.ie
Web
N/A

MEN’S HEALTH ACTIVITIES
As initiated by members

AREAS OF WORK
DISEASE ISSUES
Cancer, prostate cancer, STI
LIFESTYLE ISSUES
Smoking, drinking, drug use, diet

BROAD HEALTH DETERMINANTS ISSUES
Income, employment, social support, friendship, environment, education

SPECIAL TARGET GROUPS
No

Everyman is “a non-denominational, non-judgmental, confidential, safe, caring and fun-loving men’s group”.

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

**MEN'S HEALTH ACTIVITIES**  
Short courses

**AREAS OF WORK**

**DISEASE ISSUES**  
Cancer, prostate cancer, STI  
**LIFESTYLE ISSUES**  
Smoking, drinking, drug use, diet  

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

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

ADDRESS
Floor 3, 7 James Street South, Belfast, BTZ 8DN

TELEPHONE
028 9024 9268

FAX
028 9032 9845

EMAIL
stuart@aidshelpline.org.uk

WEB
www.aidshelpline.org.uk

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
Address
104 Irvinestown Road, Enniskillen, BT74 6DN
Telephone
028 6632 0046
Fax
028 6632 4066
Email
admin@sexualabuseiag.co.uk
Web
www.sexualabuseiag.co.uk

MEN’S HEALTH ACTIVITIES
Research, training, information

AREAS OF WORK
Mental health

DISEASE ISSUES

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
ADDRESS
5 Northumberland Road, Dublin 4
TELEPHONE
01 231 0500
FAX
01 231 0555
EMAIL
eglynn@irishcancer.ie
WEB
www.cancer.ie

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
Cancers
LIFESTYLE ISSUES
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.
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**
Greg Neill

**ADDRESS**
58 Howard Street, Belfast, BT1 6PJ

**TELEPHONE**
028 9024 7027

**FAX**
028 9024 4557

**EMAIL**
mentomen@ireland.com

**WEB**
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**
Heart disease, cancer, prostate cancer, STIs, depression

**LIFESTYLE ISSUES**
Smoking, drinking, drug use, sex, diet, exercise, gambling, pornography

**BROAD HEALTH DETERMINANTS ISSUES**
Friendship, education

**SPECIAL TARGET GROUPS**
No

---

The aim of Men to Men's work is "men's health promotion throughout the Greater Belfast Area".
MEN’S DEVELOPMENT NETWORK

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

**MEN’S HEALTH ACTIVITIES**  
Group work, one off talks, research

**AREAS OF WORK**

<table>
<thead>
<tr>
<th>Disease issues</th>
<th>LIFESTYLE ISSUES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart disease, STIs, testicular cancer</td>
<td>Smoking, drinking, diet</td>
</tr>
</tbody>
</table>

**BROAD HEALTH DETERMINANTS ISSUES**
Education

**SPECIAL TARGET GROUPS**
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.
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.
MEVAGH RESOURCE CENTRE, MEN’S EDUCATION INITIATIVE

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

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 Inititative aims “to reach out to and support isolated rural men by trying to get them into a learning environment”.
MIDLAND HEALTH BOARD, HEALTH PROMOTION UNIT

CONTACT DETAILS
Fergal Fox,
Project Worker for Traveller Men and Male Adolescents

ADDRESS
Health Promotion Service, Unit 4, Clonmimch,
Tullamore, Co Offaly

TELEPHONE 0506 57810
FAX 0506 57823
EMAIL fergal.fox@mhb.ie
WEB N/A

MEN’S HEALTH ACTIVITIES
Health education – group work, short courses, research,
activity-based projects, project work

AREAS OF WORK
DISEASE ISSUES
Heart disease, cancer, prostate cancer, STIs,
depression, testicular cancer, smoking, drinking,

LIFESTYLE ISSUES
Drug use, sex, diet, exercise, mental health, being a man,
being a traveller

BROAD HEALTH DETERMINANTS ISSUES
Environment, discrimination, education,
accommodation

SPECIAL TARGET GROUPS
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)

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
John McGinty
Project Coordinator

