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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
Acorn Community Development Project

Contact details
Josephine Stroker
Manager

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10 Richmond St, Longford,
Co. Longford

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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.
Contact details

Elma Greer & Alison Beattie
(Job Share) Project Managers

Address
3 Lower Crescent, Belfast BT7 1WR

Telephone
028 90245229

Fax
028 90235497

Email
egrer@ageconcernni.org
abeattie@ageconcernni.org

Web
N/A

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

Address
St. Annes Resource Centre
Railway St, Navan, Co. Meath

Telephone
046 9023718

Fax
046 9076864

Email
amen@iol.ie

Web
www.amen.ie

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

<table>
<thead>
<tr>
<th>Contact details</th>
<th>Darren Gowdy</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Community Health - Development Worker</td>
</tr>
<tr>
<td>Address</td>
<td>Ardoyne Community Healthcare Centre, Ardoyne Avenue, Belfast BT14 7DA</td>
</tr>
<tr>
<td>Telephone</td>
<td>028 90756638</td>
</tr>
<tr>
<td>Fax</td>
<td>028 90756638</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:darren@ashlc.com">darren@ashlc.com</a></td>
</tr>
<tr>
<td>Web</td>
<td><a href="http://www.ashlc.com">www.ashlc.com</a></td>
</tr>
</tbody>
</table>

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

#### 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.
Contact details
Mary McLaughlin
Chair
Address
3 Millfield, Buncrana,
Co. Donegal
Telephone
074 9120791
Fax
N/A
Email
N/A
Web
www.aware.ie

Men's health activities
Group work
Areas of work
Disease issues
Depression
Lifestyle issues
Drinking, drug use
Broad health determinants issues
Employment, social support,
friendship, housing
Special target groups
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

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.

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

Men’s health activities
Group work, one-off talks, short courses

Areas of work
Disease issues
Depression
Lifestyle issues
Smoking, drinking, drug use, diet

Broad health determinants issues
Employment, welfare, social support, friendship

Special target groups
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  
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Director</td>
<td></td>
</tr>
</tbody>
</table>
| Address        | 29A North Street, Belfast, BT1 1NA  
| Telephone      | 028 90328866  
| Fax            | 028 90235735  
| Email          | belfast.brook@talk21.com  
| Web            | 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

<table>
<thead>
<tr>
<th>Contact details</th>
<th>Mick Dunne</th>
</tr>
</thead>
<tbody>
<tr>
<td>Co-ordinator</td>
<td>Co-ordinator</td>
</tr>
<tr>
<td>Address</td>
<td>PJ Carrolls Facility</td>
</tr>
<tr>
<td></td>
<td>Dundalk IT, Dublin Road, Dundalk,</td>
</tr>
<tr>
<td></td>
<td>Co. Louth</td>
</tr>
<tr>
<td>Telephone</td>
<td>042 9396544</td>
</tr>
<tr>
<td>Fax</td>
<td>N/A</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:michael.dunne@dkit.ie">michael.dunne@dkit.ie</a></td>
</tr>
<tr>
<td>Web</td>
<td><a href="http://www.crossbordercentre.org">www.crossbordercentre.org</a></td>
</tr>
</tbody>
</table>

### Men's health activities
Group work, one-off talks, activity based projects

### Areas of work
- **Disease issues**
- **Lifestyle issues**
- **Broad health determinants issues**
Work is very general

### 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
Jennie O’Reilly
Chief Executive Officer
Address
PO Box 105, Blackrock, Co. Dublin
Telephone
01 2834963
Helpline 1890 200 444
Fax
01 2056959
Email
info@bodywhys.ie
Web
www.bodywhys.ie

Men’s health activities
Group work, help line
Areas of work
Disease issues
Lifestyle issues
Broad health determinants issues
Special target groups
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

