



Engender Database extract

GEOGRAPHIC

Continent
Europe (EU)

Country
Ireland

BASIC DETAILS

Language
English

Sector:

Health

Title (EN):

The Carlow Men's Health Project

Abstract description (EN):

The Carlow Men's Health Project (CMHP) aims to build social capital among vulnerable men in Carlow Town and County in the Republic of Ireland in order to support them to empower themselves and to have control over their own health and lives. The objectives of the CMHP include: •partnership work to raise awareness among existing community service providers of the needs of vulnerable men, •training existing service providers to support them to engage and interact with men, •conducting a needs analysis among vulnerable men to develop a working plan, •implementing the working plan, •access funding to support the implementation of the plan, •independently evaluate the whole project as well as specific short programmes delivered as part of the project. CMHP work plan's strategic areas include; awareness raising, communications and public relations, delivery of short programmes, group maintenance including review, up-skilling and training, and evaluation and dissemination. To date, CMHP have run a number of activities to support men which have included: Healthy Dads Day, Health Awareness Raising Days, Health Checks & Health Needs Assessment, Health & Physical Activity programmes, a Radio broadcast, a six-week Men's Health Series in the Carlow Nationalist and the production of the Men's Health Booklet. 2011 will also see the first Men's Shed in County Carlow. In engaging men the project has found that opportunistic health checks are a useful way to engage men at risk who don't access traditional services.

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In addition the CMPH has found that while men do engage in both personal development and more “hands on” interventions, there is a need for both approaches; however numbers who engage in each differ. Finally, while evaluation is ongoing the CMPH the CMHP hope t

Keywords: Mens Health, Health Promotion, community development, soc

BIBLIOGRAPHICAL INFORMATION

Data type: Conference proceeding

Year: 2010

Editor:

Edition:

ISBN/ISSN:

Issue:

URL:

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