

# E-Male Matters

October 2012

The newsletter of the Men's Health Forum in Ireland

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## News

### World Mental Health Day

Don't forget ... Wednesday 10<sup>th</sup> October 2012 is World Mental Health Day. This occasion seeks to raise public awareness about mental health issues, to promote open discussion on this subject, and to highlight prevention, promotion and treatment services. This year the international theme for the day is 'Depression: A Global Crisis'. Depression affects more than 350 million people of all ages, in all communities, and is a significant contributor to the global burden of disease. Although there are known effective treatments for depression, access to treatment is a problem in most countries and, in some countries, fewer than 10% of those who need it receive such treatment.

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### Save Our Sons And Daughters

Save Our Sons And Daughters (SOSAD) is a new 24 hour emergency support service for anyone affected by suicide or depression in Co. Cavan. To contact the helpline, Tel: 049 4326339.

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## **International Men's Day**

Did you know that it will be International Men's Day on Monday 19<sup>th</sup> November 2012? This day has six key objectives: promote positive male role models; celebrate men's contributions to the world they live in; focus on men's health and wellbeing; highlight discrimination against men; improve gender relations and promote gender equality; create a safer and better world, where all people can reach their full potential. The International Men's Day website is: [www.international-mens-day.com](http://www.international-mens-day.com)

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## **Salubria - The Health Game**

Thursday 27<sup>th</sup> September 2012 saw the launch of a new question-and-answer card game. This resource promotes the benefits of healthy living in a straightforward, interactive and fun way - especially important at a time when two thirds of the Irish population are either overweight or obese! The game was developed in the Republic of Ireland with the help of health professionals, including obesity expert Dr Donal O'Shea, dietician Cathy Breen, and fitness expert Philip Phelan. 'Salubria' comprises 200 questions covering the topics of nutrition, fitness, healthy living and general knowledge. It seeks to teach children the importance of healthy living, and to remind adults to build upon good habits and ditch the bad ones. It is suitable for ages 10 years and upwards. Visit [www.salubriathehealthgame.com](http://www.salubriathehealthgame.com) for more information.

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## **Launch of Helplink Support Services**

To coincide with World Suicide Prevention Day in September, a new social enterprise was launched to provide affordable / free mental health support services in Ireland. Helplink Support Services is a Galway-based company which operates nationally. It provides its services online or through smartphones - in order to reach as many people as possible from both rural and urban areas. The company was assisted by Údarás na Gaeltachta and Enterprise Ireland in the set-up phase. NUI Galway's IT department helped to design the innovative Smartphone Directory App. For more details, visit: [www.helplink.ie](http://www.helplink.ie)

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## **Fit and Well - Changing Lives: Public Health Strategic Framework for Northern Ireland**

A new draft public health framework titled 'Fit and Well - Changing Lives' was published for consultation in July 2012 by the Department of Health, Social Services and Public Safety. The consultation period will run until Wednesday 31<sup>st</sup> October 2012, and your views are being sought. The new framework provides direction for policies and actions to improve health and well being and to reduce inequalities in health. Like its predecessor - 'Investing for Health' - this proposed new strategic framework will require partnership working across government, the statutory, community and voluntary sectors. It seeks to move Northern Ireland towards a vision where all people are enabled and supported to achieve their full health potential and well being. The framework adopts a life course approach, and retains a focus on the most disadvantaged in society. See [www.dhsspsni.gov.uk/showconsultations?txtid=57771](http://www.dhsspsni.gov.uk/showconsultations?txtid=57771) for a copy of the document and details about how you can input to the consultation process.