### Contact details

- **Marianne Murphy**
  - Client Development Facilitator

### Address

- Psychology Department,
  - Lanesboro St., Roscommon,
  - Co. Roscommon

### Telephone

- 090 6628500

### Fax

- 090 6625350

### Email

- psychology@roscommon.brothersofcharity.ie

### Web

- www.brothersofcharity.ie

### Men's health activities

- Group work, research, liaison with staff, input into relevant organisational policies

### Areas of work

- **Disease issues**
  - Preventative screening

- **Lifestyle issues**
  - Smoking, drinking, drug use, diet, exercise, ageing

- **Broad health determinants issues**
  - Social support, friendship, assertiveness, decision making

### Special target groups

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

<table>
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<td>Lifestyle issues</td>
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<tr>
<td>Broad health determinants issues</td>
<td>Employment, social support, education</td>
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<tr>
<td>Special target groups</td>
<td>Staff of CIE of all ages and backgrounds</td>
</tr>
</tbody>
</table>

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

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

Telephone
028 90368334

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N/A

Email
k.harland@ulster.ac.uk

Web
www.incore.ulster.ac.uk/cyms

Men's health activities
Research

Areas of work
Male transitions
Mental health
Violence
Education

Disease issues

Lifestyle issues

Broad health determinants issues

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

Address
30-31 Colin Road
Teeling Roundabout,
Dunmurry
Belfast BT17 0LG

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

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Address</th>
<th>Telephone</th>
<th>Fax</th>
<th>Email</th>
<th>Web</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chief Executive Officer</td>
<td>Brian Daly</td>
<td>130 Francis St, Dublin 8</td>
<td>01 7093070</td>
<td>01 4544937</td>
<td><a href="mailto:brian.d@cwhit.ie">brian.d@cwhit.ie</a></td>
<td><a href="http://www.cwhit.ie">www.cwhit.ie</a></td>
</tr>
</tbody>
</table>

### Men's health activities

Research, health screening at work

### Areas of work

#### Disease issues
- Heart disease
- Cancer
- Prostate cancer
- Depression
- Diabetes
- Colon cancer

#### Lifestyle issues
- Smoking
- Drinking
- Drug use
- Sex
- Diet
- Exercise
- Health surveillance

#### Broad health determinants issues
- Social support
- Education

### Special target groups

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)**

<table>
<thead>
<tr>
<th>Contact details</th>
<th>Sadie Bergin</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Communications Co-ordinator</td>
</tr>
<tr>
<td>Address</td>
<td>CAWT Development Centre, Administration Offices, Gransha Park, Clooney Road, Derry BT47 6TF</td>
</tr>
<tr>
<td>Telephone</td>
<td>028 71865191</td>
</tr>
<tr>
<td>Fax</td>
<td>028 71865193</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:info@mail.cawt.com">info@mail.cawt.com</a></td>
</tr>
<tr>
<td>Web</td>
<td><a href="http://www.cawt.com">www.cawt.com</a></td>
</tr>
</tbody>
</table>

**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.
COSC

Contact details
Olive Travers
Head of Service
HSE North Western Area
Apartment 4, Cruagorm House
Main St, Donegal, Co. Donegal
074 9725386
olive.travers@mailb.hse.ie

Men's health activities
Group work, one-off talks, research

Areas of work
Disease issues
Depression
Sex, sexuality

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

Broad health determinants issues
People who sexually offend

Special target groups
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

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

Contact person
Emma Breslin
Research and Development Worker

Address
50 Legavallon Rd,
Dungiven, Co. Derry, BT47 4QL

Telephone
028 77742904

Fax
028 77742972

Email
emma.breslin@dryarchcentre.co.uk

Web
www.dryarchcentre.co.uk

Men's health activities
Group work, short courses

Areas of work
Health disease, cancer, prostate
Disease issues
cancer, STIs, depression

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

Broad health determinants issues

Special target groups
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
Address
8 Roden Place, Dundalk, Co. Louth
Telephone
087 6200021
Fax
042 9329816
Email
quinn4ie@yahoo.co.uk
Web
www.outcomers.com

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         |
| 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.
Western 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."

