

No: 245/24

Dear Colleagues,

MHF Men's Health Champions Training Course - 16th & 18th July, 10am-12noon (Next Week – Last Call Reminder)

Men's Health Forum (MHF) with whom the CWU Health, Safety and Environment Department has had a long-standing working relationship have been in contact to inform CWU and its Health and Safety Reps that MHF still have a couple of places left on next week's Health Champions short course, designed for those who care about public health and want to help improve it.

MHF inform us that the course or workshops are a proven way to improve health in a community and help break down the barriers that often exist in health care. Almost anyone can train to be a Health Champion. Champions are often members of a group, club, workplace, union, company or other organisation who watch out for their colleagues. It can be very fulfilling to see people turn their health round state MHF.

Information on the MHF Training Course received from MHF is as follows: -

Men's Health Champions are an easy way to promote health within any group - make them part of your organisation. The short course consists of two x 2 hour sessions on Zoom.

What is a Men's Health Champion?

Men's Health Champions are not health professionals but ordinary members of the public or workforce in any company (men and women) who care about men's health and want to help improve it.

Almost anyone can train to be a Men's Health Champion. Champions are often members of a group, club, workplace, union company or other organisation who watch out for their colleagues. It can be very fulfilling to see people turn their health round.

Men's Health Champions can be particularly important for overcoming potential isolation around working from home and/or being unable to attend our usual social and leisure events.

What is the training?

- This MHF training currently consists of 2 x two hour sessions online
- Delivered by experienced Men's Health Forum associate trainers using Zoom.
- For group bookings, MHF can also provide the training via Microsoft Teams.

What does it offer?

- Health Champions are a tried and tested way to improve health in a community or group or workplace etc and can break down the barriers that often exist in health care provision.
- The training was developed as part of the 'Interreg 2 Seas Step by Step Project in Hampshire by Peter Baker and Jim Pollard.

Who is the course for?

- Local authorities, Employers, NHS commissioners, Unions, Community Groups, Clubs, Organisations of various kinds and anyone - man or woman - who individually wants to empower men to engage with their health.

What are the outcomes?

Attendees will learn:

- the basics of men's health;
- the role of a men's Health Champion;
- how to work with men to change health behaviours;
- how to signpost them for more information.

Those attending will enjoy the course and get a copy of the MHF's '**Men's Health Champions manual**', as well as MHF's latest edition of the '**Man Manual**', full of further information.

Can anyone be a Men's Health Champion?

Pretty much. Men's Health Champions are empathetic, good listeners, willing to talk about health and other difficult issues and to be supportive without being directive. You don't need to be a health expert.

Do Men's Health Champions make a difference for men?

The research suggests they can make a real difference. For men, they can be particularly useful: their more informal, man-to-man approach can provide an invaluable stepping stone between the men in their community and traditional, more formal health services.

What is Zoom?

It is a pretty straightforward technology for joining meetings online. If you haven't used it before, there's more information on using 'Zoom' including simple instructions and a video at this link: <https://www.menshealthforum.org.uk/using-zoom>. You'll need a computer, tablet or smartphone to download the Zoom app onto. Your device will need to have a large enough screen to allow you to read slides so laptop or decent-sized tablet recommended. MHF can probably help you set it up if necessary if you let MHF know.

Ordering via Purchase Order

If you would rather not order using a payment or credit card, but would prefer to use a Purchase Order you can – contact MHF.

- For 'in person' training, trainer travel will be charged extra.
- MHF's small team of specialist trainers are busy and popular so please note you may not be able to secure your first choice of time and date. (Please add a note to your booking to suggest some dates if you wish.)
- All MHF training can be customised or modified to suit an organisation or workplace.
- Joining instructions and other links will be sent shortly by MHF before the course begins.

Booking for someone else

If you're booking for a colleague, please make sure you let them know the times and dates of the course you have booked them on. Joining instructions/links etc are emailed to trainees by MHF towards the end of the week before the course. (MHF don't send them earlier as they tend to get lost in full in-boxes!)

Cancellation Terms

- If you wish to alter your booking within 14 days of the start of the course, a cancellation or rebooking fee of 50% will be charged (i.e. a 50% refund).
- If you wish to alter your booking within 3 working days of the start of the course, a cancellation or rebooking fee of 100% will be charged (i.e. no refund).

Book a Course place on-line here:-

<https://shop.menshealthforum.org.uk/collections/training-for-men/products/health-champions-training?>

Further information from:-

Men's Health Forum

7-14 Great Dover Street

London SE1 4YR

Tel: [0330 097 0654](tel:03300970654)

Email: shop@menshealthforum.org.uk

[Charity reg. number 1087375 (England & Wales).]

Attachments:-

- MHF Health Champions Course Flyer
- MHF New 2024 Man Manual Flyer

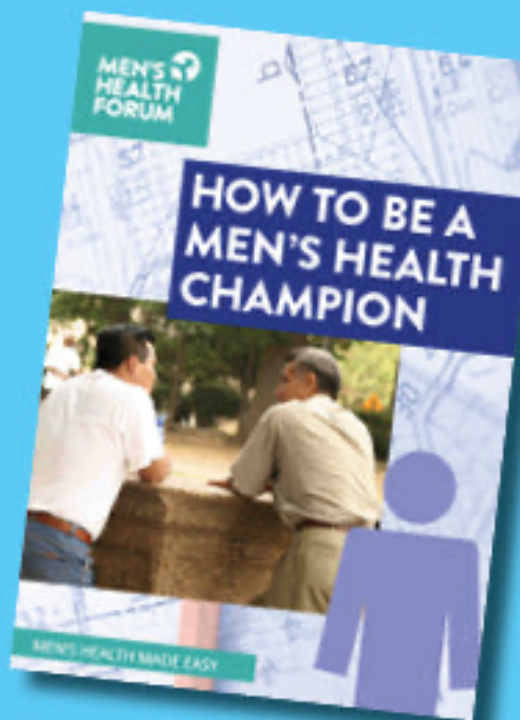
Yours Sincerely

Dave Joyce
National Health, Safety and Environment Officer

HEALTH CHAMPION TRAINING

Using
communication
and
listening skills
to boost
men's health

2 x 2 hours



Book Your Course at:- [Men's Health Champions Training – Men's Health Forum \(menshealthforum.org.uk\)](https://menshealthforum.org.uk)

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THE MAN MANUAL

Men's Health Made Easy



One man in five will die before he reaches 65, two in five before the age of 75. **Not with The Man Manual.**

One careful owner? With a little care, the high-performance machine that is the male body will run smoothly for a lifetime with just basic maintenance and minimal need for spare parts. The new fully-revised 2023 edition of this easy-to-read handbook will show you how to fine tune your engine, choose the right fuel and keep your mind on the road ahead. There are also brand new interviews with men who've been on the journey and have a tale to tell.

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- how to be good to your heart
- how to get active
- how to handle the ups and downs

The Man Manual also includes everyman's personal TOOL-KIT: answers to all the frequently-asked questions on the male tackle.

Equipped with The Man Manual, you might just reach the finish line without your original exhaust pipe falling off.

The 36 page full colour A5 booklet, written and edited by Jim Pollard with cartoons by John Byrne is full of simple, practical tips that will improve the health of pretty much anyone.

All orders include free delivery.

From:

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