

Step Health By Champions Step

SBS Shed community

Training Programme



www.sbs-wellbeing.eu

#2SeasSBS

Interreg 
EUROPEAN UNION
2 Seas Mers Zeeën
SBS
European Regional Development Fund

Housekeeping:

- ◉ **Refreshments**
- ◉ Where are the toilets?
- ◉ Evacuation and Fire alarm

Please sign the attendance sheet.

Ground rules:

- ◉ **Confidentiality** - everything personal stays in this room
- ◉ **Look after yourself and others** - respect, one speaker at a time, leave the room if you need to
- ◉ **Mobiles** on silent
- ◉ Keep to **time**
- ◉ Let's try to hear from **everyone**
- ◉ **Have fun!**

Introduce each other

In pairs.

One of you talks about yourself, the other one listens and asks questions. Swap. One minute each.

Both of you should include one or two things that you do to look after your own health and wellbeing.

You are then going to introduce your partner to the group.

What is a Men's Health Champion?

This Health Champion programme was developed as part of the Step by Step (SBS) to improve men's health, inspired by the Men's Sheds movement.

The Step by Step approach has been designed specifically for men: informal and down-to-earth. SBS Health Champions are people who, by talking to other people in male-focused environments, can help their peers and communities to improve their own health.

SBS was funded by Interreg 2 Seas, an EU programme facilitating cross-border cooperation between England, France, the Netherlands and Belgium and was evaluated by the University of Chichester. For more information, visit www.sbs-wellbeing.eu.

We will understand more about:

- ◉ Common men's health problems and their causes
- ◉ The impact of lifestyle on health
- ◉ The role of the Health Champion
- ◉ How people can change their health behaviour
- ◉ How to talk with men about health and wellbeing
- ◉ How to signpost men to support and information

A brief intro to men's health

On the day they were knocked out of Euro 96 on penalties, heart attack deaths in the Netherlands increased by how much?

How many men will die before they are old enough to retire?

What percentage of suicides are by men?

Weight round your middle is a health risk. What waist circumference is a 'hazardous waist'?

How many years can a healthy lifestyle add to your life?

On the day they were knocked out of Euro 96 on penalties, heart attack deaths in the Netherlands increased by how much? – 50%

How many men will die before they are old enough to retire? 20% - 1 in 5 die before age 65

What percentage of suicides are by men? – 76% - 3 out of 4

Weight round your middle is a health risk. What waist circumference is a 'hazardous waist'? - 37 inches / 94 cm

How many years can a healthy lifestyle add to your life? - 14

'Masculinity' exercise

Think about the types of things you heard or overheard about men when you were 8-12 years old.

Men should be ...

Men never ...

Men always ...

All men are ...

Reasons for poor male health:

'Internal' barriers: Attitudes and beliefs that men have about themselves or about men in general that can lead to poorer health outcomes

Social attitudes (gender-stereotypes): create and amplify what men think about themselves

'External' Barriers: More practical barriers in the way health care services are provided that can lead to poorer health outcomes for men.

Example: opening hours - if a service is only open 9-5 it discriminates against people who work full-time: men are 75% more likely to work full-time than women and less likely to ask for time off to attend appointments until issues get worse.

What does a 'male-friendly' service look like?

Why have Health Champions?

You don't have to be a health professional to play an important role in public health.

Health champions:

- ◉ understand their local community and its needs
- ◉ have time to talk to people on a peer-to-peer level
- ◉ know how to talk to people in a way that benefits their health
- ◉ empower others to take care of their health by normalising conversations around health

What are 'healthy conversations'?

Agree or disagree?

Think about whether you agree or disagree with these statements...

