

The Place 4 U Clonmel Men's Health and Wellbeing Programme - Kickstart your way to healthy lifestyle

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PLACE 4U

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There's loads and loads of organisations. But this is kind of unique because it is men only and it thrived on that.” – Jim

- Community based Men's Health and Wellbeing programme
- Place4U Community Centre
- Targeting men over the age of thirty
- Ten week programme
- Full evaluation underway



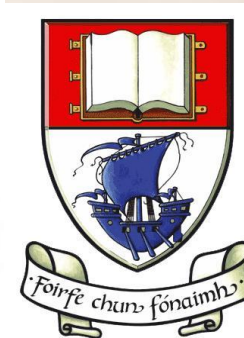
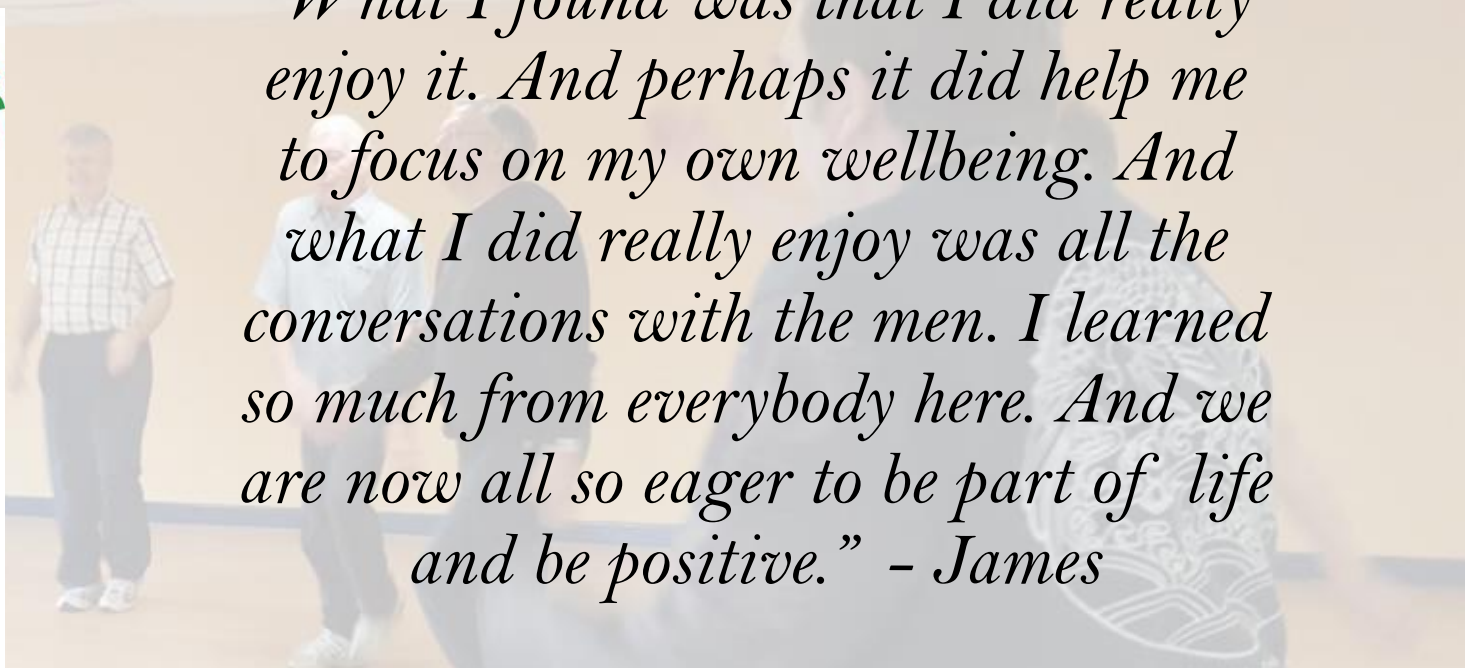
“Men were speaking their feelings which is something men don’t do much. And we could identify with the feelings of other men.”– Mark

- Learning strategies for improving physical and mental health
- Free to attend
- Thirty participants
- Tuesday and Friday mornings
- Consisted of health screening, fitness, cookery and health talks



Creating Partnerships and strengthening capacity

“What I found was that I did really enjoy it. And perhaps it did help me to focus on my own wellbeing. And what I did really enjoy was all the conversations with the men. I learned so much from everybody here. And we are now all so eager to be part of life and be positive.” – James



Factors for Successful Implementation

*“We talked about stress and a few others talked about a few more things, suicide and a lot of things connected with mental health. It gives you a chance to speak out about it”-
Tom*



Going Forward

“I joined the gym. I suppose the crowd here we probably would have thought the gym is for young fellas. I was introduced above you know. It takes the mystery out of it. You would have a bit more confidence going in. It takes the shame out of it.”- Rob

