

“Mind Your Head”

Improving the Mental Wellbeing of Men and Boys

This conference will:

- Increase understanding of male mental health issues and the importance of taking gender into account
- Raise awareness of the need to develop mental health policy and practice that includes men and boys
- Help public sector organisations prepare for the new Equality Act duty to promote gender equality

Supported by:



Mental Health Foundation



**Wednesday 14 June 2006,
10 a.m. start
Wembley Conference Centre,
London**

Why is this conference necessary?

The WHO definition of mental health is a state of wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community (WHO, 2001).

Many men, particularly those from minority ethnic groups, are unlikely to experience this state of wellbeing in their lifetime. This conference explores why this is. Is it that men are brought up unable to express their feelings, or is it that health and social care professionals fail to engage with them, or are there other causes?

More than 60 speakers at this conference examine these questions and look at the future constructively across a wide range of settings. The aim is to find out how we can develop services to enhance male mental wellbeing and improve health outcomes. All this is timely in view of the new public sector duty to promote gender equality, which becomes law in April 2007. The duty is wide-reaching, affecting public bodies such as the police and local government, as well as the NHS.

Who should attend?

- Health and social care professionals
- Those with an interest in men's health
- BME health agencies
- Those who work with gay, bisexual and transgender men
- All primary care staff
- Mental health practitioners
- Public health professionals
- Occupational health professionals
- Fitness and 'wellness' practitioners
- Health promotion specialists
- Counsellors and psychotherapists
- Voluntary and community groups

Programme, Wednesday 14 June 2006

9.00 a.m. Registration and refreshments

- 10.00 am **Welcome**
Simon Johnson, Director of Corporate Affairs, the Football Association
- 10.05 am **Introduction by the Chair**
Dr Howard Stoate MP, Chair of the All Party Group of MPs on Men's Health
- 10.10 am **View from Government**
Speaker to be confirmed
- 10.35 am **Men and mental wellbeing - encouraging gender sensitivity**
Alan White, Professor of Men's Health, Leeds Metropolitan University; Chair, Men's Health Forum
- 10.50 am **Men and mental wellbeing - responding to BME men's needs**
Kwame McKenzie, Senior Lecturer in Psychiatry, Royal Free and University College Medical School
- 11.20 am **Men and mental wellbeing - a user's perspective**
Mike Bush, Lecturer in Mental Health, Leeds Metropolitan University

11.40 a.m. Refreshments

- 12.10 am **THREE PARALLEL SYMPOSIA**
- Symposium 1: Improving mental wellbeing by changing workplace culture**
Chair: Steve Boorman, Director, Corporate Social Responsibility, Royal Mail Group
- **Men, stress, performance and work-life balance**, Rosemary Anderson, Anderson Peak Performance
 - **Managing duty-induced psychological trauma in the Northern Ireland Police Service**, Karen Lancing, Police Service of Northern Ireland
 - **Supporting men with mental health problems back into work**, Bob Grove, The Sainsbury Centre for Mental Health
 - **First Steps to Work, an innovative scheme at Broadmoor Hospital**, Carole Furnivall, Joint Executive Director, First Steps Trust
- Symposium 2: Improving wellbeing via male-gender-sensitive health and social care services**
Chair: Dr Andrew McCulloch, Chief Executive, Mental Health Foundation
- **Men, mental wellbeing and primary care services**, speaker to be confirmed
 - **Men, mental wellbeing in the forensic/inpatient setting**, speaker to be confirmed
 - **Men as carers**, Paul Corrie, Director of Campaigns and Communications, Rethink
 - **Men, masculinity and therapy**, Professor Andrew Samuels, University of Essex
- Symposium 3: Improving mental wellbeing in gay, bisexual and transgender men**
Chair: John Roberts, Deputy Chair, Metropolitan Police Equal Opportunities and Diversities Board
- **Issues facing young GBT men**, Dave Farrington, LGBT Consortium
 - **Working with adult GBT men**, Tim Foskett, PACE groupwork programme
 - **Working with BME GBT men**, Dennis Carney, Chair, Black Gay Men's Advisory Group

1.30 pm Healthy Option Lunch

2.30 pm PARALLEL WORKSHOPS

- 1 **Removing barriers to mental wellbeing in BME men**, Frank Keating (Chair); Errol Francis, Sainsbury Centre for Mental Health Breaking the Circles of Fear Programme; second speaker to be confirmed
- 2 **Working with older men**, Chair tbc; Sonia Richardson, Head of Good Practice, Mental Health Foundation; Antony Smith, Age Concern England
- 3 **Boys in educational and other settings**, Chair tbc; Melvyn Davis, boys2MEN Project Manager, NDC South Kilburn Community; Dennis Lines, Head of Counselling, Shenley Court Specialist Art Centre
- 4 **Young men in educational and other settings**, Chair tbc; Les McMinn, Head of Counselling, University of Surrey; Jane Powell, Campaign Against Living Miserably (CALM)
- 5 **Sexual abusers, sexually abused men**, Chair tbc; Meurig Hughes, Men as Survivors Helpline; Jody Kozak, Mental Health Service Coordinator, Survivors UK
- 6 **Men who abuse substances**, Chair and speakers to be confirmed
- 7 **Men and disability**, Chair tbc; Jeff Davis, National Development Manager, Disability, The Football Association; Christine Towers, Research Project Manager, Foundation for People with Learning Disabilities
- 8 **Men, counselling, psychotherapy and wellbeing**, Chair tbc; Ewan Gillon, MensTalk, Scotland; Lennox Thomas, the Refugee Therapy Centre
- 9 **Suicide prevention**, David Heathcoat-Amory MP (Chair); Angela Robinson, trustee, Papyrus; Kathryn Hill, Director of Mental Health Programmes, Mental Health Foundation
- 10 **Fatherhood**, Chair tbc; Jack O'Sullivan, Fathers Direct; Mary Alabaster, South Essex Partnership NHS Trust
- 11 **Men who are violent**, Chair tbc; Dave Morran, Department of Applied Social Science, University of Stirling; David Jones, Head of the Assessment Unit, Grendon Prison
- 12 **Mental wellbeing, physical activity, lifestyle**, Chair tbc; Graeme Sandell, Programme Director, Mental Health Foundation; Andy Cale, Education Adviser, The Football Association

