



Caribbean and African Community Health Support Forum Men's Health & Well Being Project Report March 2012

Background

The Forum's work programme for year one identified the need for the delivery of a multi cultural women's food and mood/stress management workshop. Unfortunately, the Forum was unable to ensure the delivery of this project due to circumstances beyond its control. The diabetes programme report acknowledged the lack of input from men within the community in the project and recommended that this was an area that needed to be addressed. However, in order to ensure that what was provided was acceptable to potential members, Forum steering group members held a focus group meeting with a few men from the community, who agreed that a Men's group was long overdue and that they were ready to support any projects aimed at men. The venue and date was agreed and the project started in February 2012.

Issues identified to date

Prostate Cancer
Mental health
Lupus
First Aid
Diet & Lifestyle changes

No of people in attendance

14-18 every fortnight.

The Vision for the group

The vision underpinning this group revolves around reducing inequalities in health for men from Caribbean and African community backgrounds. This will be achieved via the provision of health information/education to individuals, awareness raising of health issues affecting males and signposting to appropriate services. The concept of community development will be used to engage and empower men from the above ethnic backgrounds to enable them to improve their health. Data from research conducted by the group will

be shared with stakeholders to ensure its inclusion in strategies geared towards improving health and well being for men.

Future projects

- The Men's group will be following a 6 week Men's Healthy Cooking Project, starting in April 2012. This will be available to men from African and Caribbean backgrounds, but it will also accept any man who wants to attend irrespective of ethnicity. It will be facilitated by a Dietician and the outcome will be the training of a Community Champion, available to talk to community groups about diet in the near future.
- The group will be holding a men's health and wellbeing seminar in September 2012.
- Even though the group was formed primarily for men from Caribbean and African backgrounds, it is now attracting men from Caucasian backgrounds. This group is becoming multicultural by default.

It is envisaged that with the passing of time, the group will grow in strength, to include more men from other ethnic backgrounds who are interested in issues relating to their health and wellbeing.