

## Contents

### Organisations:

Acorn Community Development Project	6
Age Concern Northern Ireland: Actively Ageing Well	7
AMEN	8
Ardoyne/Shankill Health Partnership	9
AWARE	10
Ballybeen Men In Focus	11
Ballyclare Community Concerns	12
Ballymun Men's Centre Ltd	13
Belfast Brook Advisory Centre	14
Beyond Borders Project, Dundalk IT	15
Bodywhys – The Eating Disorders Association	16
Brothers of Charity Services	17
Cavan/Monaghan Hospital Group	18
CIE	19
Cancer Choices	20
Centre for Young Men's Studies	21
Cloona Oasis Centre	22
Construction Workers Health Trust	23
Co-operation and Working Together (CAWT)	24
COSC	25
County Leitrim Partnership	26
Derg Valley Care Ltd	27
Dry Arch Centre for Families	28
Dundalk Outcomers	29
East Belfast Community Health Information Project	30
Eastern Area Health Promotion Communication, Resource and Information Service	31
Eastern Health and Social Services Board	32
Everyman	33
Father's Matter Project	34
Forever Fathers	35
Gay Community News	36

Gender Equality Unit	37
Health for Youth through Peer Education (HYPE)	38
Health Promotion Unit, Department of Health and Children	39
HIV Support Centre	40
HSE North Eastern Area	41
HSE Dublin North East	42
HSE North Western Area	43
HSE Southern Area	46
HSE West	50
Include Youth	53
Interagency Group	54
Lár Iona Folláin Fir, Dundalk Institute of Technology	55
Irish Heart Foundation	56
Joe Armstrong	57
Keiran McKeown - Social & Economic Research Consultant	58
Larne Community Development Project	59
Men to Men	60
Merchants Quay Ireland	61
Men In Limerick Experiencing Separations (MILES)	62
Men's Action Network (MAN)	63
Men's Development Network	64
Men's Networking Resource Centre	65
Mental Health Ireland	66
Mevagh Resource Centre, Men's Education Initiative	67
MOSS (Men Overcoming Separation Supportively)	68
MOVE (Men Overcoming Violence) Limerick	69
Moville Men's Group	70
MS Society of Ireland	71
National Council on Ageing and Older People	72
National Disability Authority	73
Navan Travellers Training Centre	74
Navan Travellers Workshops	75

New Life Counselling Service	76
NICHE (Northside Community Health Initiative)	77
North & West Belfast Area Health Promotion Consortium	78
Older Men's Organisation of Ireland (OMO)	79
Operation Seahorse	80
Parental Equality	81
Plumridge Community Toy Library	82
Rainbow Project	83
RIAN Counselling Service	84
Resolute Health	85
Sean Quinn Cognitive Behavioural Therapist	86
Short Strand Men's Health Group	87
Southern Gay Men's Health Project	88
Squashy Couch	89
St. Catherine's Senior Traveller Training Centre	90
STEER Ireland	91
Summerhill Active Retirement Group	92
Sustain Team Building	93
TASSK Healthy Living Centre	94
The Men's Project	95
The Open Door Men's Project	96
The Royal Hospitals	97
TREOIR (National information centre for unmarried parents and their children)	98
Ulster Cancer Foundation	99
'W' club	100
Workers' Educational Association	101
Wise Men of the East Network	102
<a href="http://www.families.ie">www.families.ie</a>	103
YouthAction Northern Ireland	104
Youth Participation Project	105

## Introduction

In spite of increased male life expectancy, men in Ireland continue to have higher death rates at all ages, and for all leading causes of death than women. Evidence of gender differences in the incidence, symptoms, and prognosis of a wide range of health problems is also well documented. Historically men's health has received little attention in terms of consultation, planning, strategy development or project implementation. However the picture is changing and there is an increasing awareness of the need to focus on men's health and gender specific initiatives. In the Republic of Ireland, a significant development is work being undertaken on the development of a Men's Health Policy. It is hoped that the development of this policy will elevate men's health up the policy agenda in Ireland.

In 2004 the Institute of Public Health in Ireland in association with the Men's Health Forum in Ireland, published an All-Ireland Men's Health Directory outlining organisations, projects and individuals working in men's health in Ireland. In 2006 the directory was updated and evidence shows that an increasing number of organisations and groups are providing opportunities for men to learn more about their health and take practical action.

The directory will be useful to those wishing to make contact with men's health activities as well as policy makers, health professionals and people working in the area of men's health. There is a considerably higher number of entries in this directory compared with the 2004 edition but it is understood that it still does not cover all areas of activity in the areas of men's health in Ireland.

### Methods and outcome summary

In 2006 the directory was updated by reviewing existing entries and including a more comprehensive listing of men's health activities in Ireland. Almost 100 individuals, groups, and organisations responded to a questionnaire which asked them to describe their work in men's health. 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, lifestyles and well-being relevant to men. Depression, sexually transmitted infections, and prostate cancer were issues commonly engaged with, along with heart disease and cancer. 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 some organisations focused on particular groups and/or issues.

Respondents were asked to describe the principal benefit of working in the area of men's health. A central theme to emerge from their answers was the perceived importance of raising the profile of men's health and issues which determine it. Similarly, they were asked to describe the principal barriers they encountered in their work. A common theme which emerged from these responses was the difficulty in engaging men on health issues due to a number of factors including: lack of interest, lack of awareness, stigma, embarrassment and trust issues. Access to funding was also mentioned as an obstacle as well as a lack of male workers in the area of men's health.

The Institute of Public Health in Ireland and the Men's Health Forum in Ireland wish to point out that the quality of the service offered remains the responsibility of each listed organisation but 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.

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

## Acorn Community Development Project

### Contact details

Josephine Stroker

Manager

### Address

10 Richmond St, Longford,

Co. Longford

### Telephone

043 48373

### Fax

043 48823

### Email

cdpacorn@eircom.net

### Web

N/A

### Men's health activities

Group work, short courses, research,  
activity based projects

### Areas of work

**Disease issues**

Depression

**Lifestyle issues**

Smoking, drinking, exercise

**Broad health determinants issues**

Employment, welfare benefits,  
social support, friendship,  
housing, education

### Special target groups

Men of all ages and nationalities

Acorn CDP offers a range of activities providing engagement with socially excluded men who have had little contact with services.

## Age Concern Northern Ireland: Actively Ageing Well

### Contact details

Elma Greer & Alison Beattie  
(Job Share) Project Managers  
3 Lower Crescent, Belfast BT7 1WR  
028 90245229  
028 90235497  
egreer@ageconcernni.org  
abeattie@ageconcernni.org  
N/A

### Address

### Telephone

### Fax

### Email

### Web

### Men's health activities

Activity based projects

### Areas of work

Disease issues

Lifestyle issues

Exercise

### Broad health determinants issues

Education, training and capacity building, leadership skills, education to lead activities

### Special target groups

Men over the age of 50

Age Concern Northern Ireland is a voluntary organisation committed, through campaigning and service provision, to improving the quality of life of all older people and promoting their rights as active, involved and equal citizens. The Actively Ageing Well initiative was developed through Age Concern Northern Ireland and the Health Promotion Agency for Northern Ireland working with 60 community and older people's groups and statutory health and social services partners.

## AMEN

### Contact details

Mary T Cleary  
National Coordinator  
St. Annes Resource Centre  
Railway St, Navan, Co. Meath  
046 9023718  
046 9076864  
amen@iol.ie  
www.amen.ie

### Address

### Telephone

### Fax

### Email

### Web

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### Men's health activities

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

### Areas of work

Work is very general

#### Disease issues

#### Lifestyle issues

#### Broad health determinants issues

### 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.



## Ardoyne/Shankill Health Partnership

### Contact details

Darren Gowdy  
Community Health -  
Development Worker

### Address

Ardoyne Community Healthcare  
Centre, Ardoyne Avenue,  
Belfast BT14 7DA

### Telephone

028 90756638

### Fax

028 90756638

### Email

darren@ashlc.com

### Web

www.ashlc.com

### Men's health activities

Group work, one-off talks, short courses, activity based projects, complementary therapies, personal development programmes, men's health MOT nights

### Areas of work

#### Disease issues

#### Lifestyle issues

Smoking, drinking, employment, drug use, welfare benefits, social support, depression, diet, friendship, exercise, education

#### Broad health determinants issues

### Special target groups

Individuals from low socioeconomic areas of Ardoyne and Shankill

The Ardoyne/Shankill Health Partnership is a community led, health improvement programme which addresses health inequalities through programmes and facilities offering health promotion, information, support, advice and qualification attainment.

## AWARE

<b>Contact details</b>	Mary McLaughlin Chair
<b>Address</b>	3 Millfield, Buncrana, Co. Donegal
<b>Telephone</b>	074 9120791
<b>Fax</b>	N/A
<b>Email</b>	N/A
<b>Web</b>	<a href="http://www.aware.ie">www.aware.ie</a>

<b>Men's health activities</b>	Group work
<b>Areas of work</b>	
Disease issues	Depression
Lifestyle issues	Drinking, drug use
Broad health determinants issues	Employment, social support, friendship, housing
<b>Special target groups</b>	Men and women of all ages

Aware is a voluntary organisation that aims to assist members of the population who are directly affected by depression.

## Ballybeen Men in Focus

### Contact details

David Smyth

Chair

### Address

11 Drumadoon Drive,  
Ballybeen, Dundonald,  
Co. Down BT16 2LY

### Telephone

028 90805165

### Fax

N/A

### Email

N/A

### Web

N/A

### Men's health activities

Group work, one-off talks, activity based projects

### Areas of work

#### Disease issues

Cancer, prostate cancer, depression

#### Lifestyle issues

Drinking, diet, exercise

#### Broad health determinants issues

Social support, friendship, education

### Special target groups

Unemployed men

Ballybeen Men in Focus is a focus group for men's health issues, community development and training.

