

# Men's health: out of the shadows

The Annual Report of the  
Men's Health Forum 2002

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## The Annual Report of the Men's Health Forum 2002

Published by:  
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The Forum's mission is to provide an independent and authoritative voice for male health and to tackle the issues affecting the health and well-being of boys and men in England and Wales.

Our vision is a future in which all boys and men in England and Wales have an equal opportunity to attain the highest possible level of health and well-being.

We aim to achieve this through:

- Research and policy development
- Professional training
- Providing information services
- Stimulating professional and public debate
- Working with MPs and Government
- Developing innovative and imaginative projects
- Collaborating with the widest possible range of interested organisations and individuals
- Organising the annual National Men's Health Week

The Forum's mission, vision, values and beliefs statement can be read in full at [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk).

## Chair's Review

This year's annual report of the Men's Health Forum gives an account of the impressive developments that have been achieved in only our second year as a charity.

The launch of our policy document *Getting it Sorted*, the first National Men's Health Week, the publication of the findings of the prostate awareness study and the unique Haynes' *Man Manual*, the success of the training programme – these are but a few of the Forum's many successful initiatives during 2002.

There are still many challenges ahead, however, the keenest being the necessity to manage a steadily increasing workload within the resources available. During 2002, it became clear that a re-think of our direction and priorities was required. The resulting strategic planning process is progressing well and it is envisaged that by the summer of 2003 we will have consulted with all our key stakeholders and be well underway to achieving a more focused approach to our work with a stronger base on which to continue our development.

Securing a broader range of funders was one of the priorities the organisation set itself in last year's report and we can proudly state that we have again been recognised by the Department of Health as an organisation that warranted project as well as core funding. The Health Development Agency also funded our work and there was continuing interest in collaboration from commercial sponsors. As a result, we can now boast an increasingly diverse funding base and I sincerely thank all our sponsors for their generosity in helping to build the organisation.

On behalf of all the Trustees, I wish to praise Director Peter Baker and President Ian Banks for their inspired leadership and all the staff for rising to the challenges that being at the centre of such a dynamic organisation brings. It is their hard work and dedication that is allowing us to not just keep pace with developments but also to be leading

and directing the changes that are occurring.

I also thank my fellow Trustees, the Executive Committee and the Industry Committee for their help, support and wisdom in guiding the development and maturation of the organisation.

I am sure that with the continued support of all our sponsors, the talent and energy of our staff and all those associated with the Forum, we will meet whatever challenges we may face in 2003 and beyond.



**Alan White**  
**Chair of Trustees.**

## Director's review

2002 was the year men's health finally moved out of the shadows. For much of the previous decade, men's health was mostly seen as a sometimes interesting but generally marginal issue. Men's health advocates often felt isolated and unsupported. Men themselves were widely believed to be virtually beyond help – uninterested in their own health, their irresponsible lifestyles and defective genes condemned them to an inevitably early death. Men's health was barely on the agendas of national and local health organisations.

So much has changed. This is reflected in these highlights of 2002:

- The first-ever National Men's Health Week took place in England and Wales. Organised by the Forum, the Week was launched in Westminster by public health minister Hazel Blears MP and some 300 locally-organised events were held around the country. The media interest was also enormous.

- The Department of Health's Suicide Prevention Strategy for England, published in September, was the first document of its kind to address men's issues specifically and, in many ways, it provides a model for other health policies.
- The Health Development Agency published authoritative research into the health of young men and held a major national conference on the issue in November. The HDA also began the process of establishing a men's health research advisory group.
- Haynes published the *Man Manual* in partnership with the Forum and Lilly ICOS. This book, marketed as 'a unique marriage of men and motors', uses the Haynes' car manual format for a self-help men's health book. Described by Hazel Blears as a 'brilliant publication' and 'one of the most effective pieces of health promotion work that I have seen in a long time', the Manual was a best-seller by the end of the year.
- Preparations began for the launch of the Prostate Cancer Charter for Action. Initiated by the GUS Charitable Trust, the Charter is supported by a coalition of 17 charities and professional organisations, including the Men's Health Forum, and aims to lobby the Department of Health to invest in more research and a public awareness campaign.
- The Gender and Health Partnership – supported by the Forum, Women's Health, the King's Fund and a range of other individuals and organisations – held two seminars to prepare for a national conference on gender and health in 2003. One of the key aims of the Partnership is to create 'gender sensitive' health policies and practices that meet the needs of both men and women.
- The Second World Congress on Men's Health took place in Vienna in October and was attended by about 800 delegates. At the Congress, the Forum, together with colleagues

from men's health organisations in Europe, the USA, Scotland and Australia, announced the launch of the first International Men's Health Week in June 2003.

