

Dear Colleague

***RU right in the head?* Training for those who work with young men to support their mental health and emotional wellbeing: 5 October 2005**

I am writing to invite applications for training in relation to a new resource aimed at those who work with young men. The resource called *RU right in the head?* was developed by the Health Promotion Agency (HPA) in association with Dr Ken Harland, Lecturer in Community Youth Work, University of Ulster and members of the young men's mental health steering group which was facilitated by the HPA.

Funding from DHSSPS was received to develop the resource which consists of a practitioner's guide and materials for young men themselves. The resource is based on concepts of masculinity, and was tested with young men across Northern Ireland. The resources were launched at the InterBoard Youth Conference on 15 March 2005. The HPA followed this launch by facilitating a pilot training course for participants from a range of organisations, including PSNI, social work, health services, education, voluntary and community organisations and youth work. The course was designed by Dr Ken Harland and myself.

The pilot training programme received very positive evaluation, and in order to now disseminate the resources widely for use in Northern Ireland, the HPA is offering the opportunity to attend a one day training course organised for **Wednesday 5 October 2005**. We are able to offer this course at low cost because of funding received from DHSSPS.

Further to this course, the HPA will be offering a free follow up session for participants to exchange practice on how they have used the resources, and to make recommendations for further developments which would assist in their work. If you or a colleague would wish to participate, please complete the enclosed form and return by **27 September 2005** or book online at www.healthpromotionagency.org.uk

I hope you will be able to avail of this opportunity, and if I can be of further assistance, please contact me.

Yours sincerely

Deirdre McNamee
Senior Manager: Public Health

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RU right in the head?

This **one day** training programme will be facilitated by Ken Harland, Lecturer in Community Youth Work, University of Ulster and Deirdre McNamee, Senior Manager: Public Health, Health Promotion Agency.

The course will take place on **Wednesday 5 October 2005**.

Registration is from 9.30 a.m. and the course finishes at 4.45 p.m.

The venue is the **Lagan Valley Island, Lisburn**.

The cost of the course is **£20**.

Participants will receive copies of the practitioner's guide and the resource for young men for use in their work.

The training programme will:

- familiarise participants with the resource materials;
- encourage self reflection and reflection on practice;
- increase the capacity of workers to initiate, consolidate and expand their work with young men;
- equip participants with insight, knowledge, skills, resources and ongoing support to make a difference in their own work environment.

Who should apply?

Those who are considering, developing or currently delivering work with young men and who would like the opportunity to reflect on practice, and have an opportunity to consider what affects young men's mental wellbeing and approaches to working with them on this issue.