## Ballyclare Community Concerns

### Contact details

Sharon Parkes  
Centre Manager

### Address

15 Rashee Road, Ballyclare,  
Co. Antrim BT39 9HJ

### Telephone

028 9335453

### Fax

028 9335453

### Email

ballyclarecommunityconcerns@yahoo.co.uk

### Web

N/A

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### Men's health activities

#### Areas of work

Work is very general

Disease issues

Lifestyle issues

Broad health determinants issues

#### Special target groups

Men who are unemployed, on a low  
income, volunteers, retired, disabled  
ranging in age from 25-80 yrs

The role of the group is to provide a facility where all the community can come together to access social and learning activities and opportunities which will improve their quality of life.

## Ballymun Men's Centre Ltd.

<b>Contact details</b>	John Murphy Co-Coordinator
<b>Address</b>	Liftshaft 4, Shangan Rd, Ballymun, Dublin 9
<b>Telephone</b>	01 8623117/8623409
<b>Fax</b>	01 8623409
<b>Email</b>	menscentre@oceanfree.net
<b>Web</b>	N/A

<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 men aged 40-70 yrs

The Ballymun Men's Centre Ltd. 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.

## Belfast Brook Advisory Centre

### Contact details

Mary Crawford

Director

### Address

29A North Street, Belfast,  
BT1 1NA

### Telephone

028 90328866

### Fax

028 90235735

### Email

belfast.brook@talk21.com

### Web

[www.brook.org.uk](http://www.brook.org.uk)

### Men's health activities

Group work and sexual health clinic

### Areas of work

Disease issues

STIs

Lifestyle issues

Sexual health issues including  
relationships and sexuality

### Broad health determinants issues

### Special target groups

Young people up to 19 yrs; up to  
25 yrs at male-only clinic  
Sat 4-5.30 pm.

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

## Beyond Borders Project, Dundalk Institute of Technology

### Contact details

Mick Dunne

### Address

Co-ordinator

PJ Carrolls Facility

Dundalk IT, Dublin Road, Dundalk,

Co. Louth

### Telephone

042 9396544

### Fax

N/A

### Email

michael.dunne@dkit.ie

### Web

[www.crossbordercentre.org](http://www.crossbordercentre.org)

### Men's health activities

Group work, one-off talks, activity based projects

### Areas of work

Work is very general

Disease issues

Lifestyle issues

Broad health determinants issues

### Special target groups

People living in rural areas in counties Monaghan, Armagh and Louth

This is a community wellbeing initiative that works on a cross border basis in North Louth, South Armagh and East Monaghan. The major focus of the work is on health promotion.

## Bodywhys – The Eating Disorders Association

### Contact details

#### Address

#### Telephone

#### Fax

#### Email

#### Web

Jennie O'Reilly

Chief Executive Officer

PO Box 105, Blackrock, Co. Dublin

01 2834963

Helpline 1890 200 444

01 2056959

info@bodywhys.ie

www.bodywhys.ie

### Men's health activities

#### Areas of work

Disease issues

Lifestyle issues

Broad health determinants issues

#### Special target groups

Group work, help line

Diet, exercise

Males and females over the age of  
16 affected by eating disorders

Bodywhys provides information, support and understanding to people affected by eating disorders.



## Brothers of Charity Services

<b>Contact details</b>	Marianne Murphy Client Development Facilitator
<b>Address</b>	Psychology Department, Lanesboro St., Roscommon, Co. Roscommon
<b>Telephone</b>	090 6628500
<b>Fax</b>	090 6625350
<b>Email</b>	psychology@roscommon.brothersofcharity.ie
<b>Web</b>	www.brothersofcharity.ie

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<b>Men's health activities</b>	Group work, research, liaison with staff, input into relevant organisational policies
<b>Areas of work</b>	
<b>Disease issues</b>	Preventative screening
<b>Lifestyle issues</b>	Smoking, drinking, drug use, diet, exercise, ageing
<b>Broad health determinants issues</b>	Social support, friendship, assertiveness, decision making
<b>Special target groups</b>	Individuals who avail of intellectual disability services

Work involves men's health promotion, group intervention programmes, and input into policy formulation particularly in the area of healthy ageing.

## Cavan/Monaghan Hospital Group

### Contact details

Jacinta McAree-Murphy  
Health Promoting Hospitals -  
Co-ordinator

### Address

Monaghan General Hospital,  
High St, Monaghan

### Telephone

047 38832

### Fax

047 84874

### Email

[jacinta.mcareemurphy@maile.hse.ie](mailto:jacinta.mcareemurphy@maile.hse.ie)

### Web

### Men's health activities

Research

### Areas of work

Disease issues

Cancer

Lifestyle issues

Broad health determinants issues

### Special target groups

The Health Promoting Hospitals recently carried out research to explore men's knowledge, attitudes and beliefs about their health from a health literacy perspective in relation to men and cancer prevention.

<b>Contact details</b>	Anne Farrell Health Promotion Officer
<b>Address</b>	Medical department, CIE 98 Marlborough St, Dublin 1
<b>Telephone</b>	087 244207
<b>Fax</b>	01 8749848
<b>Email</b>	anne.farrell@irishrail.ie
<b>Web</b>	N/A

<b>Men's health activities</b>	Group work, one-off talks, short courses, help line, research, activity based projects
<b>Areas of work</b>	
<b>Disease issues</b>	Heart disease, cancer, prostate cancer, depression
<b>Lifestyle issues</b>	Smoking, drinking, drug use, diet, exercise
<b>Broad health determinants issues</b>	Employment, social support, education
<b>Special target groups</b>	Staff of CIE of all ages and backgrounds

Proactive education on how to maintain health physically, mentally and socially while at work and not at work.

## Cancer Choices

### Contact details

Madeleine Mulgrew  
Manager

### Address

Unit 45a, The Enterprise Centre,  
2 Coalisland Rd, Dungannon,  
Co. Tyrone BT71 6JY

### Telephone

028 87729850  
24 hour help line 07793937096

### Fax

N/A

### Email

madeleine@cancerchoices.co.uk

### Web

www.cancerchoices.org.uk

### Men's health activities

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

### Areas of work

#### Disease issues

Heart disease, cancer, prostate cancer, depression and stress

#### Lifestyle issues

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

#### Broad health determinants issues

Income, welfare benefits, social support, friendship, education

### Special target groups

Young male adults in school

Cancer Choices raises awareness among men on early detection, prevention, screening, healthy lifestyles and provides information and support to men affected by cancer.

## Centre for Young Men's Studies

### Contact details

Ken Harland  
Lecturer

### Address

Room 21C01, School of Sociology  
and Applied Social Studies,  
Dalraida,  
University of Ulster (Jordanstown)  
Shore Rd,  
Newtownabbey  
Co. Antrim BT30 0QB

### Telephone

028 90368334

### Fax

N/A

### Email

k.harland@ulster.ac.uk

### Web

[www.incore.ulster.ac.uk/cyms](http://www.incore.ulster.ac.uk/cyms)

### Men's health activities

Research

#### Areas of work

Male transitions

Disease issues

Mental health

Lifestyle issues

Violence

Broad health determinants issues

Education

#### Special target groups

Young males between the ages of  
12-16

The aim of the centre is to promote a culture of learning, development and excellence with regard to men living in Northern Ireland through innovative practice, training and action research. Key research themes include:

- The relationship between young men and violence
- Young men as victims and perpetrators of violence
- The needs of young men in a post conflict society
- The journey from boy to man
- New approaches to working with young men.

## Cloona Oasis Centre

### Contact details

Francie Dornan and  
Geraldine Cunningham  
Manager and Project Co-ordinator  
30-31 Colin Road  
Teeling Roundabout,  
Dunmurry  
Belfast BT17 0LG

### Address

### Telephone

028 90624923

### Fax

N/A

### Email

geraldine.cunningham@ntlworld.com

### Web

N/A

### Men's health activities

Group work (Drug and alcohol addiction group), one-off talks, conflict resolution courses, activity based projects

### Areas of work

#### Disease issues

Heart disease, cancer (including prostate cancer), STIs, depression

#### Lifestyle issues

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

#### Broad health determinants issues

Income, employment, welfare benefits, social support, friendship, environment, education, housing, transport

### Special target groups

Adults and mental illness

Cloona Oasis aims to promote physical and mental health of local people through the delivery of programmes based on educational, emotional or spiritual premise.

## Construction Workers Health Trust

### Contact details

**Address**  
**Telephone**  
**Fax**  
**Email**  
**Web**

Brian Daly  
Chief Executive Officer  
130 Francis St, Dublin 8  
01 7093070  
01 4544937  
brian.d@cwht.ie  
www.cwht.ie

### Men's health activities

#### Areas of work

**Disease issues**

**Lifestyle issues**

**Broad health determinants issues**

#### Special target groups

Research, health screening at work

Heart disease, cancer, prostate cancer, depression, diabetes, colon cancer

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

Social support, education

Men working in the construction business

The purpose of the work of the organisation is to improve the health of building workers through research, education and health screening.

