

## **The Men's Development Network**

### **Programmes Nationally:**

- **The Men's Development Programme**
  - New Conversation with Men Training
  - Annual National Training and Development Summer School
  - Guidelines and listening skills for group work
- **The Men's Health Programme**
  - Health training programmes
  - National Men's Health Policy Implementation
  - Being male
- **MEND – South East Domestic Violence Intervention Programme**
  - Safety women/children
  - Changing men's abusive/violent behavior
  - Co-ordinated community response
- **Men's Development Training and Education**
  - Training programmes
  - Social, Personal and Health Education
  - Community education and development

## **MDN Nationally Continued...**

- **Work with Targeted Groups**
  - Men who experience unemployment, disadvantage and marginalisation
  - Traveller men
  - Refugee and Asylum Seekers
- **The Network of Volunteers**
  - Maintaining directory of volunteers and representatives
  - MDN supporting the volunteer work
  - Representing and co-facilitating at MDN Events
- **Delivery of Men's Counselling**
  - Accessing men through outreach work
  - Counselling and support for relationships and bereavement
  - Creating a safe place to talk
- **Research and Evaluation**
  - National Men's Health Policy
  - Traveller Men's Development Programme
  - Community Development Projects and Family Resource Centres nationwide
- **Books, Information Booklets and Training Manuals**



### **The Men's Health Programme**

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**Company Registration No:** 307175



Comhshool, Pobal agus Rialtas Áitiúil  
Environment, Community and Local Government



# The Men's Development Health Programme

The Men's Development Health Programme is funded since 2002 by Department of Health and Children and the Health Service Executive, is run by the Men's Development Network. From its foundations as a men's network, those working on the ground, within the organisation have become acutely aware that physical and mental health is one of the main issues impacting on men suffering marginalization. In fact, struggles with physical and mental health issues can cause men to become marginalized.

Through its outreach development work, men's development groups, regional days, issue days, workshops and National Summer Schools, The Men's Development Network has continually supported men to explore, acknowledge, challenge and talk about their health issues in a safe, confidential space.

By availing of these opportunities many men have found the support to take responsibility for their health, through specific proactive actions, As a support to the work, the Men's Development Network uses up to date leaflets and materials, provided to the Men's Development Network by the Health Services Executive from their Health Promotion Units, which cover issues such as testicular cancer, prostate cancer, colon cancer, heart disease, Stress, addictions, depression and suicide.

## How the Programme works

Through this programme the Men's Development Network:

- Creates and guarantees a safe confidential space for men to work in.
- Engages men about issues that arise in their lives focusing on health.
- Explores how 'male conditioning impacts on men's approach to health.
- Supports men to talk about their personal health story.
- Encourages men to listen to each other without interruption.
- Helps men identify key issues impacting on their lives.
- Explores the barriers that prevent issues being addressed.
- Supports men to find simple strategic ways forward.
- Highlights how talking through issues can lead to resolution.
- Creates awareness of health issues through promotion materials.
- Widens health care issues to include family, friends and community.
- Contracts individual men to do 'one or more' positive health actions.
- Makes referrals through its links with the appropriate support services
- Links the men to the appropriate health agencies
- Develops Men's Health Training Programmes in partnership with the H.S.E.
- Inform national Men's Health Policy through H.S.E. conference presentations, reports and the media.

This way of working ends isolation, establishes support and addresses and improves men's physical and mental health.

The Men's Development Network's Men's Health Programme is funded by the Department of Health and Children and The Health Service Executive

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