**I am responsible for the
choices people make**

Being given information makes people change

People come to us with solutions

**It is possible to
persuade people to
change their habits**

Making Every Contact Count

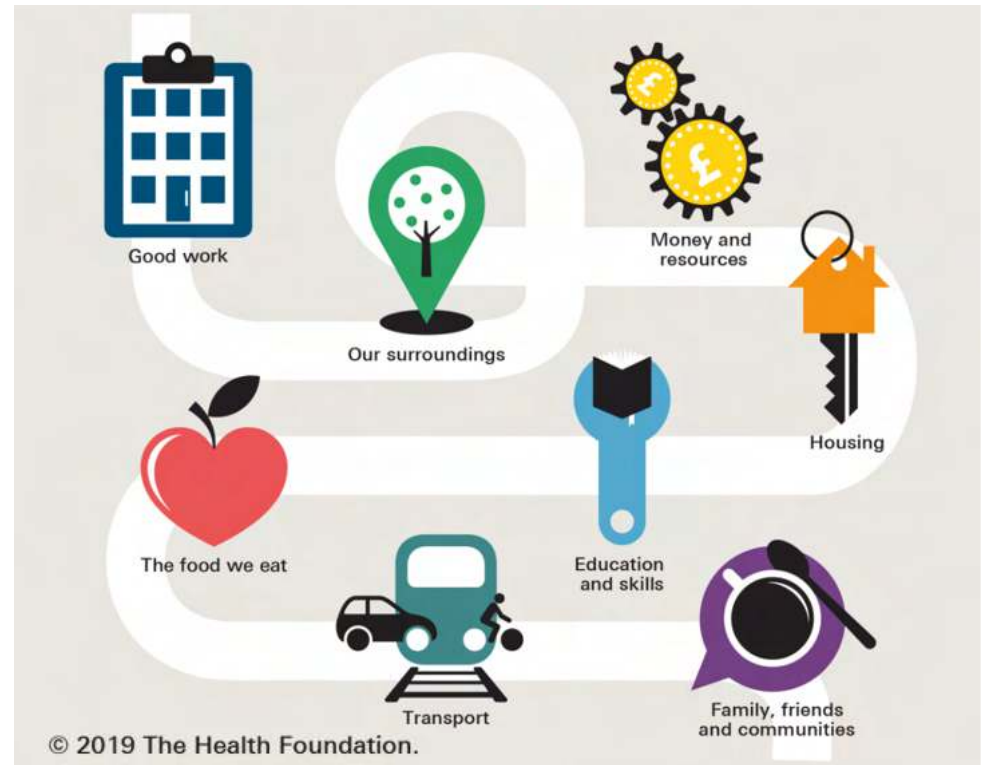
The MECC Healthy Conversation Skills Philosophy:

- ◉ I am not responsible for the choices people make
- ◉ Being given information alone does not make people change
- ◉ People come to us with solutions
- ◉ It's not possible to persuade people to change their habits

How do men change?

What impacts on health?

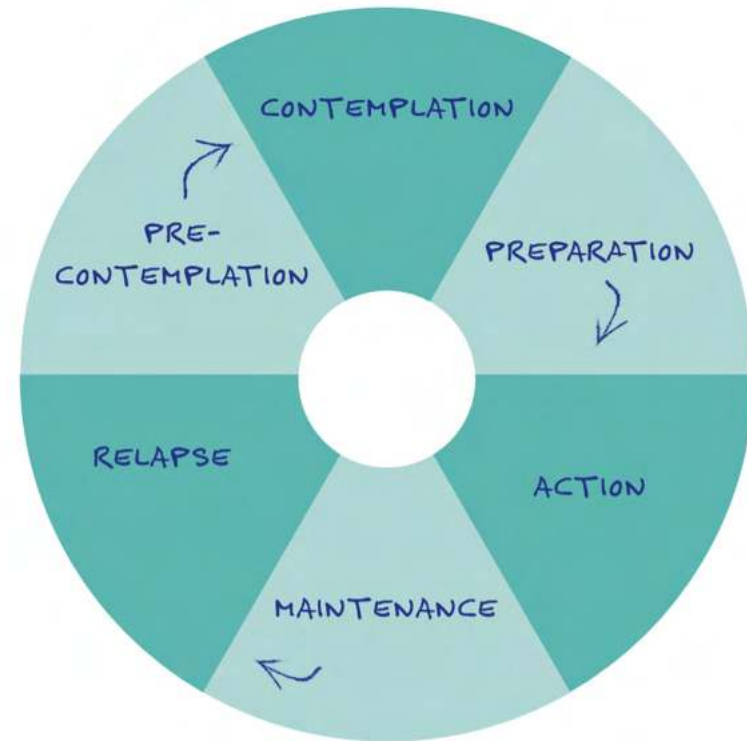
- Health starts where we are born, grow, live, work and age
- Political, social, environmental and cultural factor shape this
- Known as the 'social determinants of health'
- Can you think of examples of how these can effect your health? What would you like to change?



Find out more: www.health.org.uk/what-makes-us-healthy

The 'stages of change' model

- Change is a cycle
- Understanding where people are on the wheel may help us to help them
- Lapse and relapse happens, but it doesn't mean the end of the journey
- Think of the times you have made changes to your life. Can you see the stages of change?