## Co-operation and Working Together (CAWT)

### Contact details

Sadie Bergin  
Communications Co-ordinator

### Address

CAWT Development Centre,  
Administration Offices,  
Gransha Park, Clooney Road,  
Derry BT47 6TF

### Telephone

028 71865191

### Fax

028 71865193

### Email

info@mail.cawt.com

### Web

www.cawt.com

### Men's health activities

#### Areas of work

Work is general

Disease issues

Lifestyle issues

Broad health determinants issues

#### Special target groups

CAWT is a cross border health and social care partnership comprising the Western and Dublin/North East areas of the Health Service Executive in the Republic of Ireland and the Southern and Western Health and Social Services Boards in Northern Ireland. CAWT manages a range of cross border health and social care programmes funded by the European Union INTERREG IIIA Programme for Ireland/Northern Ireland 2000 – 2006 (Measure 3.2 Health and Well-being). CAWT provides a forum for health and social care providers along the border between Northern Ireland and the Republic of Ireland to pool expertise and information in managing practical initiatives through cross border sub groups. There are fourteen such sub groups including; Public Health, Finance, Mental Health, Communications, ICT, Human Resources, Health Promotion, Primary Care, Family & Childcare, Learning & Disability, Older People, Acute Services, Physical & Sensory Disability and Traveller Health.



<b>Contact details</b>	Olive Travers Head of Service
<b>Address</b>	HSE North Western Area Apartment 4, Cruagorm House Main St, Donegal, Co. Donegal
<b>Telephone</b>	074 9725386
<b>Fax</b>	N/A
<b>Email</b>	olive.travers@mailb.hse.ie
<b>Web</b>	N/A
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<b>Men's health activities</b>	Group work, one-off talks, research
<b>Areas of work</b>	
<b>Disease issues</b>	Depression
<b>Lifestyle issues</b>	Sex, sexuality
<b>Broad health determinants issues</b>	Income, employment, welfare benefits, social support, friendship, environment, education, housing
<b>Special target groups</b>	People who sexually offend

COSC is a multi-disciplinary risk assessment and treatment service provided by the Health Service Executive, North West Area for adults who:

- Have sexually abused children
- Consider themselves to be at risk of offending
- Are considered by others to be at risk of offending
- Have accessed child abuse images on the Internet.

## County Leitrim Partnership

### Contact details

Tom Lavin

Manager

### Address

Church St, Drumshambo, Co.Leitrim

### Telephone

071 9641740

### Fax

071 9641741

### Email

clpdr@eircom.net

### Web

N/A

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### Men's health activities

#### Areas of work

Disease issues

Lifestyle issues

Broad health determinants issues

Income, employment, welfare benefits, social support, education, housing, transport

#### Special target groups

Unemployed, farmers, community employment participants, Travellers

The partnership implements a social inclusion programme in County Leitrim and has been in existence since 1996.

## Derg Valley Care Ltd

### Contact details

Maureen McKeague

Manager

### Address

33A Main St, Castlederg, Co. Tyrone

### Telephone

028 81670764

### Fax

028 81679800

### Email

dergvalleycare@hotmail.com

### Web

N/A

### Men's health activities

One-off talks, short courses, activity based projects

### Areas of work

Disease issues

Cancer

Lifestyle issues

Smoking, exercise

Broad health determinants issues

Education

### Special target groups

People from Castlederg over the age of 18

Derg Valley Care provides daycare, domiciliary care and healthy living programmes through the healthy living centre.

## Dry Arch Centre for Families

<b>Contact person</b>	Emma Breslin Research and Development Worker
<b>Address</b>	50 Legavallon Rd, Dungiven, Co. Derry, BT47 4QL
<b>Telephone</b>	028 77742904
<b>Fax</b>	028 77742972
<b>Email</b>	emma.breslin@dryarchcentre.co.uk
<b>Web</b>	www.dryarchcentre.co.uk

<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>	
<b>Special target groups</b>	General population

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.

## Dundalk Outcomers

### Contact details

Bernardine Quinn  
Project Co-ordinator  
8 Roden Place, Dundalk, Co. Louth  
087 6200021  
042 9329816  
quinn4ie@yahoo.co.uk  
www.outcomers.com

### Address

### Telephone

### Fax

### Email

### Web

### Men's health activities

#### Areas of work

**Disease issues**

STIs, depression

**Lifestyle issues**

Sex

**Broad health determinants issues**

Income, social support, friendship

#### Special target groups

Service users are gay and bisexuals aged 17-50 yrs

Dundalk Outcomers is a social and support group for the lesbian, gay and bi-sexual community in the north east of Ireland.

Health Care information on all of the following areas of health is available :

- Substance use
- Depression and anxiety
- Hepatitis vaccine
- Prevention of STD's and safe sex advice
- Prostate / Testicular and colon cancer
- Alcohol / Tobacco
- Fitness diet and exercise
- Mental health
- Advice on choosing a counsellor

The service is open to gay men, bi-sexual men, and men who have sex with men.

## East Belfast Community Health Information Project

### Contact details

Alan Houston

Co-ordinator

### Address

Avalon House  
278-280 Newtownards Road  
Belfast BT4 1HE

### Telephone

028 90467914

### Fax

### Email

alan@eastbelfast.com

### Web

www.ebchip.org

### Men's health activities

Group work, research

#### 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

Income, employment, welfare benefits, social support, friendship, environment, education, housing

### Special target groups

Disadvantaged communities in East Belfast

Development workers support local people to access services and prioritise inequality issues in disadvantaged neighbourhoods and estates in East Belfast.

## Eastern Area Health Promotion Communication Resource and Information Service (CRIS)

### Contact details

Maureen Stephen  
Resources Manager

### Address

Champion House,  
Ground Floor 12-22 Linenhall St,  
Belfast BT2 8BS

### Telephone

028 90321313 ext 2025

### Fax

028 90553707

### Email

maureen.stephen@sebt.n-i.nhs.uk

### Web

www.eahealthpro.org

### Men's health activities

#### 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

#### Special target groups

The Eastern Area Health Promotion CRIS Library is available to anyone over the age of 16 studying, working or residing in the Eastern Health and Social Services Board area of Northern Ireland. The service exists to support all those who seek to promote health. It provides quality, up to date information and offers an unrivalled range of resource materials; books, reports, resource packs, journals, videos, CDs, DVDs, demonstration models, leaflets and posters. A unique subject index covering the wide range of areas within health promotion (including men's health) has been developed to suit members of the public as well as health care professionals. Specifically designed computer software for searching and issuing of material enhances this service even further and the provision of full Internet searches puts the World Wide Web at the disposal of clients.

## Eastern Health and Social Services Board

### Contact details

Lorraine Lindsay  
Investing for Health Manager

### Address

Ards Community Hospital  
Church St Newtownards  
Co. Down BT23 4AS

### Telephone

028 91510199

### Fax

028 91820140

### Email

llindsay@wellnet-ni.com

### Web

www.wellnet-ni.com

### Men's health activities

Group work, one-off talks, activity based projects

### Areas of work

Work is very general

Disease issues

Lifestyle issues

Broad health determinants issues

### Special target groups

Males of all ages



## Everyman

### Contact details

Johnny Markey

Facilitator

### Address

Cootehall, Boyle, Co. Roscommon

### Telephone

071 9663000/086 6053090

### Fax

N/A

### Email

info@familylifecentre.ie

### Web

www.familylifecentre.ie

### 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."

## Father's Matter Project

### Contact details

#### Address

David Simpson

Mossy Glen, Lecamy, Carndonagh,  
Co. Donegal

#### Telephone

074 9381224

#### Fax

N/A

#### Email

davidsimpson924@hotmail.com

#### Web

www.fathersmattercourses.com

### Men's health activities

Short courses

#### Areas of work

Disease issues

Mental/emotional well-being

Lifestyle issues

Parenting

Broad health determinants issues

Fathering, boys/girls

mental/emotional well-being

#### Special target groups

Father's of primary school children

The Father's Project has been set up to encourage and support positive, active fathering by working with fathers, step fathers, grandfathers and any man who has a caring role for a child.

## Forever Fathers

### Contact details

Paul Anderson  
Voluntary Treasurer

### Address

c/o Dergrinn Partnership  
Glenfin St. Ballybofey,  
Co. Donegal

### Telephone

086 6069436

### Fax

N/A

### Email

foreverfathers@donegal.net

### Web

N/A

### Men's health activities

Group work, one-off talks, short courses, help line

### Areas of work

Work is very general

#### Disease issues

#### Lifestyle issues

#### Broad health determinants issues

Income, welfare benefits, social support, friendship, education, housing, constitutional and legal issues

### Special target groups

Fathers that are separated from their children

Forever Fathers is working to tackle the problem of the social and economic poverty experienced by fathers in the Donegal area through separation, divorce or their unmarried status. Forever fathers also has a role in ensuring parental equality regarding health, social services and legal issues for resident and non-resident fathers.

## Gay Community News

### Contact details

Noel Walsh  
Health Editor

### Address

Unit 2, Scarlett Row, Essex St. West,  
Temple Bar, Dublin 8

### Telephone

01 6710939

### Fax

01 6713549

### Email

hivhealth@gcn.ie

### Web

www.gcn.ie

### Men's health activities

### Media

#### Areas of work

##### Disease issues

Heart disease, cancer, prostate  
cancer, STIs, depression

##### Lifestyle issues

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

##### Broad health determinants issues

Income, welfare benefits, social  
support, friendship, housing

#### Special target groups

The Gay community

Gay Community News is Ireland's longest running Gay Magazine and has news features on education and prevention in relation to HIV/AIDS.

## Gender Equality Unit (Office of the First Minister and Deputy First Minister)

### Contact details

Hilary Harbinson

Head of Unit

### Address

Room E3.19, Castle Buildings  
Stormont, Belfast BT4 3SR

### Telephone

028 90528194

### Fax

N/A

### Email

Hilary.harbinson@ofmdfmi.gov.uk

### Web

www.ofmdfmi.gov.uk

### Men's health activities

#### Areas of work

Work is very general

Disease issues

Lifestyle issues

Broad health determinants issues

#### Special target groups

Whole population

The aim of the Unit's work is to work towards gender equality and equality with regard to sexual orientation.