ADDRESS
30 Academy Court, Pearse Road, Letterkenny

TELEPHONE
074 9125017

FAX
074 9125017

EMAIL
irishmstactics@eircom.net

WEB
N/A

MEN'S HEALTH ACTIVITIES
Group work, one-off talks, short courses, helpline

AREAS OF WORK
Depression

DISEASE ISSUES

LIFESTYLE ISSUES
Employment, friendship, education, relationships

BROAD HEALTH DETERMINANTS ISSUES
People with MS

SPECIAL TARGET GROUPS

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

Men’s Health Activities

Areas of Work

Disease Issues

Lifestyle Issues

Broad Health Determinants Issues

Special Target Groups

One off talks, short courses, activity based projects

Heart disease, cancer, prostate cancer, STIs, depression

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

Employment, education

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.
**CONTACT DETAILS**

Beverly Poskitt  
Education/Development Worker  

**ADDRESS**

6 Portmore Street, Portadown, BT6Z 3NG  

**TELEPHONE**

028 3833 7719  

**FAX**

028 3835 0860  

**EMAIL**

beverly.poskitt@nexusinstitute.org  

**WEB**

N/A

---

**MEN’S HEALTH ACTIVITIES**

Group work, one off talks, short courses

**AREAS OF WORK**

**DISEASE ISSUES**

Depression

**LIFESTYLE ISSUES**

Smoking, drinking, drug use, sex, stereotypes, relationships, pregnancy and parenthood

**BROAD HEALTH DETERMINANTS ISSUES**

Social support, friendship

**SPECIAL TARGET GROUPS**

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.
**Contact Details**

Finian Murray  
Men's Health Development Officer  
Primary Care Services, St. Brigid’s Hospital, Ardee,  
Co Louth  
Telephone 074 9123630  
Fax 074 9129752  
Email finian.murray@nehb.ie  
Web www.nehb.ie

**Men’s Health Activities**

Group work, seminars, short courses, research, activity based projects, men’s health campaigns, setting up and supporting men’s consultative group

**Areas of Work**

**Disease Issues**

Heart disease, cancer, prostate cancer, STIs, depression, testicular cancer, accidents, diabetes

**Lifestyle Issues**

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

**Broad Health Determinants Issues**

Social support, friendship, education, environment, social justice, impact of masculinity on men’s health

**Special Target Groups**

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”.

23
CONTACT DETAILS
Seamus Gordon
Social Worker

ADDRESS
Garden Centre Complex, St. Conal’s Hospital,
Letterkenny, Co Donegal

TELEPHONE
074 23630

FAX
074 29752

EMAIL
seamus.gordon@NWHB.ie

WEB
N/A

MEN’S HEALTH ACTIVITIES
Group work, one-to-one counselling

AREAS OF WORK

DISEASE ISSUES
Drinking, drug use, sex, sexuality, health communication,
thinking/feeling, values

LIFESTYLE ISSUES

BROAD HEALTH DETERMINANTS ISSUES
Employment, welfare, social support, friendship,
education, housing, transport

SPECIAL TARGET GROUPS
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
Declan Hughes
Project Manager
Address
Parnell Square, Athlone, Co Westmeath
Telephone
090 6498903
Fax
090 6493311
Email
1declanhughes@eircom.net
Web
www.a-c-t.org.ie

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
STIs, depression, hepatitis b and c
LIFESTYLE ISSUES
Smoking, drinking, drug use, sex, exercise
BROAD HEALTH DETERMINANTS ISSUES
Income, employment, welfare, social support, friendship, environment, education, housing
SPECIAL TARGET GROUPS
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”.

25
OPERATION SEAHORSE

CONTACT DETAILS
Alan Beirne
Project Director

ADDRESS
Social Services Centre, 15A Clanbrassil Street, Dundalk, Co Louth

TELEPHONE
087 7811218

FAX
N/A

EMAIL
alan@operationseahorse.ie

WEB
www.operationseahorse.ie

MEN'S HEALTH ACTIVITIES
Group work, one off talks, short courses, research, helpline, developing online community

AREAS OF WORK

DISEASE ISSUES
Heart disease, prostate cancer, STI, depression

LIFESTYLE ISSUES
Planned pregnancy for men

BROAD HEALTH DETERMINANTS ISSUES
Income, employment, welfare, social support, friendship, environment, education, housing, transport, shared parenting, fatherhood

