

E-Male Matters

September 2011

The newsletter of the Men's Health Forum in Ireland

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News

Invitation to Young Men and Suicide Stakeholder Meetings

The [Men's Health Forum in Ireland](#) (MHFI) is, currently, undertaking an action-research project into the high rate of suicide among boys and young men on the island of Ireland. The purpose of the research is to develop and share best practice on how to promote positive models of mental health and to prevent suicide in this target group. To date, an online questionnaire has been distributed and a literature review of effective practice has been undertaken. This will be used to inform the design of two practical interventions in the near future. However, MHFI would like to explore some issues in more depth before moving on to the next phase of development. If you have an interest or experience in this area, you are invited to attend one of two Stakeholder Meetings. These will be held on Wednesday 14th September 2011 (Belfast, 11.00am - 1.30pm) and Thursday 15th September 2011 (Dublin, 11.00am - 1.30pm). For more information, or to register your interest, please contact Colin Fowler at Email: colin@mhfi.org

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Who's Who in the Northern Ireland Assembly - Policy Link, June 2011

Have you ever wondered about what each Department in the [Northern Ireland Assembly](#) does? Who the Minister is for each Department is? Who sits on the Departmental Committees? How to contact Departments? ... If so, you might want to have a look at [Issue 12](#) of the [Rural Community Network's](#) 'Policy Link' newsletter. This will be of use to anyone who wishes to influence policy and decision-making in the Northern Ireland Assembly.

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Men's Heart Health: Irish Heart Month - September 2011

This September, the [Irish Heart Foundation's](#) Heart Month Campaign will focus on men. More men die from heart attacks and stroke than any other cause of death. As part of Heart Month, the Irish Heart Foundation will run a nationwide TV campaign which encourages men to know about the signs of a heart attack and to call 999 before it's too late. A resource for men - informing them of how they can make positive lifestyle changes and limit their risk of heart attack - will be widely available. The Irish Heart Foundation is asking you to support and promote this campaign by: ordering and displaying Heart Month materials (booklets, posters and leaflets); distributing Heart Month materials to men; including a piece on Heart Month on your organisation's website or newsletter; hosting an event for men (and friends and family). If you would like to order free promotional materials / find out more, contact Mairéad O'Callaghan at Tel: 01 668 5001 or Email: heartmonth@irishheart.ie

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Autism Factsheet for Fathers

Autism Spectrum Disorders are a range of very complex, unique, and hidden disabilities that impact on both the individual with a diagnosis and the whole family. In particular, fathers often struggle to come to terms with their child's diagnosis and try to be strong for their family - ignoring their own need for information and support. [Autism NI](#) has produced a new factsheet for fathers, written by parents for parents. It explores the impact of diagnosis and the range of typical feelings fathers may have. It deals with how to feel involved in your child's life and identifies what fathers can do to help. It also looks at the stress of living with ASD on relationships and highlights concerns fathers may have about having ASD themselves. It includes tips and hints, and signposts readers to further resources specifically for fathers. This [factsheet](#) is downloadable from the Autism NI website for free. Hard copies can be accessed by contacting the Autism NI Central Office at Tel: 02890 401729. Further resources and information are also available from Autism NI.

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Events

Men - Neither Here Nor There

The Men's Policy Forum in [NICVA](#) is hosting an event in The Long Gallery, Parliament Buildings, Stormont, on the morning of Tuesday 27th September 2011. This free event (including lunch - sponsored by the [Man Matters](#) project) seeks to bring together a diverse range of organisations from across Northern Ireland, and will provide an opportunity to make contacts, build relationships, and share ideas and current practice. Booking is essential. To express your interest in attending, contact Patricia Stewart in NICVA at Email: patricia.stewart@nicva.org

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Kick Start Working with Fathers Presentation Morning

Is your organisation interested in developing work with fathers? If so, then the [Parenting Forum NI](#) (within [Parents Advice Centre](#)) would like to invite you to a Presentation Morning which will showcase some of the learning arising from the "Kick Start 2011" project - a seven month package of training, support, networking, reflection and practical action for groups that are trying to, or wishing to, engage with fathers. The Kick Start 2011 trainees are now coming to the end of their time on the programme, and have organised an event to help others to: understand why we need increased engagement with fathers; get a sense of what Kick Start offers; hear about the practical experience of a number of trainees; meet Kick Start participants, and find out about the hands-on things involved in running an activity for

fathers. This free event will take place on Thursday 15th September 2011 in Grosvenor House Conference Centre, Belfast. To download a booking form, please visit: www.parentsadvicecentre.org/projects/parentingforum/events.asp or contact Pauline on Email: pauline@pachelp.org / Tel: 028 9031 0891.

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Carlow Men's Health Project

The Carlow Men's Health Project (CMHP) was established in 2007 by local organisations who could see that the numbers of men with poor health in County Carlow were growing. CMHP's main aim is to make men more aware of their health and to support them to look after it. On Tuesday 13th September 2011, CMHP is holding a short discussion and information session on their work and their plans to develop a 'Men's Shed' in the Carlow area. The guest Speaker will be Professor Barry Golding from the University of Ballarat in Australia. Barry is a Patron of the Australian Men's Sheds Association. You are invited to attend this session, which will take place in the Cathedral Parish Centre, College Street, Carlow, beginning at 3.15pm. No booking is necessary.

