

MEN FROM
CULTURALLY &
LINGUISTICALLY
DIVERSE BACKGROUNDS

Positive Images of

MENS

health

Pilot Project

2002 - 2003



acknowledgements

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Table of Contents

Foreword	01
1. Introduction	02
2. Organisation Profiles	
2.1 The Migrant Health Service	
2.2 Enfield Community Health Service	03
2.3 SHine SA	
3. Positive Images of Men's Health - Pilot	04
3.1 Background	
3.2 Project Description	
3.3 Project Duration	
3.4 Stakeholders	
3.5 Rationale - Identified Needs	
3.6 Process and Methodology	05
3.6.1 Project Components Detailed	06
3.7 Pointers and Suggestions for Service Providers	09
3.8 Project Outcomes	10
4. Recommendations	
5. Future Directions	11
5.1 Men's Health and Wellbeing Policy	12
5.2 Men's Health Promotion Strategies	
5.3 Project Links	13
6. Summary	
Appendix A	14
Table 1 Plan - Positive Images of Men's Health	
Appendix B	15
Survey Questions	
Survey Responses	
Appendix C	18
Participant Responses from Men's Health Session	
Appendix D	21
Sample Invitation	

Foreword

Positive Images of Men's Health is an important project in that it focuses on men's health specifically to address an area of identified need. Although men represent about 50 percent of the population, there have been few significant initiatives expressly focusing on men to address their health related problems, issues and attitudes.

Research has identified specific men's health issues that require attention. The fact is that men die a number of years earlier than women and many die from diseases that are preventable. Men, however, do not always see the importance of prevention. Compared with women, they are less likely to access prevention and early intervention programs and tend to seek help for their health only when their symptoms are further along a continuum where greater intervention is necessary.

There is evidence showing a relationship between wealth and health status. Men with fewer financial resources tend to experience poorer health. Vulnerable groups include the homeless, those with substance abuse problems, Indigenous men and men from culturally and linguistically diverse (CALD) backgrounds, particularly newly arrived refugees including those on Temporary Protection Visas.

Positive Images of Men's Health and its predecessor Gateways to Men's Health worked with CALD men, including newly arrived refugees and Temporary Protection Visa holders. Both projects grew out of an identified need and were developed in collaboration with CALD men.

The work on Gateways to Men's Health identified the need to develop different methodologies in order to engage men generally and CALD men in particular. These methodologies were further developed in Positive Images of Men's Health and could be valuable to the whole population of men.

I am most enthusiastic to endorse the important work undertaken in Positive Images of Men's Health. This pilot project has demonstrated an effective and positive way to engage men in taking a positive view of their health.

It is proposed that Positive Images of Men's Health be developed into a larger and broader project targeted at all men. It is now up to funding organisations to see the wisdom of the methodologies proposed and finance the development of this broader project, thereby supporting improve health outcomes for men and, ultimately, the whole community.

Angelika Tyrone
Manager, The Migrant Health Service

1. Introduction

Men's health issues are often presented negatively, with an over-emphasis on the causes and treatment of disease. The pilot project Positive Images of Men's Health was developed to address this by raising awareness of men's health and wellbeing through a positive approach to men and their health. Focussing on promotion, prevention and early intervention, the project engaged a broad range of men in a process that enabled them to take an active interest in and responsibility for their health. It is recommended that Positive Images of Men's Health comprise two parts, the pilot project, now completed, and a broader project to be implemented in 2003. Positive Images of Men's Health developed out of an identified need that men, particularly men from culturally and linguistically diverse (CALD) backgrounds, new arrivals and refugees, have little knowledge of services and what they can offer. Furthermore, mainstream services established to meet the needs of men are often unable to effectively engage men.

2. Organisation Profiles

Positive Images of Men's Health represents a collaborative initiative between the Migrant Health Service, Enfield Community Health Service and SHine SA, with assistance from the community members and schools that participated in the project.

2.1 The Migrant Health Service

The Migrant Health Service is a multicultural, multilingual health care agency that has a statewide brief to provide primary health care to newly arrived migrant and refugee communities. The Service holds a broad view of primary health, as articulated in the Ottawa Charter, and considers access to housing, education, employment, social security, income, opportunities, resources and social justice to be essential to health and wellbeing.

Over the last 10 years, the Service has developed trusting relationships with newly arrived individuals, groups and communities through clinics, counselling and a range of community development programs and projects. The Service is broadly organised under four program areas:

1. Clinic Program.
2. New Arrivals Program.
3. Community Development Program.

2.2 Enfield Community Health Service

Enfield Community Health Service and the Migrant Health Service are sites within the Adelaide Central Community Health Service (ACCHS). ACCHS exists to promote the health and wellbeing of the community by providing responsive primary health care services that are based on social justice and a social view of health. ACCHS is committed to working in collaboration with communities and relevant health organisations within government and other sectors.