2002 was also a key year in the development of the Forum. Funding was secured for important new projects – including one on men and chlamydia – and we published initial findings from our study of how to raise men's awareness of prostate health in a workplace setting. A men's health training programme for professionals was launched and work began to update our unique database of men's health projects. The Forum's new membership scheme, launched in May, rapidly recruited individuals and organisations into membership – almost 80 had signed up by the end of the year.

None of this would have been possible without the continuing efforts of our Trustees, Executive Committee, supporters, sponsors and staff. The staff in particular have been tireless and continuously delivered high-quality, innovative work.

Complacency would be inadvisable, however. Men's health remains unnecessarily poor, most health policies continue to ignore men and health services are still not working with men effectively. There remains a huge gap in evidence-based research into the best ways of improving men's health. Men themselves, while clearly more interested in their health than many believe, have not even begun to create an effective lobby for change. Men's health may now be on the verge of becoming mainstream but men's health inequalities remain as large as ever.



Peter Baker  
**Director.**

## NATIONAL MEN'S HEALTH WEEK

### Objectives

The highlight of 2002 was the launch of the first-ever National Men's Health Week in England and Wales in June (10-17th). The Forum's main aims for the Week were to:

- Raise the profile of men's health nationally, regionally and locally.
- Encourage a wide range of organisations to develop practical men's health initiatives.
- Contribute to the improved delivery of health services to men, including primary care and health promotion.
- Increase the awareness of health professionals of men's health issues and their ability to work effectively with male patients and men generally.
- Increase men's awareness of their own health and their treatment options.
- Help to change men's health-related behaviour, not least in terms of increasing their willingness to access health care and reducing the risks they take with their health.

### National launch

The Week was launched at Westminster by the public health minister Hazel Blears MP – in fact, this was her first public appearance since her appointment a few weeks earlier. Other speakers at the launch included the Conservative health spokesperson Tim Loughton MP, Dr Howard Stoate MP (chair of the All Party Parliamentary Group on Men's Health) and snooker champion Steve Davis. Ian Banks, the President, introduced our new men's health policy statement, *Getting It Sorted*, and unveiled the revamped 'consumer' website [malehealth.co.uk](http://malehealth.co.uk).

### Local events

Even more significantly than the national launch, during the Week some 300 local organisations across England and Wales ran men's health events. These included:

- Health promotion staff from South Worcestershire PCT joined up with the Enigma Business Park Partnership to hold a Men's Health Day at two workplaces in the Park. Male employees were offered one-to-one confidential consultations and health checks carried out by nursing staff. A range of health information and advice was also available.
- In Devon, Teignbridge PCT organised a Men's Health Roadshow which moved around Teignbridge offering free health checks and health information for men at venues including pubs, garden centres, a job centre, a hospital and a farmers' market; one of the busiest days was at the District Council, where over 200 male staff took the opportunity to visit the Roadshow.
- Northumberland Health Action Zone organised the region's first ever Men's Health Week, with a particular focus on local employers – over 50 local businesses and organisations took part. Activities included health messages on internal email systems, 'Take Care of Your Tackle' bullet points on the backs of toilet doors, health and fitness checks, and free breakfasts for employees who walked or cycled to work during the week.
- A variety of activities took place at the William Brookes School in Much Wenlock, Shropshire, including a talk to the staff team about male cancer risk, talks to pupils about testicular cancer, work with pupils by the local Community Mental Health Team and posters in the school foyer.

The Forum provided a resource pack, including posters, to local organisations to support their participation in the Week.