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*The Men's Health Forum in Ireland is proud to support the 'See Change' partnership*

## Events

### **'Know Your Numbers' Health Day**

It's time to check your health numbers! So, why not come along to a session where you can avail of free checks and advice without having to make an appointment? This will take place on Tuesday 9<sup>th</sup> October 2012, from 1.00pm to 4.00pm, in the Maureen Sheehan Centre, 106 Albert Street, Belfast BT12 4HL. Checks and therapies will include: height, weight, BMI, cholesterol, blood sugar, blood pressure, age progression, carbon monoxide, nutrition, skin scanner, heart health, breast / testicular awareness, spine age progression, allergy testing, complementary therapies ... For more details contact Clan Mor Sure Start on Tel: 02890 327755 or [The HEART Project](#) on Tel: 02890 310346.

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### **Achieving a Sustainable Men's Health Clinic**

Belfast Men's Health Group would like to invite you to a free men's health seminar titled: 'Achieving a Sustainable Men's Health Clinic'. This event will be held in NICVA, 61 Duncairn Gardens, Belfast, BT15 2GB, on Friday 12<sup>th</sup> October 2012, from 9.15am - 1.00pm. A light lunch will be provided. The seminar will be facilitated by Jim Leishman, who set-up and runs a highly successful Men's Health Clinic in Scotland. To reserve a place, please contact Sinead on Tel: 028 9056 4930 or Email: [sinead.mcgreevy@belfasttrust.hscni.net](mailto:sinead.mcgreevy@belfasttrust.hscni.net) Please note that places are strictly limited.

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### **Seminar: Community Resilience - My Mind Matters**

Abbeyfeale and District Initiative - in conjunction with Limerick Social Service Council - invites you to a free seminar titled 'Community Resilience: My Mind Matters'. This will be held on Wednesday 17<sup>th</sup> October 2012, in the Devon Inn Hotel, Templeglantine, Co. Limerick, at 7.30pm. The speakers will be: Dr. Kieran Murphy (GP in Athea, talking about the 'Iceberg of Depression'), Alan Quinlan (Irish Rugby Football Union player, talking about 'Life's Journey'), and Christine Fitzgerald (Coordinator with the Grow organisation, talking about 'Community Support'). For more information, Email: [abbeyfealedistrictinitiative@gmail.com](mailto:abbeyfealedistrictinitiative@gmail.com)

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### **Making Sense of Young People's Sexual Health**

Research shows that young people remain dissatisfied with the sex education they receive. At the same time, teachers often maintain that they are not equipped to deliver a better standard of sex education due to the lack of information and training. This workshop addresses these concerns by showcasing latest research and sex education resources, and is specifically designed for sex education providers. The scene will be set by presenting the latest research findings on young people's sexual lifestyles in Northern Ireland, and there will be an opportunity for participants to learn more about some of the most innovative sex education resources and providers available - including NCB's Sex Education Forum, Brook, FPA, GUM clinic nurses, and resources specifically for young men and LGBT people. The workshop will take place on Tuesday 6<sup>th</sup> November 2012, from 10.00am - 4.00pm at NCB NI, Albany House, 73-75 Great Victoria Street, Belfast, BT2 7AF. The workshop is free, but places must be booked in advance by emailing [e.gray@qub.ac.uk](mailto:e.gray@qub.ac.uk) This event is being held as part of the [ESRC Festival of Social Science](#).

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## **Putting Men's Health onto the Agenda**

This event will be led by doctor, author and inspirational speaker Ian Banks, and will take place on Wednesday 14<sup>th</sup> November 2012, from 9.30am - 12.30pm, in the Waterfoot Hotel, Derry / Londonderry. The seminar will raise the profile of men's health issues in the Western Health and Social Care Trust area by highlighting key facts and statistics on men's health, exploring 'what works' with men, and giving opportunities to participants to comment on men's health issues in the West. To register, contact the Health Improvement Department at Tel: 028 7186 5127 or Email: [health.improvement@westerntrust.hscni.net](mailto:health.improvement@westerntrust.hscni.net) For more information, or to book online, visit: [www.westerntrust.hscni.net/about/2441.htm](http://www.westerntrust.hscni.net/about/2441.htm)

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## **How Vulnerability Impacts upon Sexual Health and Wellbeing**

