



This has once again been an active year for the group thanks to the support we receive from a range of people and organisations. As I'm sure you know, we exist as a charitable group to promote the health of men in Highland, and thanks to the efforts of all our supporters, we have been able to organise a wide range of initiatives throughout this past year to achieve the goals we set ourselves.

The group has built up significant good will over time with a range of health-related practitioners and planners. It is my pleasant duty to mention at least some of those and to say to those not mentioned, our very sincere thanks to you all.

Group Members

Those I do wish to mention include group members Pat Wells, Vice-Convenor for her constant support and suggestions, and well as deputising for me when necessary. Rev Derek Brown for his work as Treasurer and regular advice on how we spend the little we have, Highland Councillor Graham Marsden, our secretary for his advice, help on our stands and organising the conference and preparing this annual report and finally Gill MacLean, our minute secretary who not only records our meetings but also prepares our minutes and agendas as well as providing helpful suggestions.

At last years AGM, the following were elected :-

Convenor : Dr. Trevor Escott, **Vice-Convenor**: Pat Wells. **Treasurer**: Rev Dr. Derek Brown, **Secretary**: Councillor Graham Marsden, **Patron** : Dr Finlay Kerr.

Committee Members: Rev John Chambers, Robin Stewart, Sandy Hamilton, Jimmy MacEwan, Debbie Smith, Susan Anderson, Dr Waheed Khan, Linda Lowe, Katie MacDonald, Karen Hamilton, Dr Cameron Stark, Norman Ross, Kirstin Edmiston, Kay Noble, Linda Birnie, Josie Thomson, Keith Walker, Jim Neville.

Co-opted: David Martin, Cathy Steer, Christine Tattersall, Christine MacKenzie, Colin Wilson.

During the year, we were pleased to co-opt onto the group, Mr William Smith, Dr Shina Grant and Len Scorgie, who all gave us a great deal of support, and we were also pleased to see at our meetings and activities Mr and Mrs Pearson, and Yvonne Hutchison. We were sorry to lose Rev John Chambers who moved away from Inverness in April, but had contributed greatly to the group over the years and we wish him a very happy retirement.

Activities during the past year

Now perhaps I should share with you some of the events we have organised during the past year.

On 5th June, we held a Conference on the Health of *Men on the Margins of Society* in the Centre for Health Science and were very fortunate in our speakers. Between 80 and 90 delegates attended. Speakers included Moira Paton, Susan Vaughan, Dr Richard Stone, Jean MacLeod, Adrian Clark, Dr Liz Whittle, together with Norman Ross and Iver Forsyth, Dr Miles Mack, Graham Morgan and Ailsa Spindler. Once again,

Last year's AGM was held on Friday 22nd of August. We're very grateful to Highland NHS for allowing us free use of their Board Room to hold our meetings, together with the use of its facilities. At the AGM a guest was Maureen Dunn from Men's Health Forum Scotland and speakers included an address by Mr William Smith, Kirstin Edmiston (Oral Health), and Jim Neville (Dual Diagnosis Nurse), whilst Dan Jenkins gave a brief introduction to "*The Healthy Weight Strategy*". The meeting ended with an excerpt from the DVD of the recent Conference we hosted on the *Health of Marginalised Men*.

Speakers at our other meetings throughout the year included: Ian McNeil on "*Men and Self Management*", Brian Clingan on "*Traumatic Brain Injury in Men*" Margaret Somerville on "*Men and Strokes*", Keith Walker on "*Men and Suicide*", and Dan Jenkins on "*The Healthy Weight Strategy*". Other speakers were Deborah Jamieson on "*Men and Exercise*" and Mairi Gough on "*Update on Foodfirst*".

We continued to hold stands in public places, throughout the year, including a few times in the Eastgate Centre, Police HQ, Inverness Highland Games, Inverness College Freshers' Fayre, Headway Highland's AGM in Inshes Church and on 1st November, Ross County Stadium, Dingwall, prior to a match. Numbers varied, but in the Eastgate Centre, folk who had their Blood Pressures measured ranged between 90 and 130 per stand.

I'm very grateful to all those who helped to make these stands a success, including, Jimmy MacEwan, Robin Stewart, Graham Marsden, Finlay Kerr, Sandy Hamilton, Mairi Gough and, of course, Nurses Kayren Milne, Karen Buchan and Ann Wood. Jimmy and Robin were very regular helpers at these stands and Jimmy attended a large number of our other activities.

At the start of 2009, we commenced a series of 7 Free Public Sessions on a variety of different subjects related to Men's Health at the Inverness Town House on Friday mornings. The usual format was following Tea/Coffee at 9.30, 4 half hour talks, including time for Questions and Answers, continuing till about midday, including a short coffee break, half way through.

The first was on Friday Jan 16th - Hearts and Strokes – and the talks continued every 2 weeks after this in Jan, Feb and March, including the topics of Mental Health, Fathering, Alcohol, Drugs and Smoking, the Pathways Programme, Age issues, Talks on Testicular Cancer, Prostate Cancer, Male Breast Cancer and the New Bowel Screening programme for Bowel Cancer. The last talk in the series was held in April. The audiences for these talks tended to average between 30 and 50, the lowest being 20 ish and the highest between 80 and 90.

I'm exceptionally grateful to Ivor Souter, a longstanding group member, for all his help and support in this series – for inviting us in the first place, for his help in setting things up, for posters and leaflets, and the facilities and the refreshments in the

Town House.

The speakers were all first class and included Dr Stephen Leslie, Dr Paul Findlay, Don Cameron, Nurse Geraldine Ditta, Keith Walker, a group member, Dr Andrew Melton, Dr Doug Hutchison, Dr Jim Law, also Susan Anderson, Rev John Chambers, both group members, Colin Wilson, a former member, Linda Lowe, a group member, Sylvie Nichols, and also Debbie Smith and Katie MacDonald, again both Group Members, Margaret Somerville, Alison Hardman, Dr Martin Wilson, Eileen Wilson, Brian Irvine, Tommy MacKay, Dr Kay Kelly, Dr Duncan Mc Cormick, Karen Carson, Patricia Cohen from Prostate Cancer Charity, (London) and Tam Hewitt, Prostate Cancer Charity, Glasgow, and Dan Jenkins, Mairi Gough, John Burns and Deborah Jamieson.

During the year I spoke to some different groups - on 29th September to a small group at Beechwood House and on 4th November to an Inverness Rotary Group in the Lochardil Hotel on the general subject of Men's Health and to members of the S.E.CHP in January on the group's GP Survey and to the Argyll CHP in March on the same subject.

Finance

We continue to have significant expenses with payment of nurses who help in our Stands and also Insurance of the group for its activities – nearly £400 for this a year. There was also a significant cost in advertising our public talks.

Finally, - thanks again to everyone who has helped in any way with the success of the group over the year.

Dr Trevor Escott



Convenor - MHH