The values that underpin ACCHS services and inform health promotion strategies within the organisation are demonstrated by a commitment to:

- Community focus and accountability to the communities worked with.
- Community participation in decision making and planning.
- Social justice.
- Valuing difference.
- Feminist approaches which support women's participation at all levels.
- A respectful and productive workplace that supports communication and worker participation in decision-making processes.

2.3 SHine SA

SHine SA is committed to improving the sexual health and wellbeing of South Australians by:

- Prevention, promotion and education

programs that build the capacity of our

communities of interest.

- Professional education programs that build the capacity of workers across all sectors.
- Clinical services targeted to communities with high sexual health morbidity.
- Therapeutic counseling targeted to individuals who cannot access private providers.
- Resources and library services accessible to workers and the community.
- Opportunities for partnership with workers, governments and agencies.
- Leadership and advocacy for sexual health.



3. Positive Images of Men's Health - Pilot

3.1 Background

The Migrant Health Service and Enfield Community Health Service worked in partnership with SHine SA on the Gateways to Men's Health project in 2001. This project identified the need to address a number of health-related issues, focussing specifically on men's health. It also revealed an urgent need to develop new and creative methods and strategies for working with men that are based on a holistic view of health and engage men in open, non-threatening discussions. Gateways to Men's Health also identified the need to continue focussing on men's health beyond the life of the project and to target a broader range of men including those from different socio-economic and cultural backgrounds.

3.2 Project Description

Positive Images of Men's Health is an action research based project targeting men from a wide range of CALD backgrounds in Adelaide. The project addressed an identified need for dedicated programs and approaches that enable men to become more involved and proactive about their health.

The overall aim of the project was to raise awareness of men's health and wellbeing through a positive approach to men and their health. It identified and presented positive male role models through photographs and portraits depicting the

positive behaviours and practices of men. These images were developed into a mobile display for exhibition. A summary of the project plan is detailed in Appendix A.

3.3 Project Duration

Positive Images of Men's Health- Pilot commenced in February 2002 and concluded with an exhibition in March 2003.

3.4 Stakeholders

Stakeholder consultation and involvement underpinned the planning, development and implementation of the project. Stakeholders included CALD men and their communities, Gilles Street Primary School, the Pines Primary School, Thebarton Senior College, English Language Service, the Migrant Health Service, Enfield Community Health Service, ACCHS and SHine SA.

3.5 Rationale - Identified Needs

Although men comprise almost 50 percent of the population, there is a lack of initiatives focussing on men to address their health-related issues and problems. Research reveals that there are specific health issues affecting men that require

attention. Men die a number of years earlier than women, many from diseases that are preventable. Men however do not always see their health as important. Compared with women, men are less likely to access early intervention and prevention programs but rather tend to wait until there are strong symptoms of illness before seeking medical attention. This of course often requires more invasive treatment.

There is strong evidence indicating a relationship between wealth and health status. Men with the least financial resources tend to experience poorer health.

There is a great deal of evidence that indicates the relationship between wealth and health status. People with the most limited economic resources experience poorer health. They are more likely to suffer disability, have serious chronic illness and report their health as fair/poor. In terms of service use, men with low incomes are 71% more likely to have a hospital episode, 36% more likely to visit a doctor and 138% more likely to use an outpatient clinic than high income men (DHS, 2000).¹

The most vulnerable groups include homeless men, Indigenous Australian men, culturally and linguistically diverse men, especially refugees, men on Temporary Protection Visas and new migrants, men with drug addictions and men with poor mental health.

Positive Images of Men's Health aimed to address

the need for dedicated programs and approaches that enable men to become more involved and proactive about their health.

3.6 Process and Methodology

Positive Images of Men's Health was informed by a holistic approach to health, encompassing all dimensions of men's health - physical, emotional, social, cultural, environmental, economic, political and spiritual.

The project can be divided into six overlapping parts. In order of development, these are:

1. Preliminary consultations with CALD men about how best to present men's health issues in positive ways.
2. The production of black and white photographs depicting men in a positive light, through their relationships, interests, studies and work.
3. The production of children's portraits depicting the positive male role models in their lives.

¹ The Health and Wellbeing of Men in South Australia, Department of Human Services, 2000.

4. A survey with women and men about the positive contributions men have made in their lives.
5. The development of a holistic health model to be used to guide discussions with CALD men about issues relevant to their health.
6. A men's health session involving men in discussions about the physical, emotional, social, and spiritual aspects of their health.

The project culminated in an exhibition highlighting the positive behaviours and practices of men. The exhibition gave the men an opportunity to share what was important to them about their health and allowed women, children and other men to reflect upon the positive male role models in their lives.

3.6.1 Project Components Detailed

3.6.1.1 Consultations

The overall aim of the consultations was to gauge support and obtain ideas for the project. Consultations were held in mixed group sessions with men from a range of CALD backgrounds including Australia, Bosnia, Cambodia, Chile, China, Colombia, Croatia, El Salvador, Iran, Iraq, Liberia, Philippines, Serbia, Sierra Leone, Sudan, Turkistan and Vietnam.

