

# Men's Health Group



Southern Health  
NHS Foundation Trust

## Background:

People with Learning Disabilities have a lower life expectancy than the general population.

Up to 80% of people in secure hospitals are overweight or obese.

Men with learning disabilities are 4 times more likely to die of testicular cancer than average.

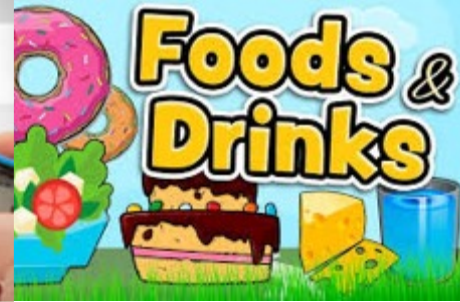
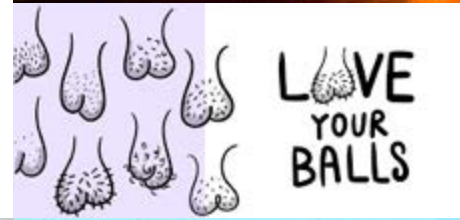
Health needs identified within our patient group e.g. oral care skills, understanding testicular health.

## Aims of the group:

Increase awareness of men's health issues.

Learn skills for looking after own health.

Build confidence and skills for talking about health.



## OUR VALUES



Patients & people first



Partnership

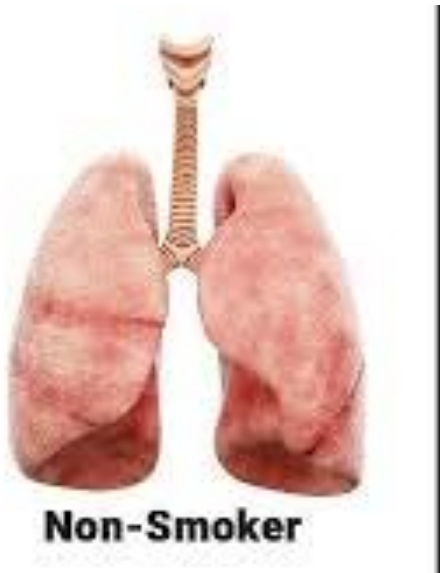


Respect

# Smoking



Smoking Tobacco can stain your teeth and damage your gums leading to your teeth falling out.



## OUR VALUES



Patients & people first



Partnership



Respect

# Drinks

It is important for your health to drink the right drinks.

Instead of:

Healthy Swaps

You could try:



## OUR VALUES



Patients & people first



Partnership



Respect

# Quiz time

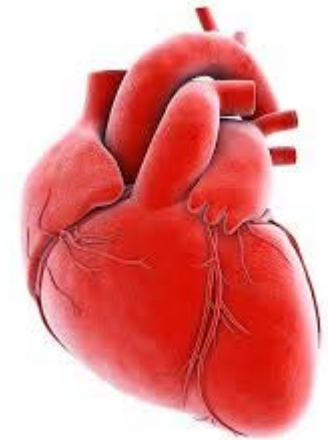
**You can keep your heart strong by:**

A) Eating heart-shaped candy

B) Doing activities, like playing sports, riding your bike, and swimming

C) Smoking

D) Sleeping 18 hours a day



## OUR VALUES



Patients &  
people first



Partnership



Respect

# Service User Feedback

## Very Interesting Topics

Medication

Heart

Diabetes

Alcohol

‘It was hard not to laugh in the session about balls but I still learned things’.  
‘I liked the fun facts’.

## Less Interesting Topics

Smoking – ‘because I don’t smoke’.

‘There was too much paperwork’.

## Healthy changes I am going to make.

Do the ‘morning mile’ more often.

Stay at a healthy weight.

Check my balls.

Eat more fruit and veg.

Drink more water.

## What topics would you like to learn about next time?

Mental wellbeing and relaxation.

How to talk about mental health with mates.

Drugs.

## OUR VALUES



Patients &  
people first



Partnership



Respect

# Reflection

## What went well

- Regular engagement
- Interesting feedback
- Around 50-60% ward attendance
- Support from external services

## Challenges

- Patient movements
- Different levels of ability
- Varying levels of staff input during sessions
- Sensitive topics

### OUR VALUES



Patients & people first



Partnership



Respect

# What we would change in the future ...

Give service users resource folders

Consider facilitating smaller groups based on service users VdT MoCA level

To plan and facilitate the group with a designated male activity co-ordinator or support worker

Running every 6 months covering different topics

## OUR VALUES



Patients & people first



Partnership



Respect

# Thankyou for listening

## Any questions?

Jay Balch  
Occupational Therapy Assistant  
Forensic Learning Disability Service  
[jay.balch@southernhealth.nhs.uk](mailto:jay.balch@southernhealth.nhs.uk)

Polly Martin  
Occupational Therapy Specialist  
Practitioner  
Forensic Learning Disability Service  
[polly.martin@southernhealth.nhs.uk](mailto:polly.martin@southernhealth.nhs.uk)

### OUR VALUES