## Health for Youth through Peer Education (HYPE)

### Contact details

Michael McKiernan  
Senior Peer Educator

### Address

Lawther Buildings, 16 Cupar St  
Belfast BT13 2LJ

### Telephone

028 90243143

### Fax

N/A

### Email

michael.mckiernan@nwb.n-i.nhs.uk

### Web

N/A

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### Men's health activities

#### Areas of work

Disease issues

Prostate cancer, STIs

Lifestyle issues

Sexuality, masculinity, young fathers

Broad health determinants issues

Social support, education.

#### Special target groups

Mainly isolated and vulnerable young people aged 11-25 yrs from low socioeconomic backgrounds

The aim of HYPE is to promote the sexual health of young people in North and West Belfast.

## Health Promotion Unit, Department of Health and Children

### Contact details

Robbie Breen

Assistant Principal

### Address

Hawkins House, Dublin 2.

### Telephone

01 6354126

### Fax

01 6354372

### Email

robbie\_breen@health.irlgov.ie

### Web

www.healthpromotion.ie

### Men's health activities

Policy development

### Areas of work

Work is general

Disease issues

Lifestyle issues

Broad health determinants issues

### Special target groups

General population

Action 15 of the Health Strategy in the Republic of Ireland (Quality and Fairness - A Health System for You, 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 services and other agencies'. The Health Promotion Strategy also identified the development of a National plan for men's health as an important initiative.

In response, the Health Promotion Unit has supported the appointment of a Men's Health Research Officer, 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 Policy and Action Plan. A consultation process has now been completed and a national steering group has been established to oversee the development of the Men's Health Policy and Action Plan.

## HIV Support Centre

<b>Contact person</b>	Stuart Kirk Information Officer
<b>Address</b>	Floor 3, 7 James St South, Belfast BT2 8DN
<b>Telephone</b>	028 90249268
<b>Fax</b>	028 90329845
<b>Email</b>	stuart@thehivsupportcentre.org.uk
<b>Web</b>	www.thehivsupportcentre.org.uk

<b>Men's health activities</b>	Specific support network for gay men
<b>Areas of work</b>	
<b>Disease issues</b>	STIs, HIV/AIDS, depression
<b>Lifestyle issues</b>	Drug use, sexual and emotional health
<b>Broad health determinants issues</b>	
<b>Special target groups</b>	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.



## HSE North Eastern Area

### Contact details

Finian Murray

### Address

Men's Health Development Officer  
Health Service Executive, Navan Rd,  
Kells, Co. Meath

### Telephone

046 9280644

### Fax

046 9241459

### Email

finian.murray@maile.hse.ie

### Web

www.hse.ie

### Men's health activities

Group work, one-off talks, short courses, research, activity based projects, helpline, cross border men's health initiatives, health screenings

### Areas of work

#### Disease issues

Heart disease, cancer, prostate cancer, STIs, depression, respiratory diseases, uptake of health services  
Smoking, drinking, drug use, sex, diet, exercise, mental health

#### Lifestyle issues

#### Broad health determinants issues

Income, employment, welfare benefits, social support, friendship, education, environment, social justice, impact of masculinity on men's health

### Special target groups

Men and individuals who work with men

HSE North Eastern Area aims to achieve enhanced health outcomes for men and promote men-friendly services.

## HSE Dublin North East

### Contact details

Bernadette Rooney  
Health Promotion Officer

### Address

Health Promotion Department  
Floor 3, Park House  
191-197 North Circular Road  
Dublin 7

### Telephone

01 8823410

### Fax

01 8823490

### Email

bernadette.rooney@mailc.hse.ie

### Web

www.hse.ie

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### Men's health activities

#### Areas of work

Work is very general

Disease issues

Lifestyle issues

Broad health determinants issues

#### Special target groups

Aim of work is to promote men's health.

## HSE North Western Area

### Contact details

Liz Comerford

Community Health Advisor

### Address

Globe House, Chapel Hill, Sligo

Co. Sligo

### Telephone

071 9137448

### Fax

071 9740381

### Email

[lizcomerford@mailb.hse.ie](mailto:lizcomerford@mailb.hse.ie)

### Web

[www.hse.ie](http://www.hse.ie)

### Men's health activities

Group work, one-off talks, activity based projects, helpline, education/translations

### Areas of work

#### Disease issues

STIs, depression

#### Lifestyle issues

Smoking, drinking, sex, exercise

#### Broad health determinants issues

Employment, welfare benefits, social support, education

### Special target groups

Asylum seekers/refugees

The work includes promotion of health, screening, vaccination, immunisation, education and integration of migrants/workers/refugees/asylum seekers.

## HSE North Western Area (continued)

### Contact details

Fiona Hardy  
Regional Co-ordinator for Asylum  
Seekers and Refugees

### Address

HSE, Community Services,  
Ballybofey, Co. Donegal

### Telephone

074 9131391

### Fax

074 9131982

### Email

fiona.hardy@mailb.hse.ie

### Web

www.hse.ie

### Men's health activities

#### Areas of work

Disease issues

Lifestyle issues

Broad health determinants issues

Social support, friendship,  
environment, housing,  
social/psychological support for  
mental health needs of asylum  
seekers and refugees.

#### Special target groups

Asylum seekers and refugees in the  
North West

The purpose of the work is to co-ordinate services, trouble shoot and work with support groups for asylum seekers and refugees in the North West in order to create awareness and understanding and improve the quality of life of asylum seekers and refugees.

## HSE North Western Area (continued)

### Contact details

Anne Sheridan  
Mental Health Promotion Officer  
Health Promotion, Old Church,  
Dromany, Letterkenny, Co. Donegal  
074 9178539  
074 9178509  
anne.sheridan@mailb.hse.ie  
www.hse.ie

### Address

### Telephone

### Fax

### Email

### Web

### Men's health activities

Group work, short courses, research,  
activity based projects, helpline

### Areas of work

#### Disease issues

#### Lifestyle issues

#### Broad health determinants issues

### Special target groups

Depression, suicide

Smoking, parenting

Employment

Young men, fathers, community  
gatekeepers

The purpose of the work is to improve the health of the population by targeting health inequalities and addressing factors that determine health.

## HSE Southern Area

### Contact details

Liam Keane  
Regional Co-ordinator for Traveller  
Health and Homelessness

### Address

HSE South,  
Wolfe Tone House,  
Wolfe Tone St,  
Kilkenny, Co. Kilkenny

### Telephone

056 7733401

### Fax

N/A

### Email

liam.keane@maila.hse.ie

### Web

www.hse.ie

### Men's health activities

One-off talks, activity based  
projects

### Areas of work

#### Disease issues

Heart disease, cancer, prostate  
cancer

#### Lifestyle issues

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

#### Broad health determinants issues

### Special target groups

Traveller men over the age of 18  
(predominantly unemployed)

Specific men's health projects include a Traveller men's health awareness programme for south east counties.

## HSE Southern Area (continued)

### Contact details

Noel Richardson & Paula Carroll  
Men's Health Researchers

### Address

Health Promotion Department  
Dean Street, Kilkenny.

### Telephone

056 7761400

### Fax

056 7764112

### Email

noel.richardson@maila.hse.ie  
paula.carroll1@maila.hse.ie

### Web

www.hse.ie

### Men's health activities

Research

#### Areas of work

##### Disease issues

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

##### Lifestyle issues

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

##### Broad health determinants issues

Income, employment, social support, environment, education, housing, transport

### Special target groups

The development of a National Policy on Men's Health.

## HSE Southern Area (continued)

### Contact details

Paul Goff  
Substance Misuse Liaison Officer

### Address

Room 16  
Occupational Health Building  
Waterford Regional Hospital  
Waterford

### Telephone

051 848965

### Fax

N/A

### Email

paul.goff@maila.hse.ie

### Web

www.hse.ie

### Men's health activities

#### Areas of work

Disease issues

Lifestyle issues

Broad health determinants issues

Drinking, drug use

Social support

#### Special target groups

No exclusion criteria

The aim of the work is to provide screening and brief intervention for people who attend Waterford Regional Hospital following substance misuse, training/education of staff and formulation of care pathways.



## HSE Southern Area (continued)

<b>Contact details</b>	Health Promotion Officer
<b>Address</b>	HSE South Eye, Ear and Throat Hospital Western Road Cork
<b>Telephone</b>	021 4921641
<b>Fax</b>	021 4921655
<b>Email</b>	hpd@mailp.hse.ie
<b>Web</b>	www.hse.ie

<b>Men's health activities</b>	As below
<b>Areas of work</b>	
<b>Disease issues</b>	
<b>Lifestyle issues</b>	Smoking, drugs, alcohol, nutrition, physical activity, sexual health
<b>Broad health determinants issues</b>	
<b>Special target groups</b>	Older people, young people, travellers, homeless people and asylum seekers

The Health Promotion Department in HSE South offers a broad level of service which incorporates information provision and research, resource development, health education and health promotion interventions for specific settings, topics and populations groups. The Department also works at a National level by advocating for healthy public policy and legislation.

Projects which have focused specifically on men to date include:

- Men's health research
- Development of a specific resource booklet "Dad Talk" which aims to raise awareness with fathers and other significant male figures, around the importance of effective communication with their own children, or the important children in their lives
- "Men at Work" Packs – A new and innovative resource which aims to raise awareness among young men in the construction industry about the importance of safe sex practices
- Supported a Men's Barber shop health initiative through provision of health information

We also focus on men's health in a broader context in the following settings: workplace, schools and community.

## HSE West

### Contact details

Kate Walshe  
Health Promotion Officer  
HSE Western Region  
Lanesboro Rd, Roscommon  
090 6637549  
090 6627836  
kate.walshe@mailn.hse.ie  
www.hse.ie

### Address

### Telephone

### Fax

### Email

### Web

### Men's health activities

Activity based projects

### Areas of work

Disease issues

Lifestyle issues

Broad health determinants issues

Prevention of heart disease

Smoking, diet, exercise

Employment, social support,  
friendship, environment

### Special target groups

Farmers, men from rural areas

In terms of men's health the HSE Western Region aims to promote heart health and promote and develop positive well being for men. They are currently involved in two men's health projects – 'Farmers have hearts' and 'Drumboylan men's group'.

