



# Let's hear it for men's health and wellbeing

Healthwatch Kirklees  
Key Findings

**healthwatch**  
Kirklees

**Never  
Heard**

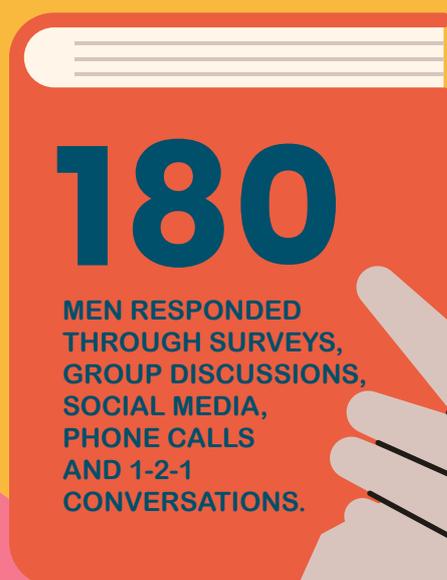
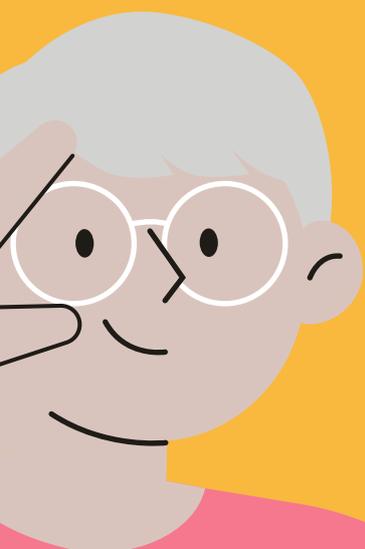
# Giving a voice to people who need it most

## Let's hear it for men's health and wellbeing

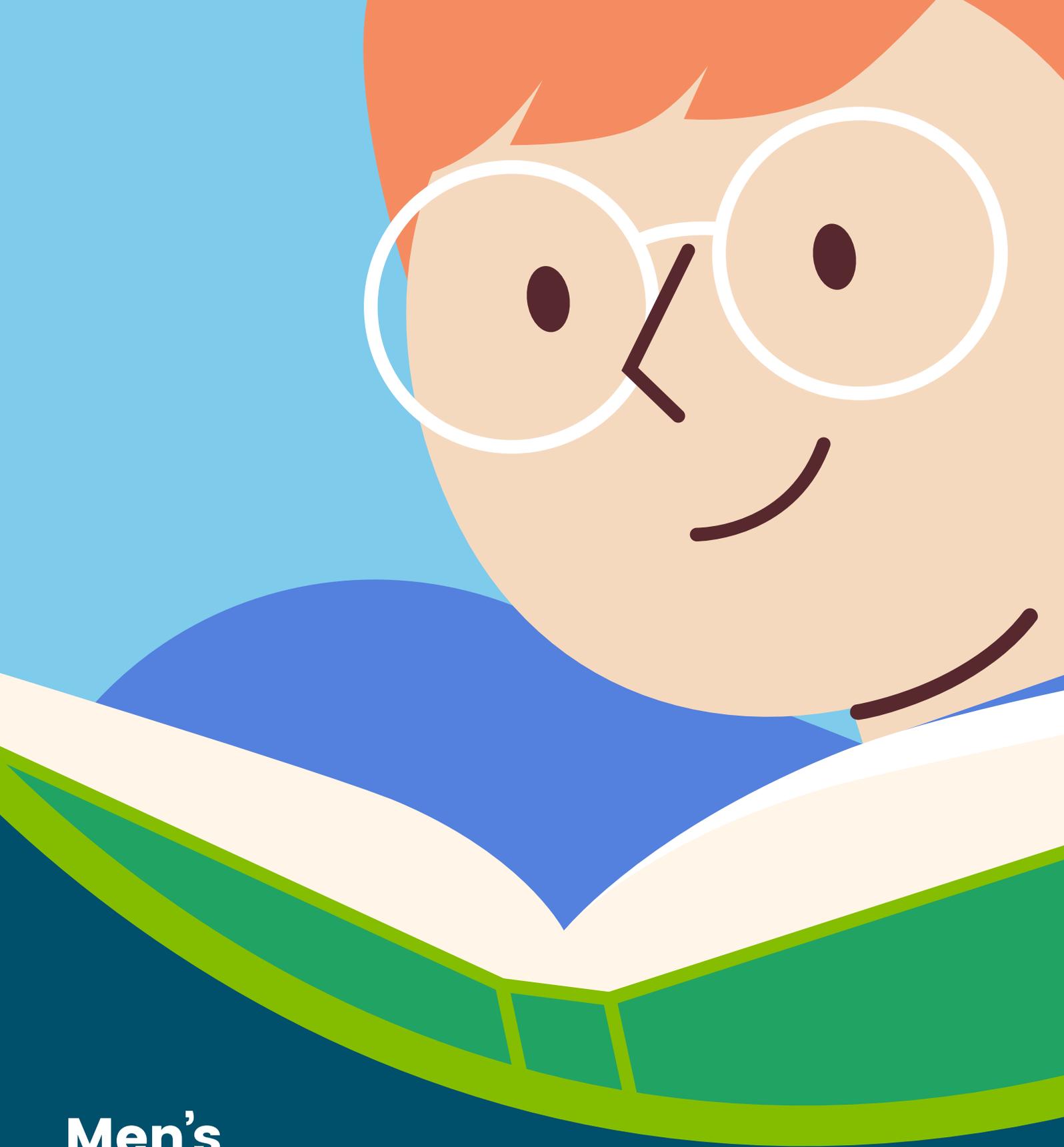
### What is it and why are we doing it?