## Partnerships

We collaborated in a range of other initiatives launched during the Week:

- The World Cancer Research Fund published a leaflet on male cancers, '*One careful owner. Preventing Cancer: What every man should know*'.
- Tesco published a 20-page consumer health booklet, '*An eye on men's health*'.
- The Consumer Health Information Centre (CHIC) published a leaflet, '*Checking your nuts is just the start*'.
- The All Party Parliamentary Group on Men's Health, supported by BIVDA (British In-Vitro Diagnostic Association) and the Forum, organised health checks for male MPs at Westminster.

## Media coverage

Media interest in the Week massively exceeded our expectations. A total of 254 reports about the Week appeared in a wide variety of media, including 190 in national and local newspapers, 24 on national and local radio and eight on television. The total audience of all the media reporting the Week was almost 61 million, significantly more than the UK population.

The PR campaign was executed by Quinta Essentia (a Ruder Finn company) which generously supported the Forum on a pro bono basis. QE provided the Forum with advice about the media strategy, ran a press office with dedicated phone lines and an email address, was both pro-active and reactive before, during and after the Week and, finally, produced an in-depth assessment of the Week's media impact. QE's contribution was essential to the success of the Week.

## Sponsors and supporters

The 2002 Week could not have happened without the generous financial support of the British Prostate Group, GUS Charitable Trust, Health Development Agency, Lilly, National Obesity Forum, Pfizer Limited, World Cancer Research Fund and Yamanouchi Pharma.

The Week was also supported by The Army, British Medical Association (BMA), Community Health UK, Consumer Health Information Centre (CHIC), Doctor Patient Partnership, European Men's Health Forum, Fathers Direct, Impotence Association, Orchid Cancer Appeal, Patients' Association, Practice Nurses' Association, Prostate Cancer Charity and Queen's Nursing Institute.

## Evaluation

Our overall assessment of the Week was very positive, not least because the activities firmly established the Week as a significant annual event and helped to push men's health up the health policy agenda. By the end of 2002, the Forum's plans for the 2003 were already well-advanced. The main theme of the Week (9-16th June) will be men's sexual health.

## POLICY DEVELOPMENT

### A national men's health policy

The centerpiece of the Forum's policy work in 2002 was the publication of *Getting It Sorted: A New Policy for Men's Health* during National Men's Health Week. This document, the first national men's health policy statement published in the UK, analysed the current policy position and made 46 recommendations for action. These included:

- The Department of Health should establish a national men's health policy.
- Every health policy produced by the Department of Health must include a gender dimension that covers men's health as a specific issue (unless there are clear and obvious reasons for not doing so).

- Health Improvement and Modernisation Programmes must be required to address men's health issues.
- Primary care services should have longer opening hours and attempt to create a more male-friendly environment (e.g. by displaying male-interest magazines and men's health posters and leaflets).
- Men's access to appropriate confidential and anonymous sources of health information, including telephone helplines and the Internet, should be increased.
- There is an urgent need for more health promotion initiatives that are specifically targeted at men rather than based on the traditional population-wide approach.

*Getting It Sorted* was widely distributed as both a lobbying and consultation document. The Forum plans to produce a definitive policy statement once the consultative phase has been completed.

### **Suicide prevention**

We responded to the Department of Health's consultation on the national suicide prevention strategy for England. While broadly welcoming the proposed strategy, we stressed that it is essential to consider suicide as a 'gendered' phenomenon – men are much more likely to kill themselves than women. The Forum argued that the reasons for this need to be much more clearly understood if there is to be an effective response by the NHS and other agencies. Unless men's specific experiences, concerns and needs are reflected in policy and practice, there is unlikely to be any significant change in the depressing statistics on men and suicide.

We also recommended that:

- Research should be undertaken to develop a better understanding of why young men in particular kill themselves and why they are doing so in increasing numbers. This would significantly help the design and development of

better suicide prevention services.

- Primary care trusts should identify the groups of young men most at risk within their local communities so that they can be targeted with suicide prevention initiatives.
- Primary care trusts should also undertake an audit of young men's use of relevant local services. Future initiatives should be pursued via those services that are already used by young men at risk. Those services that are not being accessed by young men should develop strategies to ensure that they are.
- Suicide prevention work with young men must involve a broad range of settings and disciplines if young men at risk are to be effectively targeted. These should include education, the voluntary sector (especially the Samaritans), probation, youth and careers services, community organisations and accident and emergency departments as well as primary care and mental health services.
- Mental health, support and advice services should develop media and marketing strategies to target those young men they do not currently reach.