IOPH Men's Health Booklet 08/06/2006 12:31 Page 33
Father’s Matter Project

Contact details
David Simpson
Address
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@ofmdfmni.gov.uk

Web
www.ofmdfmni.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

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

**Contact person**
Stuart Kirk  
Information Officer

**Address**
Floor 3, 7 James St South, Belfast BT2 8DN

**Telephone**
028 90249268

**Fax**
028 90329845

**Email**
stuart@thehivsupportcentre.org.uk

**Web**
www.thehivsupportcentre.org.uk

### Men's health activities
Specific support network for gay men

### Areas of work
- **Disease issues**
  - STIs, HIV/AIDS, depression
- **Lifestyle issues**
  - Drug use, sexual and emotional health

### Broad health determinants issues

### Special target groups
General

The HIV support centre aims "to prevent the spread of HIV/AIDS and STDs in Northern Ireland". It also provides support for people with HIV/AIDS, their partners, families and carers.
HSE North Eastern Area

Contact details
Finian Murray
Men’s Health Development Officer
Address
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
Lifestyle issues
Smoking, drinking, drug use, sex, diet, exercise, mental health
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

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
Web
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.
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.
Contact details
Anne Sheridan
Mental Health Promotion Officer
Address
Health Promotion, Old Church,
Dromany, Letterkenny, Co. Donegal
Telephone
074 9178539
Fax
074 9178509
Email
anne.sheridan@mailb.hse.ie
Web
www.hse.ie

Men's health activities
Group work, short courses, research,
activity based projects, helpline

Areas of work
Disease issues
Depression, suicide
Smoking, parenting
Lifestyle issues
Broad health determinants issues
Employment
Special target groups
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**
- **Special target groups**

**Drinking, drug use**  
**Social support**  
**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)

Contact details
Health Promotion Officer
Address
HSE South
Eye, Ear and Throat Hospital
Western Road
Cork

Telephone
021 4921641
Fax
021 4921655
Email
hpd@mailp.hse.ie
Web
www.hse.ie

Men's health activities
As below
Areas of work
Disease issues
Lifestyle issues
Smoking, drugs, alcohol, nutrition, physical activity, sexual health

Broad health determinants issues
Special target groups
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

Address
HSE Western Region
Lanesboro Rd, Roscommon

Telephone
090 6637549

Fax
090 6627836

Email
kate.walshe@mailn.hse.ie

Web
www.hse.ie

Men's health activities
Activity based projects

Areas of work
Disease issues
Prevention of heart disease
Lifestyle issues
Smoking, diet, exercise
Broad health determinants issues
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’.
Contact details
Moira Mills
Manager (Mental Health and Addiction Service)

Address
Health Service Executive West,
9 St Eunans Court, Letterkenny
Co. Donegal

Telephone
074 9128769
Fax
N/A
Email
moira.mills@mailb.hse.ie
Web
N/A

Men's health activities
Group work, one-off talks, individual counselling

Areas of work
Disease issues
STIs
Lifestyle issues
Smoking, drinking, drug use, exercise
Broad health determinants issues
Social support, friendship, education, housing

Special target groups
Mainly low socioeconomic groups

Work includes screening, assessment, treatment, relapse prevention, aftercare interventions for alcohol, drug and gambling problems.
## 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
Project Co-ordinator
Address
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
Mental health
Lifestyle issues
Broad health determinants issues

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.
Contact details
Liam O’Gogain
Director

Address
School of Nursing/Midwifery,
Dundalk IT, Dublin Rd,
Dundalk, Co. Louth

Telephone
087 2543997
Fax
N/A
Email
liam.ogogain@dkit.ie
Web
www.dkit.ie/liff

Men’s health activities
Group work, one-off talks, research,
developing men’s networks

Areas of work
Work is general

Disease issues

Lifestyle issues

Broad health determinants issues

Special target groups
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)

