

# Men's Network Bulletin

## November 2024

The aim of this current awareness bulletin is to provide a digest of recent guidelines, reports, research and best practice.

### **An essential part of the hospice: a report into the role of the men's sheds in hospices**

Men's sheds have been identified as one way to promote men's health and wellbeing, and reduce health and social inequalities for men who might otherwise avoid traditional health services. The [aim of the study from Marie Curie](#) was to identify an established men's shed group and spend time with them to learn about what makes the group successful, then use this knowledge to encourage the development of other men's shed groups across the hospice sector.

### **'Silent crisis' needs to be a 'national concern'**

Men in England are facing "a silent health crisis", dying nearly four years earlier than women, while suffering disproportionately higher rates of cancers, heart disease and type 2 diabetes, according to a [report from the Local Government Association](#).

### **The lives of men in our communities**

Men in the most deprived areas in England live nearly 10 years fewer than those in the least deprived. It is clear working in partnership is the key to addressing men's health – and councils are ideally placed to lead and foster that. This [report from the Local Government Association](#) includes case studies from Calderdale, East Sussex, Gateshead, Islington, Melton, Oxford, Wakefield and Wolverhampton.

### **The real face of men's health**

This [report from the charity Movember](#) outlines the state of men's health across the UK and makes clear the benefits that could ripple through families, communities and societies if men's health was improved. It features examples, from the UK and abroad, on what is effective across four elements of health systems to successfully engage with men: health promotion programmes; a responsive health system that includes health services, screenings, checks and facilities; a health workforce with the competencies to respond to men; and research that works to build, evaluate and translate its findings into practice to reach and benefit all men. The report is published alongside an interactive map containing data on premature mortality.

### **Urinary problems in men: self-management advice is helpful**

Men with urinary problems may need to pass urine more often, or have difficulties passing urine. [Researchers developed a booklet of self-management advice](#), and found that, compared with usual care, giving the booklet led to greater improvements in men's symptoms and similar costs to the NHS.