The Forum welcomed the finally published strategy even though not all of our recommendations were included. Crucially, however, the strategy took into account the importance of gender, especially in respect of young men.

### **Gender and Health Partnership**

The Forum continued to play a leading role in the Gender and Health Partnership, an organisation which aims to encourage the development of 'gender sensitive' health policies and practices. We participated in two workshops at the King's Fund which helped identify the key issues for a national conference in 2003.

## ALL PARTY PARLIAMENTARY GROUP ON MEN'S HEALTH

We continued to organise and promote the work of the All Party Parliamentary Group on Men's Health. (The Forum provides the secretariat to the Group.) The Group held four major meetings in 2002:

- Men and weight problems (January). The speakers included Dr Ian Campbell (chair of the National Obesity Forum) and David Wilkins (then a health promotion specialist for HealthWorks, Dorset Health Authority's health promotion agency). Roche Products Ltd also provided dietary information and a BMI (body mass index) measuring service for MPs.
- Men and sexual health (March). Speakers included Professor Sian Griffiths (President, Faculty of Public Health Medicine), consultant urologist Mr John Pryor (representing the Impotence Association) and Ian Banks. The meeting addressed men's sexual health problems in general but focused on the public health implications of the Department of Health's restrictions on GPs' ability to prescribe treatments for erectile dysfunction on the NHS.
- Men and suicide (July). Trefor Lloyd, Director of Working With Men, presented the findings of his MHF-commissioned study on young men and suicide. (See page 7 for more information about this study). This meeting followed the Group's AGM at which Dr Howard Stoa MP was elected Chair and Michael Fabricant MP, Sandra Gidley MP and Linda Perham MP as Vice Chairs.
- Men's health policy (November). Public health minister Hazel Blears MP spoke about the Department of Health's approach to men's health; Peter Baker provided the Forum's perspective, particularly the need for a national men's health policy. A transcript of both presentations is available on the Forum's website, [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk).

## PROFESSIONAL DEVELOPMENT

### Training

In 2001, the Forum secured a grant from the US-based Pfizer Foundation to enable it to develop a new national training programme for health professionals. Robbie Porter began work as Training and Information Services Officer in February 2002 and one of his first tasks was to identify training needs through a survey of the Forum's members. The findings identified a significant demand for training and led to the development of a comprehensive programme of training.

The response rate for training courses in London was disappointing. However, bespoke training appeared to be a much more attractive option and the Forum has been proactive in developing this as an affordable, quality product. Training covering Men and Sexual Health, Working with Young Men and Men, Mental Health and Suicide has been offered to professionals from a range of statutory and voluntary sector agencies. There is also an Introduction to Men's Health course. Take-up of these courses has been substantial and a series of training events will take place around the country throughout 2003. The evaluations received have shown a very high level of 'consumer' satisfaction.

### Men's Health Journal

We continued to work closely with the Medical Education Partnership, publishers of the *Men's Health Journal*. Four issues were published in 2002, covering a range of clinical and non-clinical issues including chlamydia, obesity, the mental health of young black men leaving care, prostate cancer, new ways of working with men and men's health attitudes and beliefs.

### Menshealthforum website

The Forum's website [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk) is primarily aimed at health professionals and others interested in working with men, policy development or research. A unique resource, the site contains a



rich mix of news, information and links to other sites. Our database of UK men's health projects is accessible through the site as is an e-discussion network on men's health issues. Information on Men's Health Forum Scotland and Men's Health Forum Ireland can also be found on the site. Menshealthforum.org.uk averaged nearly 14,000 users a month during 2002, although after October the monthly average increased to over 17,000. In 2002, the site was funded primarily by an educational grant from Merck Sharp and Dohme.

## RESEARCH

### **Prostate health**

The Forum's study of how to increase men's awareness of prostate health in a workplace setting was completed and the main findings launched at a press conference in May. The study, conducted by CEDC and the Institute of Health at Warwick University, took place at three Consignia (Post Office) sites in the West Midlands. A sample of 458 men at the three sites was tracked to establish whether their knowledge of the typical symptoms of prostate disease increased after a series of simple interventions (including posters, leaflets and a nurse being available during work breaks). The study found that knowledge increased significantly and that there was also great interest among male staff in health promotion in the workplace. A summary of the findings was published in the *Men's Health Journal* in the autumn and the full report will be available in early 2003.