## HSE West (continued) - Mental Health and Addiction Service

<b>Contact details</b>	Moira Mills Manager (Mental Health and Addiction Service)
<b>Address</b>	Health Service Executive West, 9 St Eunans Court, Letterkenny Co. Donegal
<b>Telephone</b>	074 9128769
<b>Fax</b>	N/A
<b>Email</b>	moira.mills@mailb.hse.ie
<b>Web</b>	N/A

<b>Men's health activities</b>	Group work, one-off talks, individual counselling
<b>Areas of work</b>	
<b>Disease issues</b>	STIs
<b>Lifestyle issues</b>	Smoking, drinking, drug use, exercise
<b>Broad health determinants issues</b>	Social support, friendship, education, housing
<b>Special target groups</b>	Mainly low socioeconomic groups

Work includes screening, assessment, treatment, relapse prevention, aftercare interventions for alcohol, drug and gambling problems.

## HSE West (continued)

### Contact details

Paul Gillen  
Health Promotion Officer

### Address

West City Centre  
Seamus Quirke Road  
Galway City

### Telephone

091 548323

### Fax

091 501413

### Email

paul.gillen@mailn.hse.ie

### Web

www.hse.ie

### Men's health activities

Group work, fathering programmes,  
host seminars on health issues,  
promote positive mental health,  
work with youth at risk

### Areas of work

#### Disease issues

Heart disease, cancer, depression,  
fathering

#### Lifestyle issues

Smoking, drinking, diet, exercise

#### Broad health determinants issues

Social support, friendship,  
environment, education

### Special target groups

Generally men in their middle years  
(40-65 years)

Promoting men's health and engaging with men at all levels.

## Include Youth

### Contact details

Claire Meenehan  
Personal Development Co-ordinator

### Address

Alpha House, 3 Rosemary St,  
Belfast BT1 1QA

### Telephone

028 90311007

### Fax

028 90244436

### Email

info@includeyouth.org

### Web

www.includeyouth.org

### Men's health activities

Group work, activity based projects,  
short courses, youth advice clinic

### Areas of work

#### Disease issues

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

#### Lifestyle issues

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

#### Broad health determinants issues

Income, employment, welfare  
benefits, social support, friendship,  
environment, education, housing

### Special target groups

Young men (16-21 yrs) from  
marginalised backgrounds

Include Youth is an independent organisation that actively promotes the best interests of, and best practice with, young people in need or at risk.

## Interagency Group

### Contact details

#### Address

Project Co-ordinator

104 Irvinestown Road,  
Enniskillen, Co. Fermanagh  
BT74 6DN

#### Telephone

028 66324066

#### Fax

028 66324066

#### Email

admin@sexualabuseiag.co.uk

#### Web

www.sexualabuseiag.co.uk

### Men's health activities

Research, one-off talks, short courses, public awareness, lobbying, personal training

### Areas of work

Disease issues

Lifestyle issues

Broad health determinants issues

Mental health

### Special target groups

Agencies providing services to the survivors of child sexual abuse

The Interagency Group on Sexual Abuse (IAG) is a group of statutory and voluntary sector agencies within the Western Health and Social Services Board area of Northern Ireland working with adult survivors of sexual abuse. We are acutely aware of the impact of childhood sexual abuse into adulthood and we are primarily concerned with the provision of high quality services for all who are in need. The IAG is aware that men are underrepresented in the take up of professional therapeutic help. We are endeavoring to identify and remove the specific barriers that affect men. We welcome the opportunity to engage with individuals and groups and to raise awareness of sexual abuse through workshops and training programmes.

## Lár Iona Folláin Fir, Dundalk Institute of Technology

<b>Contact details</b>	Liam O’Gogain Director
<b>Address</b>	School of Nursing/Midwifery, Dundalk IT, Dublin Rd, Dundalk, Co. Louth
<b>Telephone</b>	087 2543997
<b>Fax</b>	N/A
<b>Email</b>	liam.ogogain@dkit.ie
<b>Web</b>	www.dkit.ie/liff
<hr/>	
<b>Men’s health activities</b>	Group work, one-off talks, research, developing men’s networks
<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>	Men of all ages, backgrounds and cultures

The projects commenced in January 2006 and the aims are:

- To establish a centre which focuses on men’s issues from a holistic, broad perspective
- To encourage a male narrative which interlinks health, work, safety, personal feelings, fatherhood, family etc
- To develop research scenarios and models which can inform future social policy, statutory services and educational methods which are sensitive to male reality.

## Irish Heart Foundation

### Contact details

Ann Scanlon  
Health Promotion Officer  
(Workplace)  
4 Clyde Rd, Ballsbridge, Dublin 4  
01 6685001  
01 6685896  
ascanlon@irishheart.ie  
www.irishheart.ie

### Address

### Telephone

### Fax

### Email

### Web

### Men's health activities

#### Areas of work

##### Disease issues

##### Lifestyle issues

Heart disease, stroke  
Smoking, alcohol, healthy eating,  
physical activity

#### Broad health determinants issues

#### Special target groups

The Irish Heart Foundation's 'Happy Heart' at Work is designed to assist any individual or working group with responsibility for health or welfare, to plan implement and maintain a healthy lifestyle programme for employees in the workplace or community. 'Happy Heart at Work' looks at the key lifestyle behaviours associated with maintaining heart health and consists of two modules;

- Healthy Eating
- Physical Activity in the Workplace

The Irish Heart Foundation provides additional services including a patient helpline 1890 432 787 and information materials on heart health, heart disease and patients concerns by phoning 1850 364 364.



## Joe Armstrong

### Contact details

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

### Address

### Telephone

### Fax

### Email

### Web

### Men's health activities

Group Work, one-off talks, short courses, research, seminars

### 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

Income, employment, friendship, education

### Special target groups

Any group of men including 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' which aims to stop addictive thinking and behaviour. It is also applicable to other addictions.

## **Kieran McKeown** **– Social & Economic Research Consultant**

### **Contact details**

Kieran McKeown

Director

### **Address**

16 Hollybank Rd, Drumcondra,  
Dublin 9

### **Telephone**

01 8309506

### **Fax**

N/A

### **Email**

kmckeown@iol.ie

### **Web**

N/A

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### **Men's health activities**

#### **Areas of work**

**Disease issues**

**Lifestyle issues**

**Broad health determinants issues**

Fatherhood, men and intimate  
relationships, physical and  
psychological wellbeing

#### **Special target groups**

## Larne Community Development Project

### Contact details

Deborah Neill

Manager

### Address

Unit 24 Ledcom, Larne,  
Co. Antrim BT40 3AW

### Telephone

028 28267976

### Fax

028 28279364

### Email

deborah@larnecdp.org.uk

### Web

N/A

### Men's health activities

#### Areas of work

Work is general

Disease issues

Lifestyle issues

Broad health determinants issues

#### Special target groups

Larne Community Development Project supports local community/voluntary organisations in Larne Borough.

## Men to Men

<b>Contact person</b>	Maire Andrews Administrator
<b>Address</b>	2nd Floor 58 Howard St, Belfast BT1 6PJ
<b>Telephone</b>	028 90247027
<b>Fax</b>	028 90247027
<b>Email</b>	mentomen@ireland.com
<b>Web</b>	www.mentomen.org

<b>Men's health activities</b>	Group work, one off talks, short courses, helpline, counselling, training
<b>Areas of work</b>	
<b>Disease issues</b>	Prostate cancer, STIs, depression
<b>Lifestyle issues</b>	Smoking, drinking, drug use, sex, diet, exercise
<b>Broad health determinants issues</b>	Income, employment, welfare benefits, social support, friendship, environment, education, relationships
<b>Special target groups</b>	No

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

## Merchants Quay Ireland

### Contact person

Open Access Services

### Address

Merchants Quay Ireland,  
4 Merchants Quay, Dublin 8

### Telephone

01 6771128

### Fax

N/A

### Email

info@mqi.ie

### Web

www.mqi.ie

### Men's health activities

Group work, activity based projects, short courses and research. Also run a primary healthcare service which includes doctors, nurses and chiropodists and run safer injecting workshops

### Areas of work

#### Disease issues

STIs

#### Lifestyle issues

Drinking, drug use

#### Broad health determinants issues

Employment, social support, education and housing

### Special target groups

Homeless persons and drug users of all ages

Merchants Quay Ireland provide a broad range of services to homeless persons and drug users.

## Men In Limerick Experiencing Separation (MILES)

### Contact details

Fabrizio Giraldi

Community Development Worker

### Address

c/o Paul Partnership

Unit 25, The Tait Centre, Dominic St  
Limerick

### Telephone

061 419388

### Fax

061 418098

### Email

fgiraldi@paulpartnership.ie

### Web

N/A

### Men's health activities

Group work, one-off talks, helpline,  
court escort

### Areas of work

**Disease issues**

Depression, emotional stress

**Lifestyle issues**

**Broad health determinants issues**

Income, employment, welfare  
benefits, social support, friendship,  
housing

### Special target groups

Men going through separation

MILES aims to provide separating men with a safe space where they can share issues and problems whilst providing emotional and practical support through one-to-one sessions, informal counselling and legal information.