'Some men are reluctant to go to doctors, some men don't feel able to talk about their health and wellbeing' – But what about Kirklees men?

At Healthwatch Kirklees, we wanted to find out what men in our community are currently doing to look after their health and wellbeing and how confident they feel doing so. We provided a platform to debunk myths about men's approach to health and wellbeing where men could safely voice their thoughts and opinions.



From June to August 2023, we spoke to 180 men from all walks of life, and ethnic backgrounds, aged 18 to over 80, and from every postcode in Kirklees.



# Men's Health Kirklees

We received feedback from men in all postcodes in Kirklees, with the highest from HD5 8.3%; followed by HD1 6.1%; 25% did not specify a postcode area, but gave their location as Kirklees.

## Men's Health summary: Kirklees

Healthwatch Kirklees received 180 responses from men across Kirklees.

**23% of respondents from Kirklees thought health and wellbeing meant being able to do their daily life activities and enjoy life without restrictions. 40% said that they would need better medical attention to improve their overall wellbeing.**

**“Good health and wellbeing would be the ability to enjoy life without restriction, both physically and mentally and not be hindered by mistakes in services.”**

— Kirklees, age 25-49

**“Since the day I retired my wife has set me little daily tasks or makes me do puzzles and crosswords to keep my mind sharp and ward off memory loss.”**

— Kirklees, age 65-79

**“I don't do as much I should do but I try to get out everyday so I am not stuck inside four walls just watching TV. I go to groups which really helps.”**

