

**Healthy
Workplaces**

**North
Somerset**

Men's Health Webinar

18 June 2026

Welcome to the Men's Health webinar

- Welcome and Introduction
- Dr Harry Lobb, Winscombe and Banwell Family Practice
- Steve Barnard, Talk Club
- Ian Granger, Weston AFC Football Club
- Q&A





- Public Health initiative
- Promote and maintain health & wellbeing of working age population
- Free, flexible support to promote the health and wellbeing of your staff
- Benefits to business and local economy
- Reduce health inequalities



- Member benefits include:
- Evidence based framework and guidance
- Peer to peer support
- Events
- Shared resources
- Celebrating success

[Sign up to the newsletter](#)

Contact the team
healthyworkplaces@n-somerset.gov.uk

[Healthy Workplaces Website](#)





168 Medical Group

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Access Your Care

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Alliance Homes

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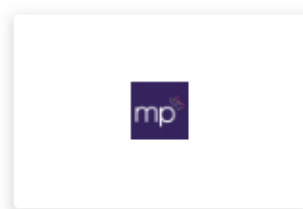
Home Instead

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Hutton Moor Leisure Centre

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Manor Park Dementia Nursing Home & Butterfly House Dementia Care

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The Cedars Surgery and Worle Health Centre

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The Hive

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The Milton Surgery

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Aquarian Cladding Systems

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Parish Warf Leisure Centre

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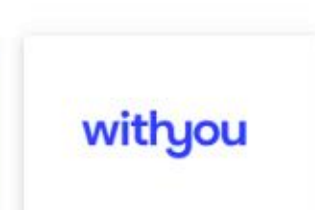
University Hospitals Bristol and Weston NHS Foundation Trust

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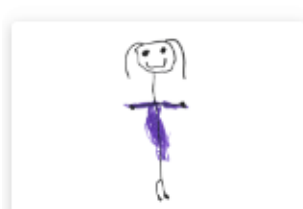
Freeways

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Harbourside Family Practice

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Rydal Day Nursery

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Scotch Horn Leisure Centre

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Shaw Healthcare

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Weston Hospicecare



North Somerset Healthy Workplaces Celebratory Event

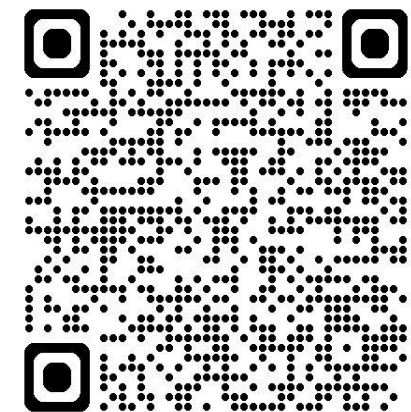
Thursday 19 November 2026 10am-3.30pm
The Winter Gardens, Weston-super-Mare

Book your free tickets today at
[Eventbrite - North Somerset Healthy Workplaces Collection](#)



[North Somerset Better Health website](#)

For details of upcoming events, plus resources from past events, check the Healthy Workplaces event pages






Calling all members!

Healthy Workplaces Programme Evaluation (PHIRST)

We are **still recruiting organisations** to take part in our external evaluation.

Any level of involvement is valuable - you can choose to:

-  Provide consent to share anonymised data (quick & simple)
-  Share a short 10-minute survey (*chance to win a £50 voucher*)
-  Enable staff to speak with researchers (*£30 voucher for participants*)
- **All information is fully anonymous and not linked to your organisation**

 **Get involved:**

If you would like another copy of the research agreement please email healthyworkplaces@n-somerset.gov.uk

Your input will help us **improve and shape the future of the Healthy Workplaces Programme**

Why Men's health is important

- [Men's Health Strategy](#) launched in 2025
- [Men's Health Week](#) 15-21 June
- We spend a third of our lives at work!
- Male stereotypes and masculinity
- Men experience poorer health outcomes than women
- Prevention and early diagnosis is key



Strategies for engaging men

- Variety of groups
- Relaxed and informal "shoulder to shoulder"
- What do staff want?
- Positive framing, happy images, focus on the activity
- Make it easy to attend
- Promote widely
- Normalise men's health
- Be inclusive



Engaging men - for employers

- Health and wellbeing budget
- Employee Assistance Programme
- Workplace policies
- Working age population – screening and vaccination programmes
- Include wellbeing in 1-to-1's and team meetings
- Lead by example
- Raise awareness in company messages

[Men's Health Strategy for England - GOV.UK](#)

[Men's Health Forum How to engage men in self-management support](#)

[Men's health in the workplace: what can employers do? - Optima Health](#)

[A framework to engage men in wellbeing initiatives](#)

[Men to get better health support through innovative partnership - GOV.UK](#)

[Men's health | People's Health Trust](#)

Tips for employees

- What do you want to see – speak to your line manager or HR
- Can you help start a new group
- Lived experience is valuable
- Wellbeing roles
- Vary times and days for maximum participation
- Online groups and forums
- Family and friends support

[Men's Health Forum](#)

[Movember | Changing the face of men's health - Movember](#)



Men's Health webinar

- Dr Harry Lobb, Winscombe & Banwell Family Practice



Men's Health webinar

- Steve Barnard, Talk Club



**HOW ARE
YOU?
OUT OF 10?**

A speech bubble containing the text "TALK CLUB" in a bold, sans-serif font. The bubble has a tail pointing towards the bottom left, positioned to the right of the word "YOU?".

[Talk Club Website](#)

Men's Health webinar

- Ian Granger, Weston AFC Football Club





WALKING FOOTBALL



WALKING FOOTBALL



Want to improve your fitness and mental wellbeing? Walking Football can provide the following benefits:

- *Cardiovascular health*
- *Social Interaction*
- *Mental Well-Being*
- *Low Impact Exercise*

We run four sessions each week for men and women:

MONDAY EVENING

TUESDAY MORNING

FRIDAY MORNING

If you are interested in playing or want more information, email walking@wsmafc.co.uk



**The Optima Stadium
Winterstoke Road
Weston-super-Mare
North Somerset
BS24 9AA**



**If you want to come along and give it a try
or would like further information, please
contact us at walking@wsmafc.co.uk**

[Weston Football Club website](#)

Men's Health webinar

Thank you for joining us today

Any reflections, questions, feedback?

[Sign up to the newsletter](#)

Contact the team
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[Healthy Workplaces Website](#)