Address
4 Clyde Rd, Ballsbridge, Dublin 4

Telephone
01 6685001

Fax
01 6685896

Email
ascanlon@irishheart.ie

Web
www.irishheart.ie

Men’s health activities

Areas of work

Disease issues
Heart disease, stroke

Lifestyle issues
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**

<table>
<thead>
<tr>
<th>Role</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Joe Armstrong</td>
<td>Author/Course Provider</td>
</tr>
<tr>
<td>Address</td>
<td>Cortown, Kells, Co. Meath</td>
</tr>
<tr>
<td>Telephone</td>
<td>046 9249285</td>
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<td><a href="mailto:joearmstrong@eircom.net">joearmstrong@eircom.net</a></td>
</tr>
<tr>
<td>Web</td>
<td>N/A</td>
</tr>
</tbody>
</table>

**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

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

Contact person
Maire Andrews
Administrator

Address
2nd Floor 58 Howard St,
Belfast BT1 6PJ

Telephone
028 90247027
Fax
028 90247027
Email
mentomen@ireland.com
Web
www.mentomen.org

Men's health activities
Group work, one off talks, short courses, helpline, counselling, training

Areas of work
Disease issues
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, relationships

Special target groups
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**  
  Income, employment, welfare benefits, social support, friendship, housing
- **Broad health determinants issues**

### 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  
|                         | Smoking, drinking, drug use, sex, diet, exercise, abuse anger, relationships, spirituality  
| Lifestyle issues        |  
| 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

Contact person
Lorcan Brennan
Men’s Health Co-ordinator

Address
30 O’Connell St, Waterford,
Co. Waterford

Telephone
051 844260 / 086 361 9884

Fax
051 855264

Email
lgbrennan@eircom.net

Web
www.mens-network.net

Men’s health activities
Group work, one off talks, research

Areas of work
Disease issues
Heart disease, STIs, testicular cancer, mental health, physical health

Lifestyle issues
Smoking, drinking, diet

Broad health determinants issues
Education, health awareness, male conditioning

Special target groups
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

Contact details
Mary Deans
Administrator/Fundraiser

Address
1 Sillogue Road, Ballymun,
Dublin 11

Telephone
01 8622194

Fax
01 8623160

Email
mensnetwork@hotmail.com

Web
N/A

Men's health activities
Group work, one-off talks, research, help line, information and support

Areas of work
Depression, psychological and emotional support through counselling

Disease issues
Drinking, drug use, diet, personal development

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

Broad health determinants issues

Special target groups
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

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### Men's health activities

Research, one-off talks, help line

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### 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**

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

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### Special target groups

Whole population specifically those with mental illness

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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**

<table>
<thead>
<tr>
<th>Contact person</th>
<th>Noel Bradley</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Address</strong></td>
<td>Mevagh Resource Centre, Downings, Co. Donegal</td>
</tr>
<tr>
<td><strong>Telephone</strong></td>
<td>074 9155055</td>
</tr>
<tr>
<td><strong>Fax</strong></td>
<td>074 9155055</td>
</tr>
<tr>
<td><strong>Email</strong></td>
<td><a href="mailto:mevaghresourcecentre@eircom.net">mevaghresourcecentre@eircom.net</a></td>
</tr>
<tr>
<td><strong>Web</strong></td>
<td>N/A</td>
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</tbody>
</table>

**Men's health activities**
- Group work, one-off talks, short courses, activity-based projects

**Areas of work**
- **Disease issues**
  - Heart disease, cancer, prostate cancer
- **Lifestyle issues**
  - Exercise
- **Broad health determinants issues**
  - Social support, friendship, education

**Special target groups**
- Men over 50 in rural, poor, isolated areas

The Mevagh Resource Centre, Men’s Education 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