— Kirklees, age 50-64

**“There's a lack of personalised information. What's good for your in 40s, 50s, 60s? What changes can you expect.”**

— Kirklees, age not given

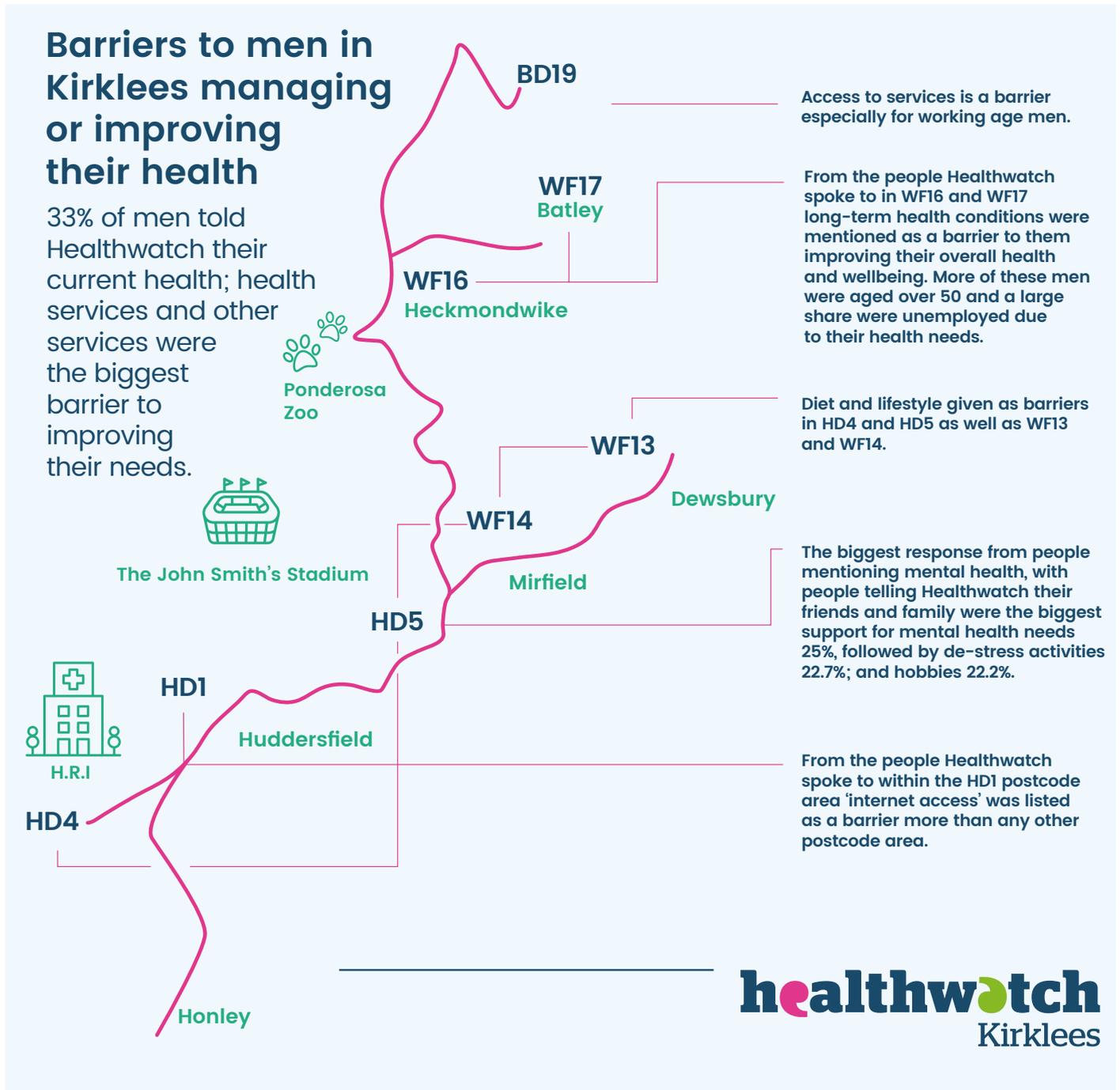
**“I had to wait almost a year for ingrown toenail surgery, which affected my movement and how I managed my diabetes.”**

— Kirklees, age 65-79



## Barriers to men in Kirklees managing or improving their health

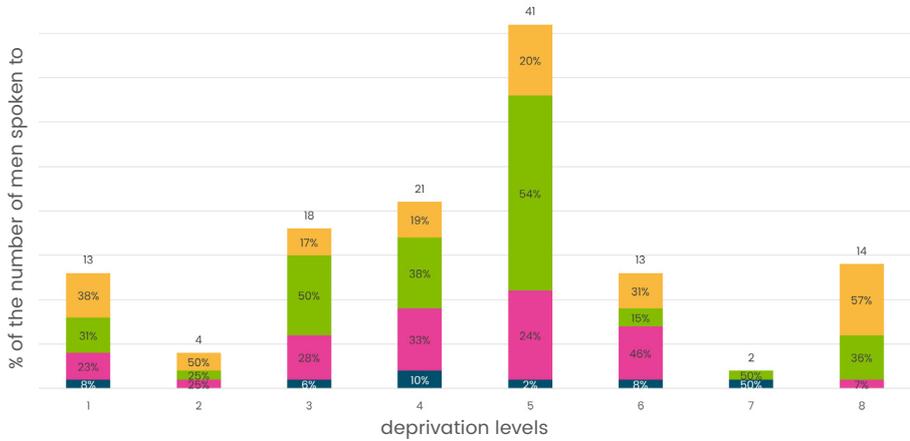
Healthwatch asked men in Kirklees what the main barriers were to improving or managing their health. 33% told us their current health; health services and other services were the biggest barriers.



**“I don’t have access to the internet so online is not an option for me most of the time. I was referred for an MRI scan. I’ve waited 3 months – have given up chasing with the GP.”** – Kirklees, age 50-64