### **Young men and suicide**

*Soldier It! Young Men and Suicide: An audit of local service provision and young men's uptake of services* was published by the Forum in the autumn. This study, undertaken for the Forum by the consultancy Working With Men, investigated the attitudes of young men towards help-seeking for mental health problems and the approach of services to young men with mental health

problems. The research took place in the deprived London Borough of Newham and found that young men were surprisingly reluctant to use any kind of service and generally displayed stereotypically male attitudes towards help-seeking. Services, on the other hand, showed little understanding of young men or how to work with them effectively. The report concluded with a set of recommendations aimed at improving service delivery by agencies.

### **Men and chlamydia**

Work began on a major two-year project to increase men's awareness of chlamydia and to develop ways of encouraging men to get tested for the condition. This work is primarily funded by the Department of Health with additional support from the National Pharmaceutical Association and Roche Diagnostics.

### **Database of men's health projects**

The Department of Health also provided a two-year grant for the Forum to maintain and update its database of men's health projects across the UK. This database is searchable on the Forum's website, [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk). The database is an invaluable source of information for policymakers, practitioners and researchers.

### **HDA reference group on men's health**

The Health Development Agency invited us to join a new reference group on men's health, the aim of which is to support the HDA's work to identify the evidence of good practice in men's health and to facilitate the conversion of evidence into practice. The establishment of this group, and the HDA's decision to make men's health one of its priority work areas in 2003-4, is enormously significant. This is the first time men's health has been identified as a strategic priority by a key national public sector organisation.

## HEALTH PROMOTION

### ***Erectile dysfunction***

The Forum, in partnership with the Impotence Association, continued to support the Pfizer-sponsored educational awareness programme on erectile dysfunction (ED). In 2002, to coincide with the World Cup, much of the campaign material in the press, on television and on the radio featured Pele. The information provided to men is aimed at increasing awareness of ED in general and encouraging men to seek medical advice. No specific product or type of treatment is recommended.

By the end of 2002, the success of this initiative was clear: 27% of the men who had not seen their doctor before registering on the programme had done so as a direct result of the information sent to them. (Just one man in 10 sees his doctor without the support of such a programme.) 90% of men who had not previously spoken to their partner about their ED did so as a result of the information they received.

We also lobbied throughout the year for a change in the Department of Health's policy of restricting GPs' ability to prescribe treatments for ED on the NHS. The Forum and the Impotence Association worked together on the Standing Up for Men campaign launched on National Impotence Day (14th February) at Dreams bedstore in Tottenham Court Road, London. This made the case for ED to be treated as a public health issue – because it is a symptom of an underlying health problem (including cardiovascular disease and diabetes) it is vital that men are encouraged to seek treatment as soon as possible. Early diagnosis is also likely to be more cost-effective for the NHS in the long-term.

### ***The Haynes' Man Manual***

We supported the launch of the Haynes' Man Manual in November. Sponsored by Lilly ICOS and written by our President, Ian Banks, this unique book presents health information to men using a male-friendly, accessible, car manual format. The

book is sold in Halfords as well as regular bookshops. The Man Manual received significant media coverage, has been positively reviewed and proved a best seller. By the end of 2002, some 40,000 copies had been sold. The publishers, Haynes, has generously agreed to donate 50p for each copy sold to the Forum for cancer-related work.

### ***Malehealth website***

The Forum acquired this site from Radcliffe Online in December 2001 and relaunched it during National Men's Health Week in June 2002. Malehealth aims to provide health news, advice and information to 'the man in the street' in a lively and easy-to-use format. Although the site operates with a very limited budget, it has succeeded in attracting a significant number of users. Since June, the site has averaged 24,667 user sessions a month, peaking at 31,858 in October. Malehealth also has some 3,000 registered users who receive regular updates about the site.

## MEMBERSHIP

The Forum began recruiting members soon after its formation in 1994. For the first few years, only organisations could join. No fees were charged and the membership received few benefits apart from the occasional Forum publication or being invited to a Forum event. In 2000, membership was opened up to individuals and efforts were made to recruit new members. By May 2002, there were over 400 members. Because membership remained free, members' benefits were still very limited.