Developed by Prochaska and DiClemente

The five ways to wellbeing

- ◉ Developed for the UK government by the New Economics Foundation
- ◉ Evidence-based public mental health messages
- ◉ Aimed at improving the mental health and wellbeing of the whole population.



Connect

Make contact with others as frequent and 'real' as possible.



Be active

Regular physical activity eases depression and anxiety. Every little helps and slower-paced activities like walking can help you **CONNECT** better.



Take notice

This means noticing what's around you - enjoying your environment.



Learn

Keep learning, whatever your age, to boost self-esteem and social-interaction.



Give

Giving will help you feel better about yourself.



How do we help men to be healthier?

We talk about
health!

Remember

You are not responsible for the choices other people make

Being given information alone does not make people change

People come to us with solutions

It's not possible to persuade people to change their habits

Asking the right questions will help people make their own plans

Healthy Conversation Skills

The role of a Health Champion

Think about the Health Champion role.

What will you **do** and what **skills** do you need?

Health Champions...

- ◉ **Listen**
- ◉ **Ask the right questions**
- ◉ Have empathy
- ◉ Are non-judgemental
- ◉ Have a non-discriminatory approach - open to all
- ◉ Understand men's health issues
- ◉ Understand their local community
- ◉ Know where people can go for more help
- ◉ Are able to keep information confidential
- ◉ Are willing to develop their own knowledge and skills

No medical or specialist knowledge required.

Listening skills

- ◉ **Actually listen** - stop talking yourself - silences are fine
- ◉ Choose a **good moment**: remove distractions; put the speaker at ease
- ◉ Relax, **focus on the speaker**, put other things out of your mind
- ◉ Be **patient**
- ◉ **React warmly**: clarify, summarise and reflect what the speaker says
- ◉ **Empathise**: try to understand the other person's point of view

Listening Skills

It's not just the words:

- ◉ Listen to volume and tone
- ◉ Listen for bigger themes and issues
- ◉ Notice non-verbal communication: gestures, expressions and eye-movements
- ◉ Use open, friendly body language

Listening and asking questions

- In pairs
- One person choose a topic, the second asks questions
- Swap
- Feedback to the group on how it felt

Questioning skills

Most questions should be **open discovery questions**.

Open questions are those that cannot be answered in a few words, they encourage the person to speak and offer an opportunity to understand his situation better.

What

How

Can you give examples of some open discovery questions?

Practice

- ◉ In pairs
- ◉ One person choose a health problem, the second asks questions as a Health Champion
- ◉ Use Open Discovery Questions
- ◉ Swap

Good chat - know the 'RULES'

- ◉ **R** - Resist the urge to tell someone what to do
- ◉ **U** - Understand it's their reasons for change that matter not yours
- ◉ **L** - Listening and empathising is key
- ◉ **E** - Encourage them, they know what to do
- ◉ **S** - Silences are helpful, you don't have to fill them.

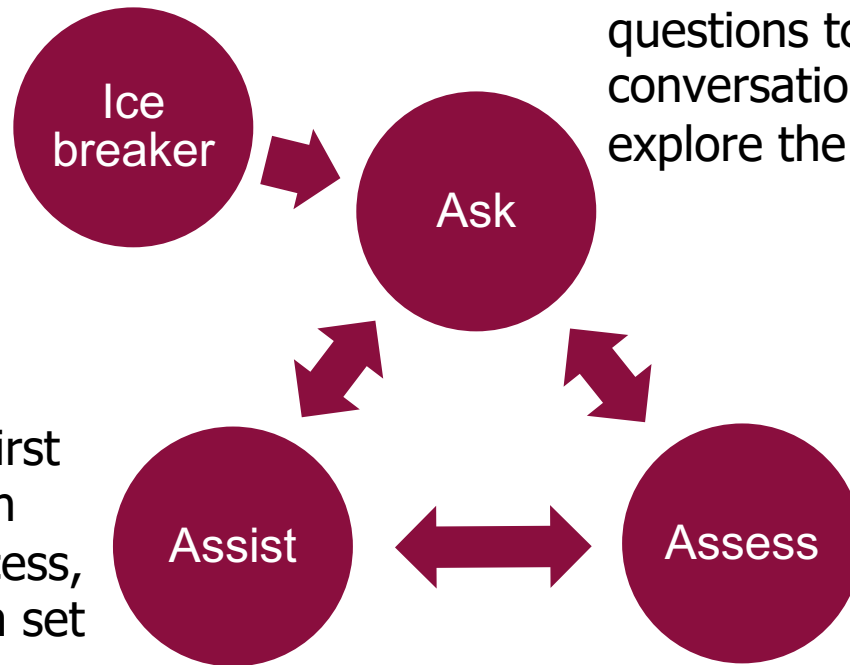
Anything else you want to add?

