

The Effect on Men's Health, Well-being and Informal Learning

Thursday 29 September 2011; 10am to 4pm
Ramada Leicester, Granby Street, Leicester LE1 6ES

This conference is organised jointly by NIACE, Age UK, Men's Health Forum and the Institute of Lifelong Learning at Leicester University.

The government is committed to tackling health inequalities and improving health outcomes. With 42% of men dying before the age of 75 the health of men in later life is important. A lot of these men are known to be lonely and isolated. NIACE's research has shown that returning to informal learning as an adult has a positive impact on health and wellbeing, and promotes positive mental health. Non formal learning often brings with it social capital benefits, and improved health from contact and support of other participants. Health and wellbeing benefits are some of the identifiable consequences of participating in community organisations. Men's Sheds provide an opportunity to enhance the role of men's cultural norms, values and agency and wellbeing.

This conference provides a unique opportunity to:

1. Explore achievements of the Men's Sheds initiative and proposed future developments;
2. Consider the importance of linking non formal learning with men's health and well-being;
3. Hear from Age UK's pilot Men in Sheds projects about their challenges;
4. Explore further the policy, social, economic and demographic contexts.

The conference will benefit all of those with an interest in finding out more about the value of Men's Sheds, non formal learning and health and wellbeing including:

- * Policy makers from local authorities and government departments, such as Communities and Local Government; Business Innovation and Skills; Department of Health; Department of Work and Pensions;
- * Providers of services to people in later life, particularly those from voluntary, statutory and private sectors;
- * Health and/or care professionals and community development & welfare workers;
- * Voluntary organisations with a focus on learning, health and well-being;
- * Providers of services which encourage non formal learning, such as colleges of further education, adult learning services and the Workers' Educational Association;
- * Organisations promoting inter-generational learning;
- * Social researchers.

Keynote speakers include:

Professor John Field, Professor of Lifelong Learning and Co-Director of the Centre for Research in Lifelong Learning, University of Stirling and
Professor Barry Golding, Deputy Head of School of Education, University of Ballarat, Australia

Five workshops will be offered at the conference, namely:

1. Set up and Run a Shed: Explore practicalities and challenges
2. Sustain your Shed: Having got it how do you keep it?
3. Communicating Health to Men in Later Life Inside and Outside the Shed:
Exploring different methods of effectively engaging and influencing older men.
4. Beyond Men's Sheds: other forms of engagement.
5. Engaging men: the role of informal adult learning

To reserve a place online visit:

<http://www.niace.org.uk/campaigns-events/events/discovering-mens-sheds>

Enquiries to NIACE - Tel: 0116 204 2833 / E-mail: events@niace.org.uk
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