These consultations were possible because of previously established trust that had been developed through the Migrant Health Service and SHine SA's community development initiatives. In

addition, bi-cultural/multi-lingual community health workers and a male community health nurse from these services' had established close links with many of the men who were involved in the consultations.

Consultations were undertaken formally and informally, depending on the men's preferences. Some, for example, were planned and structured and took place in semi-formal settings while others occurred during casual conversation over cups of coffee at a local café or in the Migrant Health Service lounge. It was found that creating a genuine atmosphere of acceptance and openness helped the process immensely.

During the consultations, the men supported a suggestion that men, women and children from the communities be involved in the project, using photographs, children's artwork and a survey to highlight positive aspects of men's health. They were particularly interested in presenting positive photographic images of men involved in cultural dancing and music, sports activities and posing with their children, partners and friends.

3.6.1.2 Photographs

A community photographer from a CALD background was recruited to take photographs of men engaged in positive activities and behaviours. The photographs,

taken at schools, work places, homes and community locations, depicted men of all ages from a range of CALD backgrounds. Focus areas included relationships, interests, leisure, work and education.

The men were willing to participate because they were able to maintain control over the process. For example, they could choose the settings and the compositions of their photographs. They were also very supportive of the idea of promoting men's health in a positive way.

The photographs formed part of the exhibition display together with the children's artwork. Previously established links between teachers, students and health workers greatly assisted in this aspect of the project.

3.6.1.3 Children's Artwork

Eighty primary school children assisted by their art teachers, were consulted about the project and invited to produce artwork depicting the positive things about the significant men in their lives; for example, fathers, brothers, friends and teachers. The images - portraits and drawings - depicted positive role modelling behaviours and focused on real men performing real, every day activities well; for example, a father may be pictured playing with his children.

Gilles Street Primary School and The Pines Primary Schools were approached because they

have large numbers of students from CALD communities. In addition, the Migrant Health Service has links with many of the newly arrived families who attend the Gilles Street Primary School. The school has been very keen to work with the Service on projects that improve the health and wellbeing of CALD communities, for example indoor soccer groups for CALD men that have been meeting at the school for the past five years.

The children's artwork together with the survey comments and photographs, were developed into a mobile display for exhibition. The display was developed as a vehicle for raising awareness, promoting discussion and sharing ideas in an atmosphere of reciprocal learning. The display was launched at the children's schools so that parents, grandparents and friends could view the children's work. The children were actively involved in this aspect of the project and received appropriate recognition for their work.

The display was designed to travel around community locations promoting positive aspects of men's health. Scheduled events include a men's health network forum at the Migrant Health Service on the 20th March 2003 and a Harmony Day display at Thebarton Senior College on the 21st March 2003.

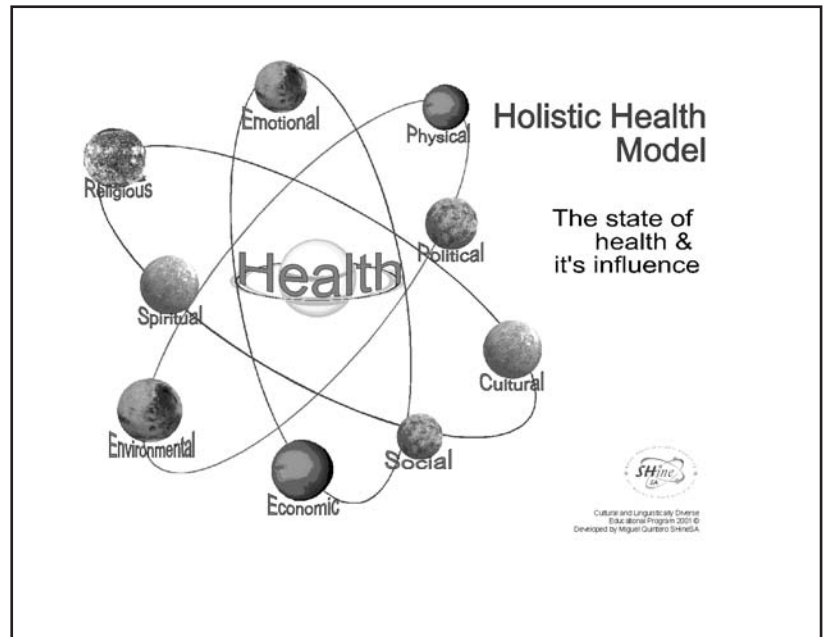
3.6.1.4 Survey

A survey was undertaken with women and men

about the positive contributions their male partners, relatives and friends make to their lives. Participants were chosen on the basis of their links to the Migrant Health Service and SHine SA. The survey was conducted informally in work places and homes and consisted of open-ended questions inviting participants to comment about the significant men in their lives and the positive role modelling behaviours they exhibit. The survey questions and responses are detailed in Appendix B.