<table>
<thead>
<tr>
<th>Contact details</th>
<th>Brian McCormack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Co-ordinator</td>
<td></td>
</tr>
<tr>
<td>Address</td>
<td>PO Box 530, Ennis, Co. Clare</td>
</tr>
<tr>
<td>Telephone</td>
<td>061 367881</td>
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<td>Fax</td>
<td>061 637881</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:sustain@ireland.com">sustain@ireland.com</a></td>
</tr>
<tr>
<td>Web</td>
<td>N/A</td>
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</tbody>
</table>

**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 | davidsimpson924@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.
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

<table>
<thead>
<tr>
<th><strong>Contact details</strong></th>
<th>Olga McDaid</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Healthy Ageing Programme - Co-ordinator</td>
</tr>
<tr>
<td><strong>Address</strong></td>
<td>22 Clanwilliam Square, Grand Canal Quay, Dublin 2</td>
</tr>
<tr>
<td><strong>Telephone</strong></td>
<td>01 6766484 (Main office) 01 6769587 (Direct line)</td>
</tr>
<tr>
<td><strong>Fax</strong></td>
<td>01 6765754</td>
</tr>
<tr>
<td><strong>Email</strong></td>
<td><a href="mailto:olga@ncaop.ie">olga@ncaop.ie</a></td>
</tr>
<tr>
<td><strong>Web</strong></td>
<td><a href="http://www.ncaop.ie">www.ncaop.ie</a></td>
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</tbody>
</table>

### Men's health activities

#### Areas of work
- **Disease issues**: Depression, osteoporosis
- **Lifestyle 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

<table>
<thead>
<tr>
<th>Contact details</th>
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<tbody>
<tr>
<td>Iris Elliott</td>
</tr>
<tr>
<td>Senior Policy &amp; Public Affairs Adviser</td>
</tr>
<tr>
<td>Address</td>
</tr>
<tr>
<td>25 Clyde Road, Dublin 4</td>
</tr>
<tr>
<td>Telephone</td>
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<tr>
<td>01 6080402</td>
</tr>
<tr>
<td>Fax</td>
</tr>
<tr>
<td>01 660 9935</td>
</tr>
<tr>
<td>Email</td>
</tr>
<tr>
<td><a href="mailto:elliott@nda.ie">elliott@nda.ie</a></td>
</tr>
<tr>
<td>Web</td>
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<tr>
<td><a href="http://www.nda.ie">www.nda.ie</a></td>
</tr>
</tbody>
</table>

### 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

### Special target groups
- Work is general in nature

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**

<table>
<thead>
<tr>
<th>Biggi Hofmann</th>
</tr>
</thead>
<tbody>
<tr>
<td>Counsellor</td>
</tr>
</tbody>
</table>

25 Ardoyne Rd, Belfast, BT14 7HX

028 90391630

028 90729131

newlifecservice@btconnect.com

N/A

**Men's health activities**

Group work, one-to-one counselling

**Areas of work**

Depression

Smoking, drinking, diet, exercise

Income, employment, friendship

**Lifestyle issues**

Income, employment, friendship

**Broad health determinants issues**

People from North Belfast

**Special target groups**

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

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

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
Work is very general

Disease issues
Lifestyle issues
Broad health determinants issues

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

<table>
<thead>
<tr>
<th>Contact details</th>
<th>Sean Quinn Therapist</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address</td>
<td>22 Belfast Rd, Newry, Co. Down BT34 1QA</td>
</tr>
<tr>
<td>Telephone</td>
<td>028 30267702</td>
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<tr>
<td>Fax</td>
<td>078 43215997</td>
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<tr>
<td>Email</td>
<td><a href="mailto:seanquinn22@hotmail.co.uk">seanquinn22@hotmail.co.uk</a></td>
</tr>
<tr>
<td>Web</td>
<td>N/A</td>
</tr>
</tbody>
</table>

## 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

### Contact details

<table>
<thead>
<tr>
<th>Field</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mary Cleary</td>
<td>Project Nurse</td>
</tr>
<tr>
<td>Address</td>
<td>32 Parnell St, Waterford, Co. Waterford</td>
</tr>
<tr>
<td>Telephone</td>
<td>051 859000</td>
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<tr>
<td>Fax</td>
<td>N/A</td>
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<tr>
<td>Email</td>
<td>N/A</td>
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<td>Web</td>
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</tbody>
</table>

