

MEN & CANCER



Malehealth *the first choice for men's health info*

Malehealth, the MHF's health information website for men, has had over three million visitors in the last two years. Why? Because it's fast, it's free and it's independent. Penises to prostates, alcohol to ageing, lungs to livers, hearts to hormones, whatever your question on male health, you'll find the answer on

www.malehealth.co.uk

A Men's Health Workshop Manual



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www.haynes.co.uk



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HAYNES PUBLISHING: MORE THAN JUST MANUALS

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The Men's Health Forum mini manuals contain easily accessible and uniquely presented information covering a wide range of subjects relating to men's health.

The Men's Health Forum's mission is to be an independent and authoritative advocate for male health, and to tackle the issues and inequalities affecting the health and well-being of boys and men in England and Wales.

Founded in 1994, The Men's Health Forum is a charity that works with a wide range of individuals and organisations to tackle male health issues. Well-established with an extensive work programme, we work for the development of health services that meet men's needs and to enable men

to take more control of their own health and well-being. Our partners, staff and trustees bring a wealth of experience in healthcare, media, business and grassroots activity.

Men's Health Forum, 32-36 Loman Street, London SE1 0EH

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www.menshealthforum.org.uk

www.malehealth.co.uk - Fast, free, independent health info from the Men's Health Forum

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Ahead of the Game aims to raise awareness of the signs and symptoms of lung, bowel and prostate cancers in men aged 55 and over.

In England, the majority of deaths from lung, bowel and prostate cancers in men, as well as new cases of these cancers, occur in men over 55.

So, organise your defence – arm yourself with information which could help you reduce your risk of developing cancer and help you spot signs of cancers early.

Selected football clubs will be participating in *Ahead of the Game*, so watch out for activities and events taking place in your local club.

Ahead of the Game is funded by the Football Foundation and the Department of Health, and supported by the Men's Health Forum.



Football Foundation
football's biggest supporter

FOOTBALL FOUNDATION

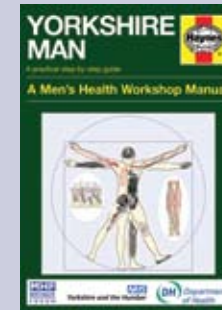
The Football Foundation is dedicated to revitalising the grass roots of the game, constructing modern football facilities, developing football as a force for social cohesion and as a vehicle for education and healthy lifestyles in communities throughout the country.

Funded by the Premier League, The Football Association and the Government, the Football Foundation is the nation's largest sports charity with a £40 million budget going straight into the heart of football.

For more information visit www.footballfoundation.org.uk

Make your own Mini Manual

We can also create bespoke manuals for individual organisations.



The manuals are an excellent and most valuable resource, in an area where traditionally services/resources for men are sadly very sparse.

Angela Garrard

Health Improvement Specialist, NHS South East Essex

Men's Health Forum mini manuals contain easily accessible and uniquely presented information covering a wide range of subjects relating to men's health. The content is impartial, authoritative and provides information about health issues that affect the everyday lives of men. Written or edited by Dr Ian Banks, President of the Men's Health Forum, the format provides flexibility in branding, design and layout as well as content... so we can communicate the information your organisation needs.

Most of the mini manuals use the Haynes manual format because it is 'male friendly'. For instance, the 'body as machine' or 'brain as computer' metaphors fit with the way men often tend to think about health issues and this can introduce an element of humour, helping to break down men's reluctance to access health information and advice. There is good evidence that this approach makes a real difference.

Please contact MHF if you are interested in developing your own.

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