# Men's health confidence in Kirklees

Q. How would you rate your ability (knowledge, skills and confidence) to manage your own health and wellbeing?

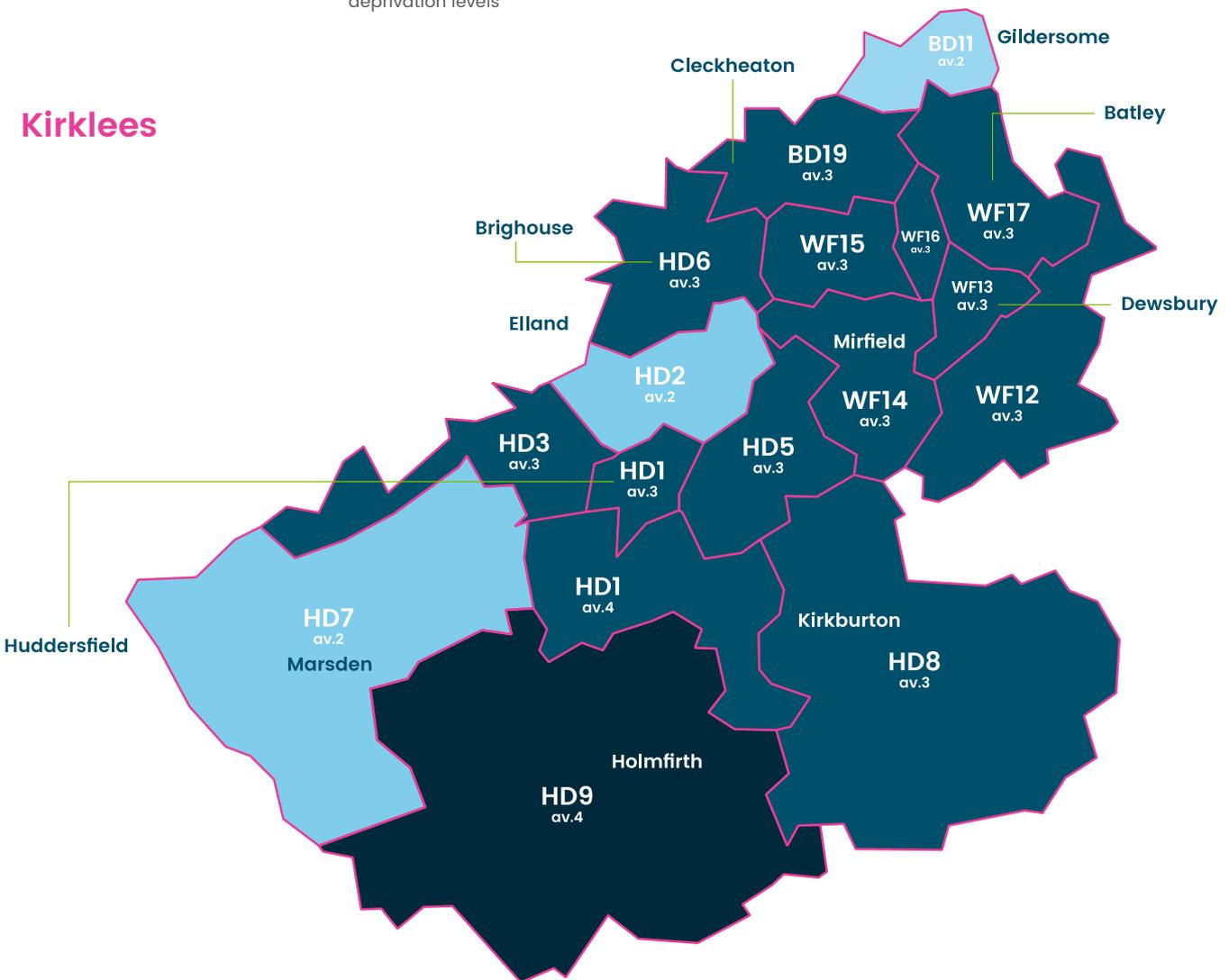


The graph shows the relation between deprivation level and how able/confident men feel to manage their health and wellbeing

**Key:**  
 ■ not able  
 ■ a little able  
 ■ quite able  
 ■ very able

**Postcodes by deprivation level:**  
 1: HD1  
 2: WF13,WF5  
 3: WF16,WF17  
 4: HD2, WF12  
 5: BD19, HD3, HD5, WF15  
 6: HD7, WF14  
 7: BD11  
 8: HD8, HD9

## Kirklees



The map above shows the average level of men's health and wellbeing confidence by postcode areas based on the responses Healthwatch received. The darker the colour the higher level of confidence (Graded from 1-4).

**Grade Key:**  
 ■ 4 - Very confident  
 ■ 3 - Quite confident  
 ■ 2 - A little confident  
 ■ 1 - Not confident at all

# What men in Kirklees say they need to stay well:

Healthwatch asked men in Kirklees what they needed to improve their health and wellbeing. Ideas suggested included more help at community level.

