

“Nowhere Man” Men's Health Seminar Sept 10 2008  
Long Gallery, Parliament Buildings, Stormont



“Supporting and Promoting Male Health and Wellbeing”

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# The Life Experiences of Men and Their Health

Holistically

From a Community Development process

LISTEN - LISTEN - LISTEN

DEVELOP A RESPONSE

Creating male specific services

Challenging / lobbying others to do same

Men's Health Week / Father's Day

Taking it to where men / boys are

# What do we all need to do? Change Men's Thinking

“He's as blind as he can be  
Just sees what he wants to see  
Nowhere Man can you see me at all?”

Nowhere Man Lyrics

“You are what you think you are.  
When your thinking changes, you change”

Anthony de Mello

# What MAN's practice evidence shows

Need to provide safe spaces to “hear” men

Recognise many men still working from generational stereotypes until they *experience* that an alternative works

Need to value / validate men - and the work

The need to promote Strength messages

Suicide – final help challenge

Recognise each man is uniquely different

It's very personal / person centred work

Often men looking for the “Quick Fix”

How men get to us / you – gatekeepers / publicity

# What are the Main Challenges for Health Providers

TO LISTEN

Cost effectiveness – resource implications

The nature of the engagement

Awareness of the gender dimensions

That it will **COMPLEMENT** not **CONFLICT**  
with women's health resources

Implementing the new legislation

# A sample module.

- **Step One: Outline the current position of men and women in the area which your expenditure activity will address**
- Who are the current beneficiaries of your area of expenditure activity?
- How many are men /women ?.....
- What data source do you use to determine these figures?
- **Step Two: What factors lead to women and men being affected differentially in the area being addressed by your expenditure activity?**
- Identify the factors which lead to the differential impact on women and men.
- **Step Three: How can the factors which lead to women or men being affected differentially be addressed and changed?**
- How can the policy proposal / measure respond to the factors identified in Step 2?
- Where considered appropriate, what actions do you propose in this regard?



# Theory – Practice – Reality

**“John’s Story”**