### Men's health activities

- Group work, research, relaxation classes, short courses, information leaflets, posters, quizzes

### Areas of work

- **Disease issues**: Heart disease, cancer, prostate cancer, STIs, depression, general health
- **Lifestyle issues**: Smoking, drinking, drug use, sex, diet, exercise, contraception
- **Broad health determinants issues**: Social support, friendship, environment, education, bullying, exam stress

### Special target groups

- 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
John Hogan
Address
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
5 Rosemount Villas, Letterkenny, Co Donegal.
074 9177311
074 9177756
steerireland@donegal.net
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
Depression
Lifestyle issues
Drinking, drug use, diet
Broad health determinants issues
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.
### Contact details

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Address</th>
</tr>
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<tbody>
<tr>
<td>Brian McCormack</td>
<td>Programme Director</td>
<td>Kilcornan, Kilkishen, Co Clare</td>
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<table>
<thead>
<tr>
<th>Contact details</th>
<th>061 367035</th>
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<td>Web</td>
<td>N/A</td>
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### Men's health activities

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

### Areas of work

- **Disease issues**: Depression
- **Lifestyle issues**: Exercise, stress
- **Broad health determinants issues**: Education, anger management, assertiveness, stress management

### Special target groups

- No

Sustain Teambuilding provides communication training programmes.
TASSK Healthy Living Centre

Contact details
Christine Thomas
Address
Old Technical School
Downshire Road
Banbridge, Co. Down BT32 3JY
Telephone
028 40629930
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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
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

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
Declan Hughes,
Project Manager
Address
Parnell Sq, Athlone, Co. Westmeath
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090 293311
Email
1declanhughes@eircom.net
Web
www.a-c-t.org.ie

Men’s health activities
Group work, one off talks, short
courses, research, activity based
projects, addiction issues and
codependency

Areas of work
Disease issues
Addiction
Lifestyle issues
Smoking, drinking, drug use, sex,
exercise
Broad health determinants issues
Income, employment, welfare,
social support, friendship,
environment, education, housing.

Special target groups
Disadvantaged communities 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".
### Contact details

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
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<tbody>
<tr>
<td>Bernadette McCormick</td>
<td>Health Promotion Co-ordinator (Risk &amp; Occupational Health)</td>
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<td>Telephone</td>
<td>028 90632295</td>
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</tr>
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### Men's health activities

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

### Areas of work

- Disease issues: Work is very general
- Lifestyle issues
- Broad health determinants issues

### Special target groups

- 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

Address
40 Eglantine Ave, Belfast BT7 2GJ

Telephone
028 90663281

Fax
028 90660081

Email
gerrymcelwee@ulstercancer.org

Web
www.ulstercancer.org

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.

<table>
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<tr>
<th>Contact details</th>
<th>Alan Higgins</th>
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<tr>
<td></td>
<td>Chair</td>
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<td>Address</td>
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<td><a href="mailto:l.a.higgins@onmail.co.uk">l.a.higgins@onmail.co.uk</a></td>
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Men's health activities: One-off talks, short courses, activity based projects.

Areas of work:
- Disease issues
- Lifestyle issues
- Broad health determinants issues

Special target groups: People over the age of 50 who are unemployed/retired

Organise courses and events encouraging participation in community development.
Contact details

Diarmuid Moore
Assistant Director

Address
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Belfast BT9 6AW

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028 90329718
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028 9023 0306
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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
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N/A
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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
Drinking, drug use, diet, exercise

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

Broad health determinants issues

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.
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
Web
www.families.ie

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, reflection on young men's lives

Areas of work
Disease issues
STIs, testicular cancer
Lifestyle issues
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,
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Letterkenny,
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hugh.doyle@mailb.hse.ie
Web
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.