3.6.1.5 Holistic Health Model - Exercise

Promoting and supporting men's health and wellbeing requires a holistic approach, involving a consideration of all the dimensions of men's health; physical, emotional, social, cultural, environmental, economic, political and spiritual. A holistic health model, featured below, was used as a tool during a men's health session (detailed in the next section of the report) to enable the men to provide feedback about their health.



3.6.1.6 Men's Health Session

Approximately 60 CALD men from Albania, Bosnia, Cambodia, China, Eastern Turkistan, Iran, Russia, Serbia, Spain, Sudan, Thailand, Venezuela and Vietnam participated in a health session addressing issues related to their health. This group, all students from English Language Services, was approached because of its cultural diversity and the previous links project workers had established with teachers at the school. ²

The men were asked to sit together in language specific small groups to facilitate ease of discussion. Two rooms were used with a skilled group facilitator in each room and with interpreters supporting each small group.

In the first of two exercises, the men were asked to comment on the positive and negative aspects of their physical, emotional, social and spiritual health, as outlined in the holistic health model featured above. As part of the exercise, two larger than life sized images of men were drawn on sheets of paper, with the head, torso, legs and feet all representing different components of the holistic health model.

The health issues the men identified were prioritised and transcribed on to the images. Participants from each of the two groups then joined to compare what they had brainstormed. The men's responses are detailed in Appendix C.

In a separate exercise, the men were asked to identify the essential features of a "men friendly"

health service. They reported that an effective service for men is one that is friendly, respectful, helpful and able to provide community programs that are interactive and which take into consideration all aspects of who they are, i.e., are based on a holistic view of health.

3.7 Pointers and Suggestions for Service Providers

It is suggested that the ideas and methodologies presented in this report be used as a resource for service providers and men's groups to develop more "men friendly" approaches to service development and delivery.

Methods for working effectively with men must be flexible and non-threatening. Trusting relationships can be established using creative informal service delivery strategies that help men relax and open up, for example, fishing, walking groups, social and sporting activities, artwork and cooking.

The men involved in Positive Images of Men's Health identified day trips, shared meals, employment discussion groups, nutrition and cooking programs organised by men for men as preferred options for learning and sharing. It was found that non-threatening social activities help address the power imbalance typically associated with the service provider/client relationship. The importance of building trust through community

² Over the past 10 years, TMHS and SHine SA have been involved in several health promotion activities at ELS.

development cannot be overemphasised. The men involved in Positive Images of Men's Health were at ease primarily because of the trust that had been established through previous community development initiatives coordinated by the Migrant Health Service.

3.8 Project Outcomes

- A positive approach to men's health was achieved.
- Men were engaged in a process of identifying their health needs and concerns.
- The participation rate far exceeded expectations, with approximately 500 men from a wide range of cultural backgrounds participating in the project.
- The photographs, together with the children's artwork and survey comments, were developed into a practical resource to be used for raising awareness, promoting discussion and sharing ideas.
- Men's links with key health and community service providers were further developed and strengthened.
- Men's support networks were strengthened through shared lunches, fishing trips, school celebrations and special health sessions.
- Service providers developed links with the project participants with both parties making new connections.

- Service providers developed a greater awareness of the need to be more proactive in their attempts to engage men. A small step was taken but more work is needed.
- Service providers collaborated to establish stronger, more effective working relationships.

4. Recommendations

- That inequities in the health budget be redressed and that adequate funding be made available for men's health. It is vital that a comprehensive plan for men's health and wellbeing be developed and resourced accordingly. Such a plan should be informed by a positive focus and be consistent with the aims and strategies adopted in Positive Images of Men's Health. Genuine consultation with men from a wide range of social, economic, and cultural backgrounds is critical if effective ways of working with them are to be identified and developed.
- That Adelaide Central Community Health Service and other health care providers committed to promoting and supporting men's health, consider earmarking specific resources in order to improve access and equity in men's health.
- That Positive Images of Men's Health be

further developed to target a broader range of men, initially focussing on the more vulnerable groups of men identified earlier and later on the broader Australian male population. This significantly larger undertaking would require appropriate resources to create a significant shift in men's thinking and behaviour with respect to their health. It would also require appropriate methodologies to engage men.

- That as part of this larger undertaking, consultations be undertaken with men to ascertain what a "men friendly" health service entails. The findings should be detailed in a report and implemented across community health as well as in hospital and other health care units.
- That a promotion campaign be developed that utilises the ideas and recommendations derived from these consultations. Such a campaign should target locations where men gather.
- That service providers collaborate to develop a planned approach to the provision of services for CALD men.

5. Future Directions

As previously stated, it is hoped that Positive Images of Men's Health will be expanded into a broader project that targets a wider range of men. In keeping

with the aims and rationale underpinning the pilot project, this larger undertaking would aim to promote men's health and wellbeing in a positive way.