## Men's Action Network (M.A.N)

### Contact details

Michael Lynch

Secretary

### Address

6 Shipquay St, Derry BT48 6DN

### Telephone

028 71280438

### Fax

N/A

### Email

man\_in\_derry@yahoo.co.uk

### Web

N/A

### Men's health activities

Group work, one-off talks, short courses, research, helpline, anger management courses

### Areas of work

#### Disease issues

Heart disease, cancer, prostate cancer, STIs, depression

#### Lifestyle issues

Smoking, drinking, drug use, sex, diet, exercise, abuse anger, relationships, spirituality

#### Broad health determinants issues

### Special target groups

Men from all walks of life

The mission of the Men's Action Network is 'supporting and promoting male health and well-being'.

## Men's Development Network

<b>Contact person</b>	Lorcan Brennan Men's Health Co-ordinator
<b>Address</b>	30 O'Connell St, Waterford, Co. Waterford
<b>Telephone</b>	051 844260 / 086 361 9884
<b>Fax</b>	051 855264
<b>Email</b>	lgbrennan@eircom.net
<b>Web</b>	www.mens-network.net
<hr/>	
<b>Men's health activities</b>	Group work, one off talks, research
<b>Areas of work</b>	
<b>Disease issues</b>	Heart disease, STIs, testicular cancer, mental health, physical health
<b>Lifestyle issues</b>	Smoking, drinking, diet
<b>Broad health determinants issues</b>	Education, health awareness, male conditioning
<b>Special target groups</b>	All men especially those suffering from marginalisation

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.

Through the Men's health programme the Men's Development Network:

- Creates and guarantees a safe confidential space for men to work
- Engages men about issues that arise in their lives focusing on health
- Explores how male conditioning impacts on men's approaches to health
- Supports men to talk about their personal health story
- Encourages men to listen to one another without interruption
- Helps men identify key health issues impacting on their lives
- Explores barriers standing in the way of addressing issues
- Supports men to find simple strategic ways forward
- Highlights how talking through issues is always helpful
- Creates awareness of health issues to include family, friends, community.



## Men's Networking Resource Centre

<b>Contact details</b>	Mary Deans Administrator/Fundraiser
<b>Address</b>	1 Sillogue Road, Ballymun, Dublin 11
<b>Telephone</b>	01 8622194
<b>Fax</b>	01 8623160
<b>Email</b>	mensnetwork@hotmail.com
<b>Web</b>	N/A

<b>Men's health activities</b>	Group work, one-off talks, research, help line, information and support
<b>Areas of work</b>	Depression, psychological and emotional support through counselling
<b>Disease issues</b>	Drinking, drug use, diet, personal development
<b>Lifestyle issues</b>	Income, employment, welfare benefits, social support, friendship, environment, education, housing
<b>Broad health determinants issues</b>	
<b>Special target groups</b>	Men aged 20-80 yrs

The purpose of the work at the Men's Networking Resource Centre is to tackle the marginalisation and disadvantage of men through the provision of services and lobbying.

## Mental Health Ireland

### Contact details

Anna Kavanagh  
Information Officer

### Address

Mensana House,  
6 Adelaide St, Dunlaoghaire,  
Co. Dublin

### Telephone

01 2841166

### Fax

01 2841736

### Email

info@mentalhealthireland.ie

### Web

www.mentalhealthireland.ie

### Men's health activities

Research, one-off talks, help line

### Areas of work

#### Disease issues

Depression, general mental health  
Smoking, drinking, drug use, diet,  
exercise - in terms of their  
influence on mental health

#### Lifestyle issues

### Broad health determinants issues

Income, employment, welfare  
benefits, social support, friendship,  
environment, education, housing -  
in terms of their influence on  
mental health

### Special target groups

Whole population specifically those  
with mental illness

Mental Health Ireland is a National Voluntary Organisation which aims to promote positive mental health and to actively support persons with a mental illness, their families and carers by identifying their needs and advocating their rights.

## Mevagh Resource Centre, Men's Education initiative

<b>Contact person</b>	Noel Bradley Outreach Worker
<b>Address</b>	Mevagh Resource Centre, Downings, Co. Donegal
<b>Telephone</b>	074 9155055
<b>Fax</b>	074 9155055
<b>Email</b>	mevaghresourcecentre@eircom.net
<b>Web</b>	N/A

<b>Men's health activities</b>	Group work, one-off talks, short courses, activity-based projects
<b>Areas of work</b>	
<b>Disease issues</b>	Heart disease, cancer, prostate cancer
<b>Lifestyle issues</b>	Exercise
<b>Broad health determinants issues</b>	Social support, friendship, education
<b>Special target groups</b>	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".

## MOSS (Men Overcoming Separation Supportively)

### Contact details

Brian Conlon

Project Leader

### Address

Boyle, Co. Roscommon

### Telephone

0719 63000 / 086 6048350

### Fax

0719 62954

### Email

bconlon@familylifecentre.ie

### Web

www.familylifecentre.ie

### Men's health activities

Group work

### Areas of work

Disease issues

Heart disease, depression

Lifestyle issues

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

Broad health determinants issues

Friendship, environment,  
separations, divorce, bereavement

### Special target groups

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 couple / relationship counselling or family therapy work, there is a strong tradition at the Centre of Voluntary Like to Like Groupwork. The main approach for the groupwork 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 is one of those groups and its purpose is to support separated men through the upheaval and difficulties that lie in the wake of a relationship breakdown.

## MOVE (Men Overcoming Violence) Limerick

### Contact details

Brian McCormack

Co-ordinator

### Address

PO Box 530, Ennis, Co. Clare

### Telephone

061 367881

### Fax

061 637881

### Email

sustain@ireland.com

### Web

N/A

### Men's health activities

Group work, research

### Areas of work

Disease issues

Lifestyle issues

Changing controlling behaviour

Broad health determinants issues

### Special target groups

MOVE works in the area of domestic violence. It aims to support the safety and wellbeing of female partners and their children by working with men who are or have been violent/abusive in their relationships.

## Moville Men's Group

### Contact details

David Simpson

Co-ordinator

### Address

Mossy Glen, Lecamy,  
Carndonagh,  
Co. Donegal

### Telephone

074 9381224

### Fax

N/A

### Email

daidsimpson924@hotmail.com

### Web

N/A

### Men's health activities

Group work, one-off talks, activity based projects

### Areas of work

**Disease issues**

Heart disease

**Lifestyle issues**

Diet, exercise

**Broad health determinants issues**

Social support, friendship, education, adult education courses

### Special target groups

Retired, disabled and marginalised males aged 14-82 years

The aim of Moville Men's Group is to organise activities for men in Moville and the surrounding area.

## MS Society of Ireland

### Contact details

Josephine Tinneney  
Regional Community Worker

### Address

Unit 6,  
Rossvie Business Park, Port Road,  
Letterkenny, Co. Donegal

### Telephone

074 9125017

### Fax

074 9123044

### Email

northwest@ms-society.ie

### Web

www.ms-society.ie

### Men's health activities

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

### Areas of work

Disease issues

Lifestyle issues

Broad health determinants issues

Income, employment, welfare  
benefits, social support, friendship,  
education, housing, transport

### Special target groups

People with Multiple Sclerosis

The MS Society of Ireland aims "to bring groups together and provide opportunities for people with multiple sclerosis and their families".

## National Council on Ageing and Older People

### Contact details

Olga McDaid  
Healthy Ageing Programme -  
Co-ordinator

### Address

22 Clanwilliam Square,  
Grand Canal Quay, Dublin 2

### Telephone

01 6766484 (Main office)  
01 6769587 (Direct line)

### Fax

01 6765754

### Email

olga@ncaop.ie

### Web

www.ncaop.ie

### Men's health activities

#### Areas of work

**Disease issues**

Depression, osteoporosis

**Lifestyle issues**

**Broad health determinants issues**

Income, employment, social support, environment, education, housing and transport, residential care, accident prevention and mental health and suicide

### Special target groups

The aims of the healthy ageing programme are to implement the objectives of the Republic of Ireland's Health Promotion Strategy for older people - 'Adding years to life and life to years'.



## National Disability Authority

### Contact details

Iris Elliott  
Senior Policy &  
Public Affairs Adviser  
25 Clyde Road, Dublin 4  
01 6080402  
01 660 9935  
ielliott@nda.ie  
www.nda.ie

### Address

### Telephone

### Fax

### Email

### Web

### Men's health activities

Research, policy standards: as part  
of broader work on disabled  
population/disability

### Areas of work

Disease issues

Lifestyle issues

Broad health determinants issues

Work is general in nature

### Special target groups

The National Disability Authority is a statutory body which advises the Minister for Justice Equality and Law Reform with regard to policy and practice in relation to people with disabilities.

## Navan Travellers Training Centre

### Contact details

Declan Clarke

Director

### Address

c/o Meath VEC, Abbey road, Navan,  
Co. Meath

### Telephone

046 9021778

### Fax

046 9070619

### Email

navantc@eircom.net

### Web

N/A

### Men's health activities

One off talks, short courses, activity  
based projects

### Areas of work

#### Disease issues

Heart disease, cancer, prostate  
cancer, depression, diabetes

#### Lifestyle issues

Smoking, drinking, drug use, diet,  
exercise

#### Broad health determinants issues

Employment, education

### Special target groups

Travelling community

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

## Navan Travellers Workshops

### Contact details

Michael McDonagh

Manager

### Address

PO Box 28, CYWS Hall

Fairgreen, Navan, Co. Meath

### Telephone

046 9027801

### Fax

N/A

### Email

N/A

### Web

N/A

### Men's health activities

Group work, one-off talks, 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

### Special target groups

Traveller men aged 35-45 yrs

Aim is to promote positive lifestyles for Traveller men.