Structuring a conversation....

The Three A's

Open the conversation - could be as simple as 'how are things?' or 'how did it go with X'

ASSIST - support them to take the first steps and to feel in control of the process, perhaps help them set a goal



ASK - ask the right questions to open the conversation and help them explore the issues

ASSESS - help them identify the first steps and a plan that works for them, including what information and support they might need

Practice

- ◉ In pairs. One person choose a health problem, the second asks questions as a Health Champion
- ◉ Use the Ask Assess Assist to help structure your conversation & include open discovery questions
- ◉ Try to have a natural conversation, but don't make suggestions.
- ◉ Swap.

How do you end a conversation?

Make a plan

If a conversation is coming to a natural close, you will want to end it on a positive note. Why not make a plan? This could involve:

- ◉ Asking them what their next step is
- ◉ Encourage them to make a SMART goal
 - Specific, measurable, achievable, relevant, timely
 - Example: "I will buy more vegetables and less junk food when I go to the supermarket on Wednesday"
- ◉ Arranging another time or day for a catch up
- ◉ Letting them know how to find you if they need you again

Signposting

Sign-posting is letting people know of health professionals or other services that may be useful to the person you are talking to.

- ◉ You are not a GP 'referring' to a consultant.
- ◉ Be clear about what you do and don't know about the service and don't promise the world.
- ◉ It's the individual's choice whether to contact them or not.

When to signpost

When do you think you should signpost?

When to signpost

If someone needs:

- ◉ Urgent medical or psychological help
- ◉ Advice about an undiagnosed symptom, treatment options, etc.
- ◉ Advice or support for changing a health behaviour (e.g. smoking, diet, physical activity that they have raised

Or if they **ask** you

Where to signpost

Where could you signpost to?

Where to signpost

- ◉ GPs
- ◉ NHS.net
- ◉ Pharmacists
- ◉ Stop smoking services
- ◉ Alcohol services
- ◉ Community organisations
- ◉ Local councils
- ◉ Debt Counselling
- ◉ Domestic abuse support
- ◉ Mental health charities

Practice

- ◉ Think about the conversations you've had today.
- ◉ In pairs, practice ending the conversations by
 - ◉ Summarising the discussion and asking about their next steps and setting a goal
 - ◉ Reassuring them that they are making positive steps
 - ◉ Signposting to other services
 - ◉ Making plans to meet/talk again

Practical issues

Confidentiality

You must keep people's personal information private and confidential.

Do not share any personal information without consent or record or store any confidential information that can be linked to a particular person.

Replace with local information in line with your organisation policy

If you're worried about someone

People may disclose information that makes you concerned for their wellbeing. If they are not in immediate danger, signpost to an appropriate service.

If you think someone is in immediate danger, in need of urgent medical attention or having a mental health crisis, encourage them to call **999** or go to **A&E**

If they want urgent support but don't want to go to A&E or call 999 they could;

- Contact NHS 111
- Contact their GP surgery and ask for an emergency appointment
- Call Samaritans on 116 213
- Contact the local Mental Health crisis team (CRHT), if they are under their care

Replace with local information in line with your organisation policy

If you're worried about someone

An **“adult at risk”** is someone aged 18 years or older who

- ◉ Has care and support needs
- ◉ Is experiencing, or at risk of abuse or neglect
- ◉ As a result of those needs unable to protect themselves

If you're concerned that a **adult at risk** is at risk of abuse or neglect;

- ◉ In an emergency or in the event of an immediate danger call the police on 999
- ◉ contact your local safeguarding team (with their consent)

Replace with local information in line with your organisation policy

If you're worried about someone

Child Abuse or neglect includes inflicting harm and failing to act to prevent harm.

We all have a responsibility to protect children from harm.

If you believe a **child** is at risk of neglect or abuse, contact your local Childrens Services department. You do not need to know everything about the child before you call.

In an emergency or in the event of an immediate danger call the police on 999.

Your action plan

Action plan:

This might include:

- ◉ Practicing open discovery questions on friends/family
- ◉ Ordering resources
- ◉ Future training for you or others
- ◉ Further reading
- ◉ Something for your own wellbeing

Have your **first three action points** ready to share with the group.

Final
thoughts?