Focus areas could include communication skills, sexual health and sexuality issues, relationships, substance use and misuse, risk taking behaviours, coping strategies, leisure, skills development, employment, support networks and for people from different cultural backgrounds, connectedness to Australian society and the sharing of cultural beliefs and values.

The overall objectives of a larger undertaking would be to:

- Further develop primary health care strategies that are appropriate for men.
- Continue consulting men about their health needs as well as the health-related opportunities they would like to pursue.
- Continue working with men in culturally sensitive and appropriate ways from a holistic view of health.
- Work with mainstream service providers in training programs and other ways to make services more accessible and appropriate to men.
- In consultation with men, develop a resource file of service providers that are "men friendly", affordable, accessible and culturally appropriate.
- Further increase and strengthen men's

support networks.

- Improve men's knowledge of and access to services.

5.1 Men's Health and Wellbeing Policy

Positive Images of Men's Health is consistent with the five strategic directions outlined in the discussion paper The Health and Wellbeing of Men in South Australia (DHS, 2000). These are:

1. Establishment of collaborative partnerships between service providers - both government and non-government.
2. Education and workforce development: How service providers deal with men and how to provide more "male-friendly" service.
3. Development of resources and public relations - identification of useful resources for men; identification of program available for men; informing men about these resources.
4. Development of best practice - key principles.
5. Development of a collaborative research approach - what research is happening; what else needs to be researched.

The DHS has made a commitment to develop men's health policy and services alongside women's and children's health. Men's service providers are not seeking to develop programs in opposition to or in competition with women's or children's health but

rather to improve men's health and wellbeing so that it will positively impact on the whole community.

5.2 Men's Health Promotion Strategies

A range of promotion strategies that may be employed to promote a broader project include:

- Articles and interviews in mainstream and ethnic media - radio and print.
- Key websites.
- Billboards, bus stops, community buses and taxis displaying advertisements.
- Community organisations' newsletters.
- School poster competition with posters being displayed at shopping centres and community meeting place.
- Walkathon promoting the theme Talking About Men.
- Artwork produced by community groups.
- Theatre productions.
- Utility bills presenting positive messages about men's health.

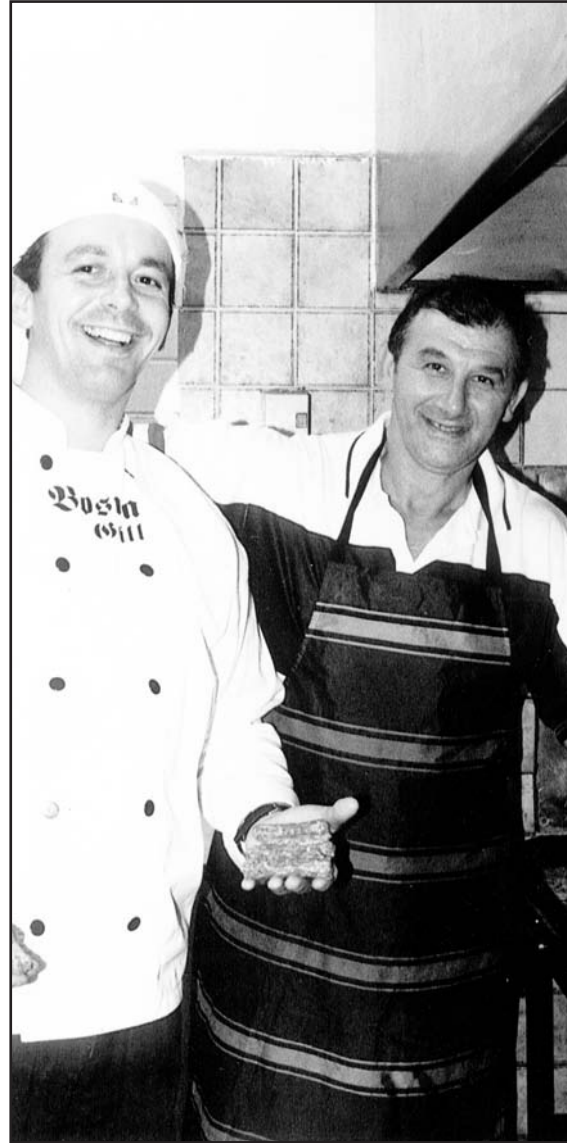
5.3 Project Links

Sites within ACCHS as well as SHine SA and other agencies would be invited to participate in a broader project. The Migrant Health Service and Enfield Community Health Service have also developed links with a number of men's networks with the aim of promoting the health and wellbeing of men through partnerships and the cooperative exchange of ideas. These networks comprise a range of government and community organisations, agencies and groups.

6. Summary

Positive Images of Men's Health aimed to raise awareness of men's health and wellbeing through a positive approach to men and their health. Focussing on promotion, prevention and early intervention, the project engaged men in processes that enabled them to take an active interest in and responsibility for their health.

