



Consumer Voices Forum: Men's Health

June 22, 2017

On Thursday the 22nd June the second forum was held. These have now been opened up to members who are interested in contributing to discussions on specific areas of health.

As a newly created forum Consumer Voices provides an opportunity for people to engage and to comment on a particular health care topic from a consumer perspective. In particular it provides an avenue for comment from those who are not able to attend meetings held during working hours or who do not wish to sit on a more formal committee. The forums are not meetings; there are no minutes or notes taken by HCC staff although recommendations will be recorded. Those attending will receive a copy of the recommendations.

Consumer Voices aims to gain recommendations and constructive comment from people who attend. These will be fed on to various departments, health service providers and agencies that they are relevant to. We will also post on our website and social media with the overall purpose of improving the patient experience.

Recommendations/comments:

- That Pit Stop Health Check Evaluations for men are held throughout metro and country WA. These appear to have been popular with men and have been effective as a means of checking men's health and providing education. Please follow link to see more information (originating from Victoria): <http://www.centralwestgippslandpcp.com/wp-content/uploads/2011/09/Mens-Health.pdf>
- That free screening for prostate cancer is introduced – similar to women's breast screening
- The next issue of HCC's Health Matters is on men's health
- Councils to be encouraged to run workshops on men's health
- Health insurance providers to be encouraged to run workshops on men's health
- That there is balance in what the HCC promotes
- The Men's Shed organisation could be approached for activity suggestions
- Articles on men's health can be written for magazines/newspapers such as Have a Go
- Men need more educating by GPs/pharmacists about the medications they are taking
- It would be good to have a Men's Health Hub to make it easier to locate/see what everyone is doing

Suggestions were also made re places where workshops could be held i.e.:

- COTA
- Retirees WA



For your interest, further information re men's health can be found by following these links:

- <http://www.menshealthweek.org.au/En/Default.aspx>
- <https://www.menshealthwa.org.au/snapshot-of-mens-health-wellbeing-in-wa/>
- <https://www.menshealthwa.org.au/>
- <http://www.menshealthweek.org.au/En/Pages/14974a/Ideas-For-Engaging-Mens-Health-Events.aspx>
- <https://www.healthdirect.gov.au/mens-health>
- <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/mens-health>

We would like to thank the people who attended for their interest and contributions and look forward to seeing you at future forums.

The next Consumer Voices forum topic has been chosen and is *Holistic Healthcare*, we look forward to seeing you here

When: Thursday the 21st September, 2017 between 5.30 and 7.00 pm

Where: Health Consumers' Council, Unit 7, Wellington Fair, 40 Lord Street, East Perth

Tea and coffee will be provided.

To register please contact info@hconc.org.au or call on 9221 3422.

