

## Why do men engage less with primary health care?

Dear colleagues,



Men, on average, visit the GP 20% less than women, and younger men visit the GP half as often as younger women. Men are generally poor users of primary care. They are less likely to access other health services such as dentists, pharmacists, health trainers, smoking cessation services, weight management and contraception services.\*

Women have higher GP consultation rates for a wide range of illnesses. Men use hospital A&E departments more often than women, suggesting that men wait till a crisis before seeking help.\*

## Conference on engaging men with health

Healthworks are hosting a conference **Engaging men for gender equality** on 28<sup>th</sup> October from 10am till 4.30pm in Kensington and Chelsea, although residents and professionals from all 3 boroughs may attend - [full details here](#).



**HEALTHWORKS  
MEN'S HEALTH  
CONFERENCE**

**ENGAGING MEN FOR GENDER EQUALITY**

Sagegin Community Centre  
Sagegin Way, 1 West Close, London W11 3QB

**Wednesday  
28 October 2015  
10am - 4.30pm**

**FACT - Life expectancy is 12.4 years lower for men and 6.2 years lower for women in the most deprived areas of Kensington & Chelsea than in the least deprived areas (Kensington & Chelsea Health Profile, 2014).**

Evidence suggests that men are less likely than women to use primary care services. The conference will discuss this and other matters relating to promoting men's health AND reducing health inequalities as well as barriers that hinder men from accessing preventative health services.

**Key objectives:**

- Improving men's access to health services
- Raising awareness in gender-based health inequalities

**The day will have talks and group discussions on the following topics:**

- The health of men - inequalities and opportunities
- Men's health needs and risk taking behaviour
- Appropriate health services for men
- GPs' supporting men's health

You can attend this event for free and include refreshments, buffer lunch and relaxation sessions such as massage along with information stalls. Delegates are a mixture of local residents, health professionals, voluntary organisations and commissioners from local authority bodies.

**For further information:**

Please feel free to contact Sue or Giovanni on 020 894 8350  
or [sue@healthworks.org.uk](mailto:sue@healthworks.org.uk) / [giovanni@healthworks.org.uk](mailto:giovanni@healthworks.org.uk)

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## Activities specifically for men on People First

Men are also under-represented in activities and events. Face to face contact can reduce the risk of depression in older people\* as well as have a number of other health benefits.

[Walking football](#). The new craze for older men! Whatever someone's age or fitness they can still take part.

[Men's Space at New Horizons](#). A regular men social group that includes a wide range of activities, variety of speakers and trips out and about.

[Monthly men's health session in Paddington](#). The group is joined by health experts to provide information and answers on topics chosen by the group.

[Music group in Earls Court](#). A session specifically for men to learn how to play the guitar.

And there's more - check out all [events that are happening on People First here](#) - there are over 100 a day.

Know about an event you think would encourage men to get out and about? Let us know!

## Other information on People First that may help to engage men

[Taking care of yourself section](#). A really handy collection of pages about a number of issues that may be low-level but could develop into more chronic conditions - getting a good night's sleep, dieting, tooth care, bereavement, NHS health checks .. and a lot more.

[Depression](#) - men may feel particularly reluctant to report feeling depressed.\*

[Community alcohol service](#). 1 in 5 older men as opposed to 1 in 10 older women are drinking enough to harm themselves.\* This scheme run by Foundation 66 across the 3 boroughs aims to help all older people with alcohol issues.

[Adult education](#). Can be a great way to keep the brain engaged and also share a common endeavour socially with others.

[LGBT activity and social groups](#). Being a lesbian, gay, bisexual or trans\* person can sometimes feel isolating, particularly if you are older. There's a big variety of activities going on locally.

\*Sources of information in this email: Office of National Statistics, NHS Information Centre, NHS Choices, Mental Health Foundation, Royal College of Psychiatrists

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