

What is the SHEP's Community Education for Health & Well-being Programme?

The Social and Health Education Project has pioneered the development of experiential learning in group-work settings for over 40 years.

The programme gives priority to valuing and affirming the life experiences and worth of each person in the groups that are organised through the Project. Our training of tutors, methods of learning and group work approach are aimed towards creating a safe and supportive atmosphere for participant's to explore their life experiences with others and to grow in the way that is unique and of importance for them.

This course will take your **specific** needs into account

You will **feel heard** when you want to speak out

It will be a place where you can gain a sense of **belonging and safety** in a small group.

Respect will be shown to you, regardless of your situation or opinion.

Other courses available from SHEP's Community Education for Health & Well-being Programme

- Introduction to personal development
- Effective Communication for Better Relationships
- Managing Stress in Our Daily Lives
- Supporting Yourself as a Parent (Family Communication and Self-esteem)
- Caring for Our Wellbeing
- Women's Well-being
- Growing Still: Facilitating Well-being and Empowerment with Older Adults
- Seasons for Growth: Living with Grief, Loss and Change in our Daily Lives
- Inter-Cultural Awareness
- Parents, Infants and Toddlers: Developing Relationships
- Children and Bullying: A Course for Parents
- Child Abuse and Neglect

These courses usually consists of twenty hours done over 8 or 10 weekly sessions. Tutors are available for these courses who have trained with SHEP in their own personal development and growth, in facilitating experiential learning with groups and in specialised training on this course topic.

For further information contact:

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SHEP Community Education for Health & Well-being

MEN'S WELL-BEING

A **short course** which uses an experiential group-work approach and will take your needs into account.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Why a course in Men's Well-being

All of the recent crises have forced people to stop and take a good hard look at what is important in life. Thankfully, there is much more attention given now to the issue of men's health and men are becoming more interested in looking after themselves. This includes men from all different age groups and backgrounds.

In the past many men were reluctant to discuss their health, or even go to the doctor. This is connected to the very real pressure on men to meet society's expectations – but these too, fortunately, are changing. While stereotype continues to suggest men tend not to talk easily about feelings, gradually we are beginning to see men who are talking more openly about all different areas of their health – physical health, mental health and emotional health. Being freed from those limiting constricting attitudes and norms, to exploring what being male in today's complex world involves, is liberating and really life-enriching for men and society. The course works through opening up channels of communication, of asking questions of yourself and hanging around long enough to hear the answers!

What is SHEP?

SHEP is a community training and development organisation that, over the years, along with other like-minded organisations, has deliberately created opportunities for groups of people to explore the things that are important to them. Through our experience of running these groups, we are aware that modern society often fails to provide men



with opportunities to talk with other men about what is going on or them. As a project, we run group courses for men that provide a place for talking about issues that affect them in a safe, friendly and enjoyable atmosphere.

Is this course for me?

The course is open to men who are interested in looking at the issues which have an impact on their lives. The course is open to men from all walks of life. No prior qualifications are needed — just a willingness to be personally involved and to interact with others. If you are interested in developing your awareness of yourself and of how you are in today's world, in talking about what is important to you, and in understanding how you relate and communicate with others, then this course could be for you.

How will I learn from the course?

The course involves a learning approach that is quite unlike what most people probably experienced in school. It is recognised participants bring a wealth of life experience and the learning approach enables them to learn from this experience, as well as from the experience of the others in the group.

What will the group be like?

Up to sixteen men will be in the group. The group will be facilitated by a trained facilitator in creating a supportive atmosphere and in helping personal learning.

What is covered in the course?

Topics likely to be introduced are:

- Listening and communicating
- Managing stress
- Being assertive
- Handling feelings
- Understanding what blocks us in life
- Handling criticism and praise
- Dealing with conflict
- Building self-confidence
- Making good decisions
- Setting goals

The range of topics explored in each group will depend on the specific interests of the group's participants.

How long does the course last?

The 20 hour course usually runs over 8 weekly sessions of two and a half hours.

Where are courses available?

Each term SHEP offers a number of courses at its venues in Cork & Kerry & Mind-West Region and you can ring us to find out about these

Courses are also regularly organised by a range of local community groups, including Community Development Projects, Family Resource Centres, Local Development Partnerships, community associations, parents' associations and special interest groups and agencies.

If you are thinking of organising a group of twelve to sixteen people and have access to a suitable venue, SHEP can help you find a tutor by contacting the Project office. Funding for the tutor can often be secured from the ETB or other agencies.