

Engaging with Middlesbrough Men to Improve Their Health – A Free 1 Day Course

What is the course about?

Delivered by the new Middlesbrough Men's Health trainers, this course will increase knowledge and understanding of the issues around men's health in Middlesbrough and ways to improve it. You will learn about local data and the basics required to challenge practices to improve men's health.

Who is it for?

The course is for individuals who work or volunteer with the local public in Middlesbrough. This may be through public services such as education or health, the voluntary sector or the private sector.

What will you learn?

1. How men's health inequality stands out as a specific public health issue.
2. The cultural challenges and barriers men must overcome and need challenging to achieve better health outcomes.
3. How effective communication with men can support effective health messages.
4. The impact of change on health and how to reflect on your own practices to improve men's health.

What is the cost?

This course has been funded by Public Health, Middlesbrough Council, however you will incur time (well spent), travel (we can't do it at your home) and possibly parking costs (but you expected that).

Where and when and how to book?

To book, click on the location link below or e-mail phwellbeing@middlesbrough.gov.uk

Please note that cancellation of a course place within 48 hours of the course start time may incur a £25 fee and affect priority being given to you on future courses. You can nominate a stand in person on your application.



Date	Time	Location - Middlesbrough
Thursday 26 th April 2018	9:30am- 4:30pm	<u>Training Room 1, The Live Well Centre, Dundas House, Middlesbrough, TS1 1HR</u>

Any queries?

Please contact Public Health on 01642 728362