## New Life Counselling Service

### Contact details

Biggi Hofmann

Counsellor

### Address

25 Ardoyne Rd, Belfast, BT14 7HX

### Telephone

028 90391630

### Fax

028 90729131

### Email

newlifecservice@btconnect.com

### Web

N/A

### Men's health activities

Group work, one-to-one counselling

### Areas of work

Depression

#### Disease issues

Smoking, drinking, diet, exercise

#### Lifestyle issues

Income, employment, friendship

#### Broad health determinants issues

### Special target groups

People from North Belfast

New Life Counselling Service provides counselling and psychotherapy to improve mental, emotional and physical health and wellbeing.

## NICHE (Northside Community Health Initiative)

**Contact details**

Stephen Murphy  
Community Health Worker

**Address**

NICHE, The Family Centre,  
Harbour View Rd, Knocknaheeny,  
Cork

**Telephone**

021 4300135

**Fax**

021 4300137

**Email**

nchi@iol.ie

**Web**

N/A

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**Men's health activities**

One-off talks, activity based  
projects, men's drop in night where  
they avail of holistic therapies

**Areas of work**

**Disease issues**

**Lifestyle issues**

**Broad health determinants issues**

Work is very general

**Special target groups**

No exclusion criteria

NICHE aims to increase health awareness using a community development model.

## North and West Belfast Area Health Promotion Consortium

### Contact details

Joan Melanophy  
Project Co-ordinator

### Address

Health Promotion Department  
Twin Spires/Curran House  
155 Northumberland St  
Belfast BT13 2JF

### Telephone

028 90417400

### Fax

N/A

### Email

joan.melanophy@nwb.n-i.nhs.uk

### Web

N/A

### Men's health activities

Group work, one-off talks, short courses, research, helpline, MOT health assessments,

### 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

Social support, education

### Special target groups

Men from North and West Belfast - an area noted for high levels of social deprivation

Aims to improve men's health in the North and West Belfast area.

## Older Men's Organisation of Ireland (OMO)

### Contact details

Frances O' Callaghan  
Director

### Address

Centre for Social Gain  
St. Filems Complex, Cavan

### Telephone

087 2473508

### Fax

N/A

### Email

fmocall@eircom.net

### Web

N/A

### Men's health activities

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

### Areas of work

#### Disease issues

Heart disease, cancer, prostate cancer, depression

#### Lifestyle issues

Smoking, drinking, diet, exercise

#### Broad health determinants issues

Income, welfare benefits, social support, friendship, education, transport

### Special target groups

Older men (50 yrs+) in Cavan, Monaghan, Cork, Tipperary, Tyrone

The OMO addresses health and social issues specific to older men.

## Operation Seahorse

### Contact details

Alan Beirne  
Project Director

### Address

Social Services Centre  
15A Clanbrassil St, Dundalk,  
Co. Louth

### Telephone

086 8514866

### Fax

N/A

### Email

alan@operationseahorse.ie

### Web

www.operationseahorse.ie

### Men's health activities

Group work, one off talks, research,  
helpline, online information and  
support

### Areas of work

#### Disease issues

STIs, Depression

#### Lifestyle issues

Smoking, drinking, sex, exercise,  
families and caring

#### Broad health determinants issues

Income, employment, welfare,  
social support, friendship,  
environment, education, housing,  
transport, fatherhood

### Special target groups

Mostly aimed at younger men and  
also older unmarried fathers

To promote and support positive, paternal, planned, parenting for men, designed, prepared and presented by men for men. Providing men with relevant and effective information to facilitate them in being good fathers and improving their own health and wellbeing and the health and wellbeing of their children and families.



## Parental Equality

### Contact details

Liam O'Gogain

Chairman

### Address

Social Services Centre

15A Clanbrassil St, Dundalk

Co. Louth

### Telephone

087 2543997

### Fax

N/A

### Email

info@liamog.com

### Web

www.parentalequality.ie

### Men's health activities

Group work, one-off talks, short courses, research, activity based projects, helpline, direct one to one support, online information database, advocacy and media work

### Areas of work

#### Disease issues

Heart disease, cancer, prostate cancer, STIs, depression, isolation and low self image

#### Lifestyle issues

Smoking, drinking, sex, diet, exercise

#### Broad health determinants issues

Income, employment, welfare benefits, social support, friendship, environment, education, housing, transport, parenting, conflict resolution

### Special target groups

Fathers, grandparents, women who are new partners, sisters and friends of separated men

Parental Equality is a national, not-for-profit organisation that seeks to:

- Promote parental equality, shared parenting and joint custody
- Advocate for fathers in justice, health, education and social policy to redress discrimination against equality
- Support grandparents who are cut off from their grandchildren when their son separates.

## Plumridge Community Toy Library

### Contact details

Rosemary Murphy

Treasurer

### Address

Gleshygolgan, Plumridge,  
Omagh, Co Tyrone, BT79 8DX

### Telephone

028 81648336

### 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

Lifestyle issues

Broad health determinants issues

### Special target groups

Parents of young children

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.

## Rainbow Project

### Contact details

Kevin Molloy  
Manager

### Address

2-8 Commercial Court  
Belfast BT1 2NB

### Telephone

028 90319030

### Fax

028 90319031

### Email

manager@rainbow-project.org

### Web

www.rainbow-project.org

### Men's health activities

Research, counselling, short courses,  
policy work

### 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.

## RIAN Counselling Service

### Contact details

Patrick Griffin  
Counsellor

### Address

34 Brews Hill, Navan, Co. Meath

### Telephone

046 9067010

### Fax

046 9067016

### Email

rian@maile.hse.ie

### Web

www.hse.ie

### Men's health activities

#### Areas of work

Counselling Service

Disease issues

Lifestyle issues

Broad health determinants issues

#### Special target groups

Adults who have experienced abuse  
in childhood

Rian Counselling Service provides counselling therapy to adults who have experienced abuse in childhood. One quarter of clients referred are men. We have a holistic model of working which works with the client to address problems areas as well as to mobilise coping and resources to facilitate a better quality of life.

## Resolute Health

### Contact details

Alan George

Director

### Address

PO Box 71

Belfast, BT16 2WA

### Telephone

028 90484404

### Fax

NA

### Email

info@resolutehealth.com

### Web

www.resolutehealth.com

### Men's health activities

Training, advice, research, personal and professional development

### Areas of work

Disease issues

Lifestyle issues

Broad health determinants issues

Work is very general

### Special target groups

People of all ages from a diverse range of backgrounds and experiences.

Resolute Health is a healthcare consultancy specialising in men's health, which offers strategic advice, training, research and personal and professional development. Resolute Health has extensive experience in developing health promotion interventions aimed at men as a specific group.

## Sean Quinn Cognitive Behavioural Therapist

### Contact details

Sean Quinn  
Therapist

### Address

22 Belfast Rd,  
Newry, Co. Down BT34 1QA

### Telephone

028 30267702

### Fax

078 43215997

### Email

seanquinn22@hotmail.co.uk

### Web

N/A

### Men's health activities

One-off talks, short courses,  
therapy sessions or groups

### Areas of work

#### Disease issues

Depression, anxiety, anger  
management, relationship issues,  
surviving childhood sexual abuse,  
post traumatic stress disorder,  
obsessive disorder, panic and low  
self esteem

#### Lifestyle issues

#### Broad health determinants issues

### Special target groups

Men aged from 18-65 yrs

The aim of the work is to improve men's overall mental health and wellbeing.

## Short Strand Men's Health Group

### Contact details

PJ Jones

Chairperson

### Address

26a Beechfield Street,  
Belfast BT5 4EQ

### Telephone

028 90501700

### Fax

028 90501705

### Email

workmatters@excite.com

### Web

N/A

### Men's health activities

One off talks and activity based projects

### Areas of work

#### Disease issues

Heart disease, cancer, prostate cancer, depression

#### Lifestyle issues

Drinking, drug use, diet

#### Broad health determinants issues

Social support, education

### Special target groups

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.

## Southern Gay Men's Health Project

### Contact details

Paul Madden  
Outreach Worker/Trainer

### Address

8 South Main St, Cork

### Telephone

021 4278470

### Fax

021 4278745

### Email

info@gayhealthproject.com

### Web

www.gayhealthproject.com

### Men's health activities

Group work, one-off talks, research, activity based project, help line, website, personal development courses, sexual health promotion

### Areas of work

#### Disease issues

Sexuality, STIs, mental health, depression

#### Lifestyle issues

Smoking, drinking, drug use, sex

#### Broad health determinants issues

Social support, friendship, housing

### Special target groups

The purpose of the work is to provide information, support and training in relation to all aspects of sexual health, including HIV and AIDS, to gay/bisexual men in the HSE Southern area.



## Squashy Couch

<b>Contact details</b>	Mary Cleary Project Nurse
<b>Address</b>	32 Parnell St, Waterford, Co. Waterford
<b>Telephone</b>	051 859000
<b>Fax</b>	N/A
<b>Email</b>	N/A
<b>Web</b>	N/A
<hr/>	
<b>Men's health activities</b>	Group work, research, relaxation classes, short courses, information leaflets, posters, quizzes
<b>Areas of work</b>	
<b>Disease issues</b>	Heart disease, cancer, prostate cancer, STIs, depression, general health
<b>Lifestyle issues</b>	Smoking, drinking, drug use, sex, diet, exercise, contraception
<b>Broad health determinants issues</b>	Social support, friendship, environment, education, bullying, exam stress
<b>Special target groups</b>	Teen fathers from mixed socioeconomic backgrounds.

Squashy Couch aims to make young men aware of the need for a change in their lifestyles which will ultimately affect their health.

## St. Catherine's Senior Traveller Training Centre

### Contact details

#### Address

John Hogan  
Cox's Lane, Carlow,  
Co. Carlow

#### Telephone

059 9142819

#### Fax

059 9140926

#### Email

carlowsttc@eircom.net

#### Web

N/A

### Men's health activities

One-off talks, activity based projects

#### Areas of work

##### Disease issues

Heart disease, cancer, prostate cancer

##### Lifestyle issues

Smoking, drinking, drug use, diet, exercise

##### Broad health determinants issues

Environment, housing

#### Special target groups

Traveller men

To engage with Traveller men to improve their overall health and wellbeing.