The appointment of a member of staff with a responsibility for membership development, plus the increased capacity of the Forum to offer real benefits to members (training, publications, etc.), made it possible to consult existing members about a fee-paying scheme and then to introduce such a scheme in May. By the end of 2002, 79 members had been recruited, mostly primary care trusts.

During 2002, our members' newsletter, *Update*, increased in length from two to four pages and converted from black and white to full colour. There were three issues of *Update* in 2002, more than ever before, and it will be published quarterly in 2003.

By December, registrations were coming in for our first Members' Meeting. The event, planned for January 2003, will be an afternoon seminar where members are briefed on the Forum's latest projects and have an opportunity to exchange views with other members and our staff.

*The Forum's members are not 'members' in the legal sense – they have no powers or responsibilities. They are, in fact, 'supporters' of the Forum.*

## THE STRUCTURE OF THE FORUM

The Forum's **Board of Trustees** is responsible for strategic decisions regarding management and policy. The Trustees meet quarterly. To be appointed as a Trustee, an individual must be nominated by an existing Trustee or Trustees.

The Trustees are advised by an **Executive Committee**, which also meets quarterly. The Executive, which is appointed by the Trustees, comprises organisations and individuals who have a particular interest or expertise in men's health.

The Forum also takes advice from its **Industry Committee**. This Committee comprises the corporate sponsors of the Forum. The Industry Committee has a representative on the Executive Committee.

The Forum has a **membership** of organisations and individuals who support its aims and objectives.

The day-to-day work of the Forum is undertaken by the **Director** and the **staff**. The **President** plays a particularly important role in fundraising, networking and as the Forum's chief media spokesperson.

## THE TRUSTEES

The Trustees of the Forum are:

Jane DeVille-Almond (vice-Chair, vice-President and Hon. Treasurer)  
Kristin McCarthy  
Shaun O'Leary  
Richard O'Neill (Director, National Men's Health Week)  
Alan White (chair)

## THE EXECUTIVE

The Executive Committee comprises the Trustees plus:

Gary Alessio (Gay Men's Health Network)  
Rodney Elgie (GAMIAN-Europe)  
Tim Hepburn (Department of Health, observer)  
Meryl Johnson (Worcestershire Health Authority)  
Gopa Mitra (Proprietary Association of Great Britain)  
Berkeley Burchell (Community Health UK)  
Colin Osborne (Orchid Cancer Appeal)  
Kamlesh Patel (Ethnicity and Health Unit, University of Central Lancashire)  
Alastair Pringle (Men's Health Forum Scotland, observer)  
Sally Taylorson (Health Development Agency)  
A representative of the Industry Committee (currently Gavin Gandy, Pfizer Ltd)

## THE STAFF

Peter Baker – Director  
Dr Ian Banks – President  
Caroline Dyer – Finance and Administration Officer  
Matthew Maycock – Administration Assistant (from July 2002)  
Colin Penning – Parliamentary Affairs and Membership Development Officer  
Robbie Porter – Training and Information Services Officer (from February 2002)  
David Wilkins – Policy and Special Projects Officer (from September 2002)

*Allan Johnstone was Policy and Special Projects Officer until July 2002. Soarise Kerrigan was Administration Assistant from April-July 2002.*

## Freelance staff

Elaine Andresier - Book-keeper

Jim Pollard – Website Editor

*The details of the Trustees, Executive*

*Committee members and staff are correct as of 31st December 2002.*

## SPONSORS AND SUPPORTERS

The following organisations generously supported the Forum in 2002.

Abbott Laboratories Ltd .....	£5,000
AstraZeneca UK Ltd .....	£5,000
BMA Communications.....	£5,000
British Prostate Group.....	£5,000
Department of Health.....	£84,500
Lilly .....	£19,000
GlaxoSmithKline .....	£5,000
GUS Charitable Trust .....	£2,000
Haynes Publishing .....	£7,564
Health Development Agency .....	£10,000
Merck Sharp and Dohme Limited .....	£15,000
National Obesity Forum .....	£2,000
Owen Mumford Ltd .....	£5,000
Pfizer Ltd .....	£56,750
PPP Foundation.....	£500
Roche Products Limited .....	£18,000
Sanofi-Synthelabo .....	£5,000
World Cancer Research Fund .....	£10,000
Yamanouchi Pharma Ltd.....	£10,000