Positive Images of Men's Health further developed and strengthened the important relationships established through Gateways to Men's Health while also expanding the work to other groups of men and men's service providers. Further funding would enable the development of a more comprehensive project that targets a wider range of men.



Appendix A

Table 1 Plan - Positive Images of Men's Health

Objectives	Strategies	Process Indicators	Impact Indicators	Evaluation Methods	Outcomes
To raise awareness of the positive behaviours and practices of real men who do real things well.	Target men from a wide range of culturally and linguistically diverse (CALD) backgrounds to be involved in the project and to assist in a series of consultation groups via trusted community links.	Number of target groups linked to the project. Number of men from CALD backgrounds participating in consultations. Number of school children participating in producing portraits.	Identification of a broad range of positive men's behaviours and practices. Increased awareness of men's health and wellbeing from a holistic view of health.	Production of men's resources to be used to raise awareness about men's health and wellbeing. These resources will be used to promote discussion as well as serve as a planning tool for men's health. A report outlining the details of the project will be generated. The report will include recommendations for future strategies including advocating for further funding to support men's health.	A more positive framing of men's health. Participants will have established friendships and trusting relationships and will have collaborated on a men's health initiative that was fun, non threatening, positive and a valuable learning experience.
To promote these men and their positive behaviours as role models.	Target two primary schools to produce portraits depicting the significant men in children's lives. Target men and women and survey them about their positive interactions with men.	Number of women participating in survey. Number of participants involved in consultations, photography, artwork and surveys.			The identification of key links that are trusted by men. Trust established between participants and service providers.
To identify key individuals and agencies who can link men to the project. These will also form part of a men's support network.	Photograph men's positive behaviours and practices.	Observed level of interaction between participants. Interagency and community collaboration involved in the planning, implementation and evaluation of the project.			Strengthening and further development of men's support networks. A mobile men's health resource that is positively focused. An exhibition.

Appendix B

A survey was undertaken with women and men about the positive contributions their male partners, relatives and friends make to their lives. The survey was conducted informally in work places and homes and consisted of open-ended questions inviting participants to comment about the significant men in their lives and the positive role modelling behaviours they exhibit.

Survey Questions

As part of a statewide project coordinated by the Migrant Health Service, Enfield Community Health Service, ACCHS and SHine SA, we invite you to make positive comments about how men have influenced your life. You may like to make a comment about husbands, partners, parents, sons, friends, colleagues, brothers or any other male who has positively impacted your life.

1. Think of a positive male influence in your life.
2. How does this person positively contribute to your life?

Survey Responses

The following responses represent a sample of those received and were chosen as examples of the general themes that emerged from the survey. In summary, they describe men as loving, supportive, encouraging, sacrificial, trustworthy, reliable, dependable, generous, loveable, confident, self assured and wise.

About a male friend

I have a male friend who is a large influence in my life. He is my shoulder to lean on, my rock when things are getting me down. He gives me direction in my life and has taught me that I am worthy of good things. He has helped me explore my feelings and acknowledge who I am.

Father about his son

Josh is a truly amazing young man who has a good understanding of life and the complexity of humans. Josh is intelligent, loving and lovable and is an outstanding human being whom I experience many moments of great pride and immense love. I am the third member of our family of men and I am committed and determined to Warren and Josh and am willing to maintain and build on our deep connection all the time. I feel honored to be part of this trio of men and I would not want it any other way. These are two men with integrity whom I will always love.

Wife about her husband and son

These are some of the qualities I see in my husband: a helpful person, supportive, reliable, trustworthy, caring, stable, an achiever, flexible, funny, good role model as a father to his children. Easy going, clear thinker. These are some qualities I see in my son: sense of humour, caring, friendly, sociable, helpful, wants to learn and experience life, trusting, loves sport and

keeps physically fit, sensitive, reliable, easy going.

Female about her male friend

Despite the move towards equality between men and women, there is unfortunately still a social perception that men and women 'can't be just friends'. I would like to dispel this myth. My closest friend, the one I share my secrets and am most honest and open with, is a guy. He is the person I turn to if I need advice, the person who can make me feel good about myself if I am feeling down, the person who I can rely on to support me or challenge me and, most importantly, he accepts me as I am. This is a mutual exchange. And we have never had sex!

Platonic relationships are a wonderful thing. My friendship has given me a greater understanding of how men interact in intimate relationships. I have learnt that although men may outwardly react and express themselves differently, they still experience the same feelings, emotions and fears as women do. I find it interesting that most people find this hard to accept. I don't understand why. I have even had a female friend tell me that I shouldn't spend so much time with him because people will get the wrong impression. This is just ridiculous. Men and women are not here just to procreate. We are capable of having non-sexual relationships. And when we communicate and listen to each other, it helps to unravel the mystery of the opposite sex.