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Southern Health and Social Care Trust Invite You to Have Your Say

Have you, or someone you care for, had an experience of cancer? If so, the [Southern Health and Social Care Trust](#) (SHSCT) is seeking your help to improve Cancer Services. SHSCT is hosting three Information Evenings in mid-September. The Trust wants to engage with local people, to share information, and get their help to improve cancer services. These events will each take place from 7.00pm - 8.30pm and will be held on 13th September 2011 (Boardroom, Craigavon Area Hospital), 14th September 2011 (Dining Room, Mullinure Hospital, Armagh), and 15th September 2011 (Committee Room, Daisy Hill Hospital, Newry). If you would like further information, please contact Sinead Hughes at Tel: 028 3741 2523.

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17th Annual Regional Sexual Health Conference

This year's event will bring together a wide range of experts who will present up-to-date research and activities from throughout the United Kingdom and Ireland. The conference will include both keynote presentations and interactive workshops, and will focus upon Sex and the Media; Children's Rights in Relation to RSE; Young People and Grooming; Resilience; Sexual Health and STI Update; Children and HIV. The conference will take place on Wednesday 16th November 2011, in Mossley Mill, Newtownabbey, Co. Antrim. For further details Tel: 028 9090 0051 or Email: shealth.team@belfasttrust.hscni.net

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Training

Parents Helpline Needs Male Volunteers

Based in Belfast city centre, [Parents Helpline](#) volunteers make a significant difference to the lives of families. It is not only a rewarding way to help others, but it also brings benefits such as gaining a qualification, learning valuable new skills, and meeting new people. [Parents Advice Centre](#) is working in partnership with the [Man Matters](#) project to encourage more men to consider volunteering in this role. So, if you have substantial parenting experience and/or significant experience of working with families - and are ready for a new challenge - why not train to be a Parents Helpline volunteer? The Preparation Training Course will take place on Tuesdays 4th, 11th, 18th and 25th October 2011, from 10.00am to 3.00pm, in Belfast. For

more information, contact Andrea on Tel: 028 9031 0969 or Email: volunteer@parentshelpline.org.uk Alternatively, visit www.parentsadvicecentre.org/volunteering for more details.

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Suicidology Courses at Queen's University Belfast

A series of courses related to the scientific study of suicide (suicidology) is being offered during the next academic year in the Open Learning Programme of the School of Education at [Queen's University Belfast](#) (QUB). In most cultures, death by suicide is predominantly a male occurrence - particularly affecting both younger and older men. A special invitation to participate is, therefore, extended to men, but everyone is welcome to register for these practical courses. Each course offers participants the opportunity to reflect upon, and develop further insights into, human suicidal behaviour. The next scheduled courses in suicidology are: "An Introduction to Suicidology" (20 session / 40 hour course during the Autumn 2011 and Winter 2012 semesters); "Suicidology - Further Studies" (10 session / 20 hour course, available in Autumn 2011 for those with a good basic knowledge of the principles of suicidology); "Researching Suicide" (5 sessions / 10 hour course scheduled for Spring 2012). The course tutor, Philip O'Keeffe, is an experienced counsellor, supervisor, tutor and researcher. Further information and application forms are available on the QUB website at: www.qub.ac.uk/schools/SchoolofEducation/OpenLearning or Tel 02890 973323.

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Research

Festival of Social Science - Free Research Training Seminars

As part of the '[Festival of Social Science](#)', [ARK](#) and [NICVA](#) are running two free seminars (for the voluntary and community sectors) on the importance of evidence informed policy, data sourcing and an introduction to research methods. There will also be a 'research surgery' where participants will have the opportunity to ask for advice on their own projects. These events will be relevant to anyone who is interested in / currently undertaking research into men's issues and needs. They will be held on Wednesday 2nd November 2011 (10.00am - 1.00pm, Omagh, Co. Tyrone) and Friday 4th November 2011 (10.00am - 1.00pm, Newry, Co. Down). For further information about these sessions, contact Andrea Thornbury (NICVA) at Tel: 028 9087 7777 or Email andrea.thornbury@nicva.org or Paula Devine (ARK), at Tel: 028 9097 3034 or Email p.devine@qub.ac.uk

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Web Links

Men's Issues on the Web ...

[Questions men dare not ask a doctor](#)

[Study contradicts idea that males need to feel safe to share feelings](#)

[Blue September - facing up to cancer in men](#)

[What is the difference between sex and gender?](#)

[Bad sleep ups blood pressure risk in older men](#)

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Next Edition

The next edition of E-Male Matters will be released in October 2011. Do you know of anything (research, events, resources, news etc.) affecting men and boys which should be included in it? There's a simple template for all articles. Let us know (within 150 words) all the crucial details e.g. title, date, time, venue, short description, contact details for further information (name, telephone and/or email address), and web link (if available) for a fuller explanation. To keep the file size of this newsletter small, we cannot, unfortunately, accept photographs or images. Please email your information to: emalematters@mhfi.org The submission deadline for the October edition is Monday 26th September 2011.

"E-Male Matters" is also available online at: www.mhfi.org/about-e-male-matters.html

The views expressed in E-Male Matters are not, necessarily, those of the Men's Health Forum in Ireland

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