SPECIAL TARGET GROUPS
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".
| CONTACT DETAILS | Rosemary Murphy  
| Treasurer |  
| ADDRESS | Gleshyolgan, Plumridge, Omagh, Co Tyrone NI,  
| BT798DX |  
| TELEPHONE | 028 8164 8336 |  
| Fax | N/A |  
| Email | rosemary.mu@btinternet.com |  
| Web | N/A |  

**Men’s health activities**  
- Parenting  

**Areas of work**  
- Work is general in nature  

**Disease issues**  
- N/A  

**Lifestyle issues**  
- N/A  

**Broad health determinants issues**  

**Special target groups**  
- 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.
The Rainbow project exists to improve the mental, emotional and physical health of gay and bisexual men in Northern Ireland.
**CONTACT DETAILS**

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

---

**MEN'S HEALTH ACTIVITIES**

One off talks, short courses  

**AREAS OF WORK**

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

**DISEASE ISSUES**

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

**LIFESTYLE ISSUES**

Friendship, environment  

**BROAD HEALTH DETERMINANTS ISSUES**

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.
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.
Noel Richardson has undertaken research on men’s health practices, and the construction of masculinities.
CONTACT DETAILS
Gerard Finnegan
Director

ADDRESS
Community House, 2 Errigal Road, Woodlawn,
Letterkenny, Co Donegal

TELEPHONE
074 9720633

FAX
074 9120605

EMAIL
steerireland@donegal.net

WEB
N/A

MEN’S HEALTH ACTIVITIES
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

AREAS OF WORK
DISEASE ISSUES
Mental health

LIFESTYLE ISSUES
Drinking, drug use, diet

BROAD HEALTH DETERMINANTS ISSUES
Unemployment, welfare, social support, environment, education, housing, socially excluded and long-term sick

SPECIAL TARGET GROUPS
People with mental health difficulties and their carers/families

STEER Ireland provides a range of community based adult mental health services.
SUMMERHILL ACTIVE RETIREMENT GROUP

CONTACT DETAILS
Alison Branigan
Project Coordinator/Resource Worker
Address
Third Age Centre, Summerhill, Co Meath
Telephone
046 9557766
Fax
046 9557766
Email
thirdage@indigo.ie
Web
www.thirdage-ireland.com

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.
SUSTAIN TEAMBUILDING

Contact details

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

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.
THE MANWHOLE

**CONTACT DETAILS**
Peter Robinson
Men's Group
Coordinator/Webmaster

**ADDRESS**
Kilcornan, Kilkishen, Co Clare

**TELEPHONE**
028 9032 7755

**FAX**
028 9032 7747

**EMAIL**
Admin@themanwhole.zzn.com

**WEB**
www.themanwhole.com
www.onlinepub.tk

**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 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) 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.
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.
ULSTER CANCER FOUNDATION

CONTACT DETAILS
Gerry McElwee
Head of Cancer Prevention

ADDRESS
40 Eglantine Ave, Belfast BT7 2GJ

TELEPHONE
028 9066 3281

FAX
028 9066 0081

EMAIL
www.ulstercancer.org

WEB
N/A

MEN’S HEALTH ACTIVITIES
Group work, one off talks, short courses, research, activity based projects, helpline

AREAS OF WORK
Disease issues
Cancer, prostate cancer, testicular cancer
Lifestyle issues
Smoking, diet, exercise

BROAD HEALTH DETERMINANTS ISSUES
Social support, education

SPECIAL TARGET GROUPS
No

Areas of work in which the Ulster Cancer Foundation are engaged include research, patient care, prevention, lobbying and campaigning.
CONTACT DETAILS
Diarmuid Moore
Development officer
ADDRESS
1-3 Fitzwilliam Street, Belfast BT9 6AW
TELEPHONE
028 9032 9718
FAX
028 9023 0306
EMAIL
diarmuid.moore@wea-ni.com
WEB
www.wea-ni.com

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  
Martin McMullan  
Assistant Director  

ADDRESS  
Hampton, Glenmachan Park, Belfast, BT4 2PJ  

TELEPHONE  
028 9076 0067  

FAX  
028 9076 8799  

EMAIL  
info@youthaction.org  

WEB  

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".
5th Floor
Bishop's Square
Redmond's Hill
Dublin 2
Ireland
Tel: +353 1 4786300

Forrestview
Purdy's Lane
Belfast BT8 7ZX
Northern Ireland
Tel: +44 28 9064 8494
www.publichealth.ie