*Notes: (1) The amounts indicated above were awarded in 2002 but are not necessarily for the 2002 financial year alone; in many cases, grants are for work extending into 2003 (and beyond); (2) The funding shown as made by Lilly excludes a grant of £65,000 for the European Men's Health Forum that was paid to the Men's Health Forum but later transferred to the EMHF.*

The Forum also received additional and generous in-kind support from:

BMDA (British In-Vitro Diagnostic Association)  
Occasional free use of meeting rooms

Quinta Essentia  
PR support for National Men's Health Week

Pfizer Ltd  
Posters for National Men's Health Week

Yamanouchi Pharma Ltd  
Poster for National Men's Health Week

*In April 2003, the Forum adopted a policy on relationships with commercial and other organisations. This can be viewed in full at [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk). This policy commits the Forum to disclose in its Annual Report which organisations have supported the Forum financially (or in other ways) and by how much. It is also the Forum's strict policy not to support or endorse any specific medical products, treatments or devices (including all pharmaceutical products whether available on prescription only or over-the-counter).*

## Auditor

Michael Jellicoe  
59 Knowle Wood Road, Dorridge  
West Midlands B93 8JP

## Solicitor

A.J. Lutley  
Springfield, Rookery Hill, Ashtead Park  
Ashtead, Surrey KT21 1HY

## Bankers

NatWest  
55 Lewes Road, Brighton BN2 3JQ

# Summarised Financial Statements

## MEN'S HEALTH FORUM

### SUMMARISED ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2002

#### Statement from the Trustees

These summarised accounts are not statutory accounts but are extracted from the full financial statements approved by the Trustees on 3 April 2003. Full accounts have been prepared and audited; they received an unqualified audit report and are available on request from the charity. The full accounts have been submitted to the Charity Commission and abbreviated accounts to the Registrar of Companies.



A White  
on behalf of the Executive Board  
3 April 2003

#### Auditor's Statement to the Members of the Men's Health Forum

I have examined the summarised financial statements of the Men's Health Forum.

#### Respective responsibilities of Auditor and Trustees:

The Trustees are responsible for preparing the summarised financial statements in accordance with the recommendations of the Charities SORP.

My responsibility is to report to you my opinion on the consistency of the summarised financial statements with the full financial statements and Trustees' Annual Report. I also read the other information contained in the summarised annual report and consider the implications for my report if I become aware of any apparent misstatements or material inconsistencies with the summarised financial statements.

#### Basis of Opinion:

I conducted my work in accordance with Bulletin 1999/6 'The auditors' statement on summary financial statements' adopted by the Auditing Practices Board for use in the United Kingdom.

#### Opinion:

In my opinion these summarised financial statements are consistent with the full financial statements and the Trustees' Annual Report of the Men's Health Forum for the year ended 31 December 2002.



Michael Jellicoe  
Chartered Accountant and Registered Auditor  
3 April 2003

# Men's Health Forum

## STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2002

	2002 Restricted Funds £	2002 Unrestricted Funds £	2002 Total £	2001 Total £
<b>Incoming Resources</b>				
Donations, legacies and similar income	166,603	74,596	241,199	269,298
MHF Europe	65,000	-	65,000	146,779
Grants for project activity	24,000	-	24,000	-
Editorial fees	-	3,034	3,034	-
Sundry operating activities	-	1,921	1,921	2,199
Interest receivable	-	2,383	2,383	1,176
<b>Total incoming resources</b>	<u>255,603</u>	<u>81,934</u>	<u>337,537</u>	<u>419,452</u>
<b>Less:</b>				
Costs of generating funds	(499)	(12,115)	(12,614)	(2,063)
<b>Net incoming resources available for charity application</b>	<u>£255,104</u>	<u>£69,819</u>	<u>£324,923</u>	<u>£417,389</u>
<b>Resources Expended</b>				
Charitable expenditure:				
Grants payable	1,000	-	1,000	-
Staff costs	95,983	-	95,983	18,161
Project costs	28,516	12,050	40,566	44,355
External representation and media	1,500	6,258	7,758	4,453
European office	158,382	-	158,382	53,397
Support costs	70,770	44,556	115,326	71,405
Management and administration	4,303	5,737	10,040	12,274
<b>Total charitable expenditure</b>	<u>£360,454</u>	<u>£68,601</u>	<u>£429,055</u>	<u>£204,045</u>
<b>Total resources expended</b>	<u>£360,953</u>	<u>£80,716</u>	<u>£441,669</u>	<u>£206,108</u>
<b>Net (outgoing)/incoming resources before transfers</b>	(105,350)	1,218	(104,132)	213,344
<b>Gross transfers between funds</b>	(6,181)	6,181	-	-
<b>Net (expenditure)/income for the year</b>	(111,531)	7,399	(104,132)	213,344
<b>Total funds brought forward</b>	<u>155,629</u>	<u>57,715</u>	<u>213,344</u>	<u>-</u>
<b>Total funds carried forward</b>	<u>£44,098</u>	<u>£65,114</u>	<u>£109,212</u>	<u>£213,344</u>