3.40 p.m. Refreshments

- 4.00 pm **Final session introduced**
Chair: Professor Richard Parish, Chief Executive, The Royal Society for the Promotion of Health
- 4.05 pm **Speaker to be confirmed**
- 4.25 pm **Panel discussion**
- 4.45 pm **Men's Health Forum Policy Statement on men and mental wellbeing**
David Wilkins, Policy Officer, Men's Health Forum

5.00 p.m. Close

The organisers reserve the right to make changes to this published programme.

About Men's Health Forum

Men's Health Forum is a charity whose mission is to provide an independent and authoritative voice for male health and to tackle the issues affecting the health and wellbeing of boys and men in England and Wales. Our vision is a future in which all boys and men have an equal opportunity to attain the highest possible level of health and wellbeing. We believe that there is a need for 'gender sensitivity' in health policy and practice in order to improve both male and female health. Men's health cannot be improved without an understanding of gender and its impact on boys and men. See www.menshealthforum.org.uk for more information about the Forum and its work.

About National Men's Health Week

This conference takes place during National Men's Health Week 2006. NMHW is organised by Men's Health Forum in June each year. A wide range of local and national events take place in NMHW, such as men's MOTs at community and workplace venues, open days at clinics, information stands, etc. For further information, contact the NMHW Coordinator, Matthew Maycock, on 0781 3873356, matthew.maycock@menshealthforum.org.uk

Exhibition and sponsorship at this conference

The conference exhibition aims to provide real educational benefit as well as entertainment for the expected 500 delegates. All organisations interested in exhibiting at this conference should contact the Conference Manager, Maggie Pettifer, on 01608 674410 or email: margaret.pettifer@btpopenworld.com

For those unable to attend

Delegate bags (programme, abstracts and commercial information) are available to those unable to attend on the day for £45. Please forward a cheque for £45, made out to Men's Health Forum, to the Conference Manager, Pettifer Conference Services, Hemmings Farm, Barton-on-the-Heath, Glos. GL56 0PN. The delegate bag will be sent out in the week following the event.

Book of the conference

A book about men and mental wellbeing, based on this conference, will be published by Radcliffe Publishing in 2007.

BOOKING FORM:
"Mind Your Head" 14 June 2006

● CHOOSE YOUR DELEGATE CATEGORY

- Normal delegate rate, **£135**
- Men's Health Forum members' rate, **£100**.
My membership number is.....
(Note that MHF organisational members only qualify for two discounted place)
- My organisation is not-for-profit or statutory. It is not yet a member of Men's Health Forum but we'd like to join today and save 20% off the £100 annual fee (£80), in addition to booking up to two conference places at MHF members' rate of £100 each.
My payment is therefore **either £180 (one delegate) or £280 (two delegates)**.

● PROVIDE YOUR CONTACT DETAILS

Title..... Forename.....
Surname.....
Position.....
Organisation.....
Address.....
.....
Postcode.....
Telephone

Email.....

● DO YOU HAVE OTHER REQUIREMENTS?

- I require wheelchair access (Any other requirements, please email the conference organisers)
- I require vegetarian meals

● CHOOSE HOW YOU WANT TO PAY

Please select one of two options:

- I enclose a cheque **made payable to Men's Health Forum**.
- I would like to be invoiced and therefore enclose a purchase order from my employer:

Purchase order number.....

Date.....

Send an invoice to:

Title..... Forename.....

Surname.....

Position.....

Organisation.....

Address.....

.....

Postcode

Email

Administration

Venue

This conference will be held at
Wembley Conference Centre, Stadium Way,
Wembley, Middx HA9 0DW Tel: 0208 902 8833.

Reservations

Please complete one booking form per delegate, using photocopies where necessary, and post the completed form plus cheque (made payable to Men's Health Forum) to:

**Pettifer Conference Services,
Hemmings Farm, Barton-on-the-Heath,
Glos. GL56 0PN**

A confirmation will be sent immediately.

Conference office telephone enquiries:
01608 674410

Conference office email enquiries:
margaret.pettifer@btpopenworld.com

Payment and VAT

Please note that Men's Health Forum is not VAT registered and therefore VAT is not payable on this conference.

Final confirmation

Final confirmation and location map will be mailed to you exactly two weeks before the event.

Booking conditions

All cancellations must be received in writing. If we receive your cancellation before 15 May 2006 a £50 charge will be made. After 15 May you are required to pay the full amount or nominate a substitute delegate.

When booking please await confirmation of your place from the conference office before booking your travel.

Men's Health Forum registered office: Tavistock House, Tavistock Square, London WC1H 9HR. A registered charity (No. 1087375). A Company Limited by Guarantee (No. 4142349 - England).