About a father

A father who always was there for me in my bad or good days of my childhood and adulthood, who teach me to take personal responsibilities for my actions, to be courteous and respect all people's dignity.

About a positive male influence

The good positive male influence is a person who can be gentle, shared responsibilities, shared strong relationship based on commitment, respect, honesty, able to communicate in a respect way. A person able to grow along with you and learning from each other, respect your freedom and space. A man who believes equality, believe based on, that no one sexes is more dominant of the other one.

About a positive male role model

A role model for me as a men's health worker, as a father, a man and as a person, is just the way he works with men, never blaming them but at the same time never making excuses for them - never turning men into victims, incorporating the social contexts that guys live within...and ways of challenging these dominant constructions/constrictions.

A wife about her husband

My husband supports me in my endeavours by

encouragement, availability to talk about issues/difficulties/successes. He sees household chores as the work of those who live in the household and contribute to the need for the chores - rather than being the job role of a specific gender member of the household. He is an excellent communicator and insists on issues being dealt with/talked about/resolved and not pushed under the carpet hoping they will disappear. He is good at conflict resolution. He has a commitment to our relationship being positive, supportive and fun.

About a father

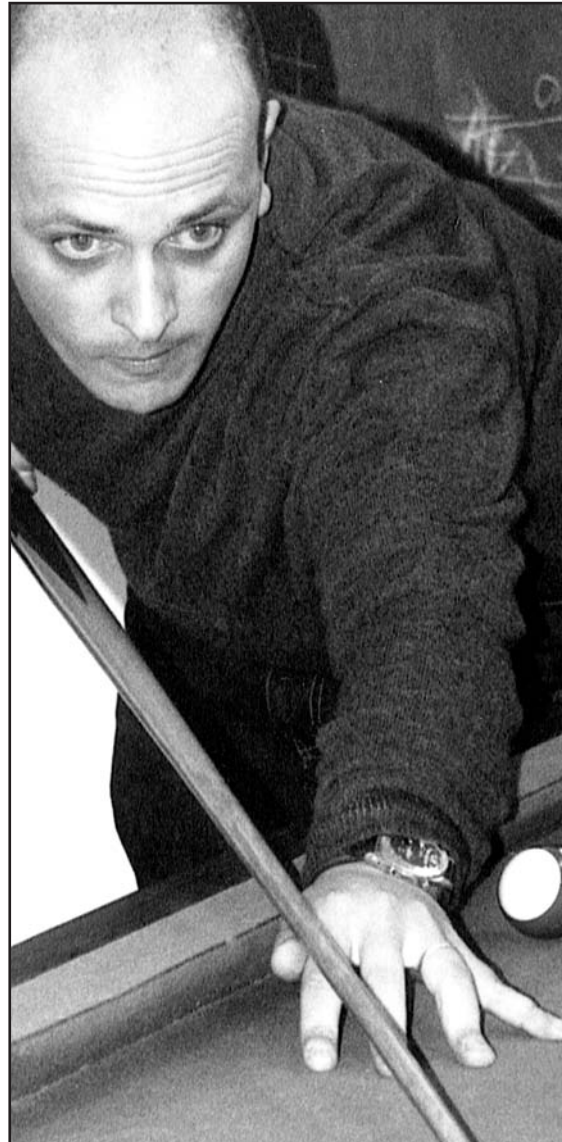
My father has been a big positive influence in my life. He helps me be a nicer person and has helped me to have confidence in relating to those around me.

About a partner

He has been a positive male role model to my kids and he has always supported me.

A wife about her husband

We have grown old together and we trust each other.



Appendix C

Participant Responses from Men's Health Session Brief Summary

Positive Physical

Access to good doctors/hospitals/health services	Bowling
Boxing	Fitness
Food	Good physique - early to rise
Gym	Having a good diet
Healthy accommodation	Healthy environment, lack of pollution
Exercise/sport/gym	Jogging
Physical education	Plenty of exercise
Healthy food	Walking your dog
Sex, erections	Soccer
Sleep - early to bed	Swimming
Sports	Walking
Tennis	Eating fruit and vegetables

Negative Physical

Back problems	Diabetes
Dizziness	Too much sugar and salt
Hereditary problems	Injuries
Physical maltreatment	Too fat
Too thin	Too many cigarettes
Too much alcohol	Blood pressure problems
Back problems	Diseases
Drugs	Genetic problems
Too much food	No pests like roaches and rats in accommodation
Lack of pollution	Limb problems
Sciatica	

Positive Emotional

Dancing	Family - one unit
Feeling of acceptance raises emotion	Freedom
Care for others	Confidence
No excessive pressure	Satisfaction with life
Happiness	Stress free
Peace of mind (money)	Have an open mind
Sleep	Pets
Well being	Sports
Listening to music	Reading