**“Help to do more exercises and a diet sheet suitable for someone with my health conditions.”** — Kirklees, age 65-79

**“Availability to see a doctor at weekends and someone to advise me on how to plan, prepare and cook healthy meals.”** — Kirklees 50-64

**“I’m hoping the weight management service will give me some support to lose weight. I recently got a recliner chair from social care services but I wish that would have come sooner as it’s been a big help in the last couple of weeks. I didn’t know it was possible to get that sort of stuff for free.”**  
— Kirklees, age 80+

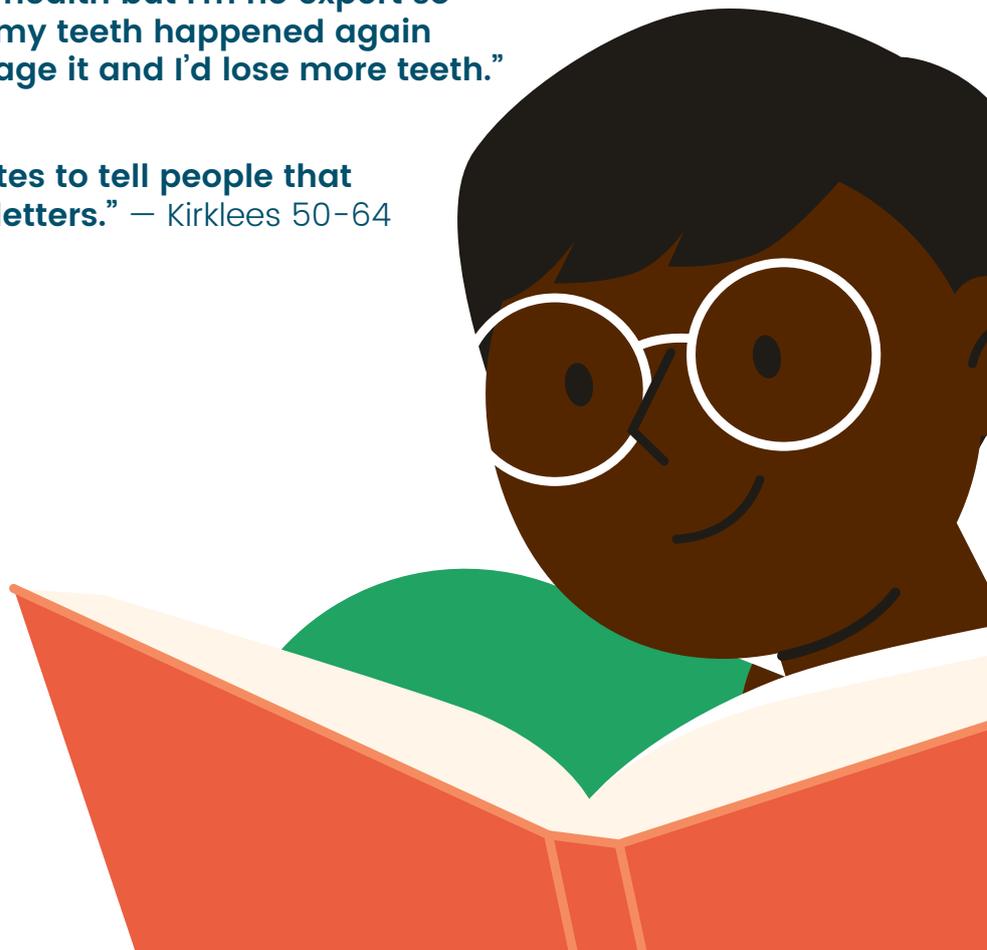
**“I’m about to start a chair exercise class. I wish I’d been given this advice sooner. I have walked with a stick for years and it is only just now I have been told about adapted exercise classes though a friend not even my GP.”** — Kirklees, age 65-79

**“Easier way to book a GP appointment. Waiting on hold for up to an hour puts me off calling.”** — Kirklees 25-49

**“More support with lifestyle changes rather than medication. I am not registered with an NHS dentist. I have had emergency appointments through NHS 111 and they removed two teeth; but I do not receive routine checkups and I don’t feel there is anything I can do other than brush my teeth to maintain my oral health but I’m no expert so I worry that if a problem with my teeth happened again I wouldn’t be able to self manage it and I’d lose more teeth.”**  
— Kirklees 50-64

**“Something on my medical notes to tell people that I can’t read so don’t send me letters.”** — Kirklees 50-64

Men in Kirklees need more support available in the community



# What's next?

Healthwatch will share this information with providers and commissioners of services. We'll be asking them to tell us what they could do to improve the service they offer to men, that will empower men to look after their own health and wellbeing.

For more from our men's health work, you can find reports on Key Findings, Health Inequalities, Mental Health and local findings in Calderdale on our website.



**healthwatch**

Healthwatch Kirklees

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