## STEER Ireland

### Contact details

Gerard Finnegan

Director

### Address

5 Rosemount Villas, Letterkenny,  
Co Donegal.

### Telephone

074 9177311

### Fax

074 9177756

### Email

steerireland@donegal.net

### Web

www.steer.eu.com

### Men's health activities

Group work, one-off talks, short courses, research and development projects, activity based projects, independent advocacy, post-vention suicide support and family support, counselling and Listening Ear

### Areas of work

**Disease issues**

**Lifestyle issues**

**Broad health determinants issues**

Depression

Drinking, drug use, diet

Income, employment, welfare benefits, social support, friendship, environment, education, housing

### Special target groups

Individuals who have primary experience of mental health difficulties, their carers and families

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

## Summerhill Active Retirement Group

### Contact details

Alison Branigan  
Project co-ordinator/  
Resource worker

### Address

Third Age Centre, Summerhill,  
Co Meath

### Telephone

046 9557766

### Fax

046 9557766

### Email

info@thirdage-ireland.com

### Web

www.thirdage-ireland.com

### Men's health activities

One-off talks, short courses,  
helpline, research and activity based  
programmes

### 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). Other areas of work include intercultural activities, social inclusion activities and outreach advocacy. 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 McCormack  
 Programme Director  
 Kilcornan, Kilkishen, Co Clare  
 061 367035  
 061 367035  
 sustain@ireland.com  
 N/A

### Address

### Telephone

### Fax

### Email

### Web

### Men's health activities

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

### Areas of work

#### Disease issues

#### Lifestyle issues

#### Broad health determinants issues

Depression

Exercise, stress

Education, anger management, assertiveness, stress management

### Special target groups

No

Sustain Teambuilding provides communication training programmes.

## TASSK Healthy Living Centre

### Contact details

#### Address

Christine Thomas  
Old Technical School  
Downshire Road  
Banbridge, Co. Down BT32 3JY

#### Telephone

028 40629930

#### Fax

028 40629930

#### Email

christine@tassk.org

#### Web

www.tassk.org

### Men's health activities

Group work, one-off talks, research, activity based projects, specific programmes to suit tailored to target groups e.g. acquired/traumatic brain injury programme

### Areas of work

#### Disease issues

Heart disease, cancer, prostate cancer, depression and emotional wellbeing

#### Lifestyle issues

Smoking, drinking, drug use, diet, exercise, stress management, relaxation

#### Broad health determinants issues

Social support, education

### Special target groups

The project does not focus on any specific demographic but seeks to identify key areas of concern within the community

The Men's health project seeks to address local concerns relating to the physical and mental health needs of men living within the Craigavon and Banbridge areas.

## The Men's Project

### Contact details

#### Address

Colin Fowler

Parents Advice Centre,  
Franklin House, 12 Brunswick Street,  
Belfast BT2 7GE

#### Telephone

028 90310891

#### Fax

028 90312475

#### Email

colin@mensproject.org

#### Web

www.mensproject.org

### Men's health activities

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

### Areas of work

**Disease issues**

**Lifestyle issues**

**Broad health determinants issues**

Work is general in nature

### Special target groups

The Men's Project is an initiative within 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.

## The Open Door Men's Project

### Contact details

#### Address

#### Telephone

#### Fax

#### Email

#### Web

Declan Hughes,  
Project Manager

Parnell Sq, Athlone, Co. Westmeath

090 6498903/909

090 293311

1declanhughes@eircom.net

[www.a-c-t.org.ie](http://www.a-c-t.org.ie)

### Men's health activities

Group work, one off talks, short courses, research, activity based projects, addiction issues and codependency

### Areas of work

#### Disease issues

#### Lifestyle issues

#### Broad health determinants issues

#### Addiction

Smoking, drinking, drug use, sex, exercise

Income, employment, welfare, social support, friendship, environment, education, housing.

### Special target groups

Disadvantaged communities and long term unemployed

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". It's 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".



## The Royal Hospitals

<b>Contact details</b>	Bernadette McCormick Health Promotion Co-ordinator (Risk & Occupational Health)
<b>Address</b>	Musgrave and Clarke Clinic, The Royal Hospitals, Grosvenor Road, Belfast BT12 6BA
<b>Telephone</b>	028 90632295
<b>Fax</b>	N/A
<b>Email</b>	bernie.mccormick@royalhospitals.n-i.nhs.uk
<b>Web</b>	N/A

<b>Men's health activities</b>	Group work, one-off talks, research, activity based projects
<b>Areas of work</b>	Work is very general
Disease issues	
Lifestyle issues	
Broad health determinants issues	
<b>Special target groups</b>	All staff disciplines

## TREOIR (The national information centre for unmarried parents and their children)

### Contact details

Brenda Forde  
Information Officer

### Address

14 Gandon House,  
Custom House Square,  
IFSC, Dublin 1

### Telephone

01 6700199/1890 252 084

### Fax

01 6700199

### Email

brenda@treoir.ie

### Web

www.treoir.ie

### Men's health activities

#### Areas of work

Disease issues

Lifestyle issues

Broad health determinants issues

Income, welfare benefits, social support, housing, family relationship, shared parenting

### Special target groups

TREOIR provides a free, confidential and up to date information and referral service for parents and those involved with the, on all aspects of unmarried parenthood e.g. custody, access, guardianship, birth registration, passports, shared parenting, social welfare entitlements etc.

## Ulster Cancer Foundation

### Contact details

Gerry McElwee  
Head of Cancer Prevention  
40 Eglantine Ave, Belfast BT7 2GJ  
028 90663281  
028 90660081  
gerrymcelwee@ulstercancer.org  
www.ulstercancer.org

### Address

### Telephone

### Fax

### Email

### Web

### 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

The Ulster Cancer Foundation are engaged in research, patient care, prevention, lobbying and campaigning.

## 'W' Club.

### Contact details

Alan Higgins

Chair

### Address

92 Beechgrove Avenue

Belfast BT6 0NF

### Telephone

028 9045 7654

### Fax

N/A

### Email

[l.a.higgins@onmail.co.uk](mailto:l.a.higgins@onmail.co.uk)

### Web

N/A

### Men's health activities

One-off talks, short courses, activity based projects

### Areas of work

Disease issues

Lifestyle issues

Broad health determinants issues

Work is very general

### Special target groups

People over the age of 50 who are unemployed/retired

Organise courses and events encouraging participation in community development.

## Workers' Educational Association

### Contact details

Diarmuid Moore  
Assistant Director

### Address

1-3 Fitzwilliam Street,  
Belfast BT9 6AW

### Telephone

028 90329718

### 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 Workers' 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 offer a course called 'Men's Health – A common sense course', which is a general introduction to the main issues in men's health.

## Wise Men of the East Network

### Contact details

Alan McIlhagger

Chair

### Address

167 Beersbridge Rd,  
Belfast BT5 4RR

### Telephone

028 90451137

### Fax

N/A

### Email

alan.mcilhagger@btconnect.com

### Web

N/A

### Men's health activities

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

### Areas of work

#### Disease issues

Cancer, prostate cancer, depression

#### Lifestyle issues

Drinking, drug use, diet, exercise

#### Broad health determinants issues

Employment, social support,  
friendship, environment, education,  
lobbying

### Special target groups

Men over the age of 50 living in  
disadvantaged communities

To encourage dialogue between men over the age of 50 and enable participation to take place at all stages of community development.

[www.families.ie](http://www.families.ie)

**Contact details**

Nick North

Consultant

**Address**

Ailim Community Development  
Training Agency,  
Ardeskin, Old Laghey Road,  
Donegal Town, Co Donegal

**Telephone**

074 9740830

**Fax**

N/A

**Email**

[nicknorth@eircom.net](mailto:nicknorth@eircom.net)

**Web**

[www.families.ie](http://www.families.ie)

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**Men's health activities**

**Areas of work**

Disease issues

Lifestyle issues

Broad health determinants issues

**Special target groups**

Families and family support services

This is a website of all family support services in the North West region, including a source of information and a forum for discussion on parenting and family issues.

## YouthAction Northern Ireland

### Contact details

Michael McKenna  
Team Leader  
(Work with young men)

### Address

St. Patrick's Trian  
38a English St  
Armagh BT61 7BA

### Telephone

028 37511624

### Fax

028 37522460

### Email

yani.armagh@dnet.co.uk

### Web

www.youthaction.org

### Men's health activities

Group work, one off talks, short courses, research, project-based activities, violence, reflection on young men's lives

### Areas of work

**Disease issues**

**Lifestyle issues**

STIs, testicular cancer

Smoking, drinking, drug use, sex, sexual orientation, diet and exercise

**Broad health determinants issues**

Employment, friendship, environment, education and transport

### Special target groups

14-25 year old marginalised young men

Youth Action Northern Ireland's 'Work with Young Men Unit' aims to develop, implement, and support strategies for the development of young men's work throughout Northern Ireland.



## Youth Participation Project

### Contact details

Hugh Doyle

Manager

### Address

1 St. Columba's Terrace,  
High Rd,  
Letterkenny,  
Co. Donegal

### Telephone

074 9103255

### Fax

074 9103251

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### Web

[www.ypp.ie](http://www.ypp.ie)

### Men's health activities

#### Areas of work

##### Disease issues

STIs, depression

##### Lifestyle issues

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

#### Broad health determinants issues

Social support, friendship,  
environment, education, transport

#### Special target groups

14 -20 year olds

Youth Participation Project is a cross-border project which aims to develop a framework for the participation of young people in the planning of services, which affect their lives.