Negative Emotional

Children problems	Depression
Expiration of visa, temporary nature of visa	Feeling of rejection by community affects health
Feeling of worthlessness	Health problems
Homesickness	Political and financial problems in home country
Isolation	Lack of faith or religion
Homesickness	Loneliness
Lack of sleep, insomnia	Lack of goals and motivation
Stress	Consequences of alcohol and drugs
Worries	Not feeling at home
Bad relationships	Relationships
Separated from children	Separation of family members
Missing family and friends	Trauma
Language - are people prepared to communicate and to listen?	Split from family, some in Australia, some overseas

Positive Social

Clean environment	Clean food and water
Food	Good sort policy - good housing
Harmonious family relationships	A good position in the community or country
Keep the environment clean	Living in a good society
Making friends	Meeting friends for drinks
Mutual assistance	Barbeques
Play indoor bowls in club	Public and private services
Sense of belonging	Shopping
Touring	Housing
Isolation	Meeting friends
No racial discrimination-language	People need to feel wanted
Picnics	Having social outlets
Community participation	Family interactions
Having a job that pays money	Stability
Work (boss, fellow workers - appreciated)	Volunteering

Negative Social

Burning rubbish - without control	Pollution/rubbish
Communication (in the broadest terms)	No job and no money from the Government
Isolation	River pollution
Racial and ethnic relations must be cordial	Unemployment
Social statusUnfriendly neighbours	Drug use
	Discrimination affects people psychologically

Positive Spiritual

At peace with oneself	Bahai
Believe in oneself	Care and love one another
Faith in God creates security and hope	Increase cultural education (e.g., classical pop)
Financial security	Happy
Have a religion	Hope
Influence of music, sport, and literature	Job security
Muslim	Prayer
Relax	Contentment with life
Belief in a driven force (God)	Cultural things e.g., music, sport, TV, religion
Capability to have friends	Financial
Creeds	Having Faith
Education	Security

Negative Spiritual

Cultural issues	Madness
Homesickness	Inmates allowed to move freely - bad influence
Mental hospital in the city	No job
Not being able to express oneself	Lack of goals in life

In an attempt to find out what the men regarded as essential ingredients of a "men friendly" health service, they were asked the following questions:

Where do you feel comfortable going with your health needs?

- Doctors from our own cultural background.
- The Migrant Health Service.
- The Parks Community Health Service.

Why?

- These organisations treat people well.
- They treat people with respect.
- Communication is good there.
- They organise interpreters.
- People are friendly.
- In some instances some of the workers speak our language.
- Staff receive you well.

Appendix D

Sample Invitation

The invitation below depicts one of the informal service delivery strategies used in the project to engage men. Fifteen African men aged between 15 and 55 years met together with representatives of the Migrant Health Service, SAPOL and SHine SA to discuss issues around Australian Law and Sexual Health.

The men enjoyed this creative approach and were keen to follow up with future sessions.



Appendix D
Sample Invitation

messages from survey respondents ...

My father is my mentor - I guess he has taught me all I know to date; love, understanding, compassion strength and faith.

Women some of the most generous & loving men I have ever met. He is willing to sacrifice many things to support of us. Warren has a kind sense of humor when things get tough or messy between us. We all often find ourselves laughing at him. We all understand that our feelings are not necessarily determined by the situation.

Grandpa often came to visit us with his left bag of I would run to meet him. Whenever we went to visit him & Grandma, he would make sure we were on the bus stop of my mom, my 2 sisters & I. Grandpa always walk us to the bus stop & make sure we were on the bus safely. I loved seeing him set off the bus with his left bag of I would run to meet him. Whenever we went to visit him & Grandma, he would make sure we were on the bus stop of my mom, my 2 sisters & I. Grandpa always walk us to the bus stop & make sure we were on the bus safely.

YOU KNOW, MY GRANDPA JUST LISTENED... I THINK NOW ABOUT HOW PATIENT & UNDERSTANDING & KIND HE WAS... GRANDPA LISTENED 2 ME 4 HOURS WHEN I USED TO STUDY. I WOULD TELL HIM ALL ABOUT THE GREAT WARS & ALL THE THINGS THAT HAD HAPPENED - I KNEW BECAUSE I HAD LEARNED THIS FROM BOOKS & I TOLD THE STORY JUST LIKE IT MUST HAVE HAPPENED. IT NEVER ONCE OCCURRED TO ME IN MY CHILDISH NAIVETY THAT GRANDPA HAD BEEN TO THOSE WARS & I KNOW HE NEVER SAID ANYTHING - HE JUST LISTENED BECAUSE HE LOVED ME & HE KNEW I LOVED HIM.

EVEN THOUGH MY PARENTS ARE DIVORCED, I AM STILL THE MOST IMPORTANT PERSON IN MY FATHER'S LIFE. HE IS ALWAYS THERE WHENEVER I NEED HIM.

2005
I accept that I am not perfect but I am trying to be the best I can be.

He always gave me the courage to try new things that I should have tried along time ago.