## MEN'S HEALTH FORUM BALANCE SHEET 31 DECEMBER 2002

	2002 £	2002 £	2001 £
<b>FIXED ASSETS</b>			
Tangible assets		22,562	15,286
<b>CURRENT ASSETS</b>			
Debtors	43,369		16,663
Cash at bank and in hand	62,695		210,284
		<u>106,064</u>	<u>226,947</u>
<b>CREDITORS: Amounts falling due within one year</b>	(19,414)		(28,889)
<b>NET CURRENT ASSETS</b>		<u>86,650</u>	<u>198,058</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>£109,212</u>	<u>£213,344</u>
<b>CAPITAL AND RESERVES</b>			
Restricted Funds		44,098	155,629
Unrestricted Fund		65,114	57,715
		<u>£109,212</u>	<u>£213,344</u>

## MHF SERVICES

### **Professional Training**

The Forum provides training on a wide range of issues, including:

- An Introduction to Men's Health
- Men and Sexual Health
- Working with Young Men
- Planning Services for Men
- Men, Mental Health and Suicide

We can also offer 'made-to-measure' training which is delivered locally to meet an organisation's specific needs.

Our training is ideal for those from a range of backgrounds working, or planning to work, with men, including practice nurses, school health advisors, youth workers, health visitors, occupational health specialists, health promotion specialists, GPs and others working with men on health or health-related issues.

For more information about the Forum's training service, contact our Training Officer at [robbie.porter@menshealthforum.org.uk](mailto:robbie.porter@menshealthforum.org.uk) or tel. 01905 21340.

### **Men's Health Projects Database**

The Forum maintains a unique UK-wide database of men's health projects which is freely-available through our website, [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk). The number of projects listed, and which can be searched in a variety of ways, now exceeds 200.

The database's main purpose is to provide health professionals and others who wish to develop their own male health initiatives with an accessible resource that can help them make contacts, network and follow good practice. It is also useful to researchers with an interest in men's health.

Use the database – and, if you are involved with a men's health project, make sure you are listed. To register, contact our database administrator at [matthew.maycock@menshealthforum.org.uk](mailto:matthew.maycock@menshealthforum.org.uk) or tel. 020 7388 4449. The database can also be provided on CD-Rom for a small charge.

## JOIN THE MEN'S HEALTH FORUM – BE PART OF OUR SUCCESS

The Forum has launched an exciting new scheme for supporters. By joining, individuals and organisations can both support our work and improve their own knowledge and skills in this increasingly important area.

Membership is particularly recommended for health promotion specialists and agencies, health visitors, nurses, GPs, occupational health specialists, primary care trusts, commercial and professional organisations and health and other charities – anyone with an interest in health issues affecting men.

The supporters' scheme provides a range of exclusive benefits, including:

- Quarterly MHF bulletin
- Copies of Forum reports
- Copies of press releases
- Invitations to special MHF events
- Free/discounted workshops and training for member organisations
- Discounted MHF conference registration
- Organisations can have a free link on the MHF website and multiple memberships at a reduced rate

For more information about how to join, visit [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk), email [office@menshealthforum.org.uk](mailto:office@menshealthforum.org.uk) or phone 020 7388 4449.

*“The independent voice for male health”*



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