

## MEN'S HEALTH FORUM @WORK

### Putting the HEALTH into Health & Safety

### How can we help?

Name

Role

Organisation

Postcode

Email

Phone

I am interested in:

- ☐ Training
 ☐ Toolbox Talks
 ☐ John Ryan  
☐ Publications
 ☐ Slide Shows
 ☐ Consultancy

Message

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# @WORK



PHOTO BY ALAN

## Putting the HEALTH into Health & Safety



## Healthy workplace, healthy workers, healthy business. It ain't rocket science.

Good employers know that keeping an eye on their workers' wellbeing will benefit the bottom line. Men's Health Forum @work brings together a number of products and services that can help you get your key health messages over.

- > Publications - our man manuals and 'how to' guides: award-winning material for both men and health professionals
- > Toolbox Talks - putting the health into health and safety
- > John Ryan - the comedy contractor
- > Slide Shows - health 'screening' at work
- > Training
- > Consultancy

We're open to discussing any other ideas too.

## PUBLICATIONS

Produced in partnership with Haynes, our man manuals are A5 men's health guides providing impartial, authoritative, easy-to-read information on a range of topics including general lifestyle, eating and mental health.

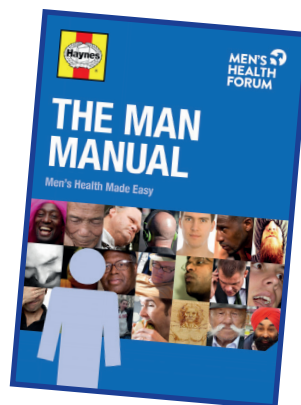
They say men aren't interested in health. But sales of over one million man manuals suggest this isn't true. How do they look? A bit like this leaflet. You can buy titles off-the-shelf, have existing titles customised with your branding or even commission a whole new manual.

We also produce 'how to' guides which pull together the key research around how best to approach a particular topic or type of programme with men.

## JOHN RYAN - THE COMEDY CONTRACTOR

John Ryan is an award-winning comedian who also works in men's health. By combining comedy with practical advice, John is living proof that laughter really is the best medicine.

Lunchtime, evening, any time, John will talk about men's health in a way that guarantees that they will actually listen. And have a great time to boot.



## TOOLBOX TALKS

Toolbox talks are a way to get over key health messages in a short, accessible and fun way.

You can tailor the resource for longer or shorter talks depending on your time and needs. With a little preparation, anyone with training experience can deliver our Toolbox Talks. Or we can come in and do it for you.

Originally developed with the construction industry to put the health into health and safety, Toolbox Talks are now available for any workplace. And they work even if the most dangerous thing in your office is the staple gun.

## SLIDESHOWS

Try health 'screening' at work. Our slideshows are available in a variety of formats to be shown on a loop wherever you have a screen to display your health messaging. Canteens are popular but you can show them anywhere – reception, conferences. Put a screen in the toilets.

Existing slide decks can be customised to include your logo or we can develop new shows for you.

## TRAINING

The Men's Health Forum has developed an acclaimed 'how to' workshop for health professionals working with men. We can tailor this to suit your workplace's needs or develop a new training package for you.

## CONSULTANCY

Men's Health Forum @work can also provide consultancy services on all aspects of health in the workplace.

We're open to discussing any other ideas too. Call us on 020 7922 7908, visit our website or email us on: [at.work@menshealthforum.org.uk](mailto:at.work@menshealthforum.org.uk)

Really enjoyed the course with clear information delivered in a clear way.