The 18<sup>th</sup> Annual Regional Sexual Health Conference will, this year, focus upon 'How Vulnerability Impacts upon Sexual Health and Wellbeing'. The event will bring together a wide range of experts who will present up-to-date research and activities from throughout the UK and Ireland. Issues explored will include: sexuality and vulnerability; human trafficking; Lesbian, Gay, Bisexual, Transgender - Journey to Equality; HIV Families Project; the impact upon sexual health of vulnerability and risk-taking behaviour. This event will take place on Wednesday 14<sup>th</sup> November 2012, in Mossley Mill, Newtownabbey, Co. Antrim, from 9.00am - 5.00pm. For more information, Tel: 028 9090 0051 or Email:

[shealth.team@belfasttrust.hscni.net](mailto:shealth.team@belfasttrust.hscni.net)

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## **Suicide Prevention - What Works?**

[Contact](#) has confirmed that their second 'Suicide Prevention - What Works?' one day conference will be held on Thursday 22<sup>nd</sup> November 2012, in the Stormont Hotel, Belfast. It will last from 9.30am - 4.30pm. Conference presenters include: David Covington (National Chair of the NSPL Lifeline - lead U.S. strategy contributor on suicide risk assessment and prevention), Professor Annette Beautrais (World Health Organisation lead on international suicide prevention strategy results), Professor Mike Tomlinson (School of Sociology, Social Policy and Social Work at Queen's University Belfast, and author of 'The Trouble with Suicide'), Trisha Forbes (Queen's University Belfast, presenting on Contact's Atlantic Philanthropies funded study on youth suicide prevention), and Dr John Devaney (QUB) / Dr Teresa Gerrity (NCB) presenting on early intervention aggression related trauma research. Send all booking enquiries to [caroline.king@contactni.com](mailto:caroline.king@contactni.com)

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## **'Be the Change' Conference**

You are invited to a conference for businesses and non-profit organisations who wish to help to reduce the stigma of mental health issues in Irish communities. At this event, you will have the opportunity to hear from guest speakers, view videos, take part in interactive breakout sessions, and gain useful tools to play your part in reducing stigma in your organisation and community. The 'Be the Change' event will take place on Monday 26<sup>th</sup> November 2012, from 9.00am to 3.45pm, in the Chartered Accountants House, Pearse Street, Dublin 2. It is free to attend, but you must register for a place. To register or find out more, Email:

[conference@foundation.ie](mailto:conference@foundation.ie)

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## Why 3,000 Middle-Aged Men Die by Suicide each Year

A new report examines why men from disadvantaged backgrounds in their 30s, 40s and 50s are at higher risk of suicide. On average, around 3,000 middle-aged men take their own lives each year, and men from low socio-economic backgrounds living in deprived areas are ten times more likely to die by suicide than men from high socio-economic backgrounds living in the most affluent areas. The report, commissioned by the Samaritans explores the reasons for suicide in this group of men, and calls for suicide to be addressed as a health and social inequality. A copy of the report, titled: 'Men and Suicide: Why it's a Social Issue', can be accessed online at: [www.samaritans.org/media-centre/our-campaigns/were-your-corner/were-your-corner-research](http://www.samaritans.org/media-centre/our-campaigns/were-your-corner/were-your-corner-research)

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## Dying Fifteen Years Early - What can Traveller Men and Relevant Agencies do?

Following the September seminar in Newry on inequalities in Traveller men's health, the full report on the research study (titled 'Dying Fifteen Years Early - What can Traveller Men and Relevant Agencies do?') is now available online. This is a very large report (285 pages), in Portable Document Format (PDF), and takes quite a while to download (as it is a 6MB file). Copies can be accessed at: [www.southerntrust.hscni.net/pdf/DyingFifteenYearsEarly.pdf](http://www.southerntrust.hscni.net/pdf/DyingFifteenYearsEarly.pdf)

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## New NINIS Website

NINIS (Northern Ireland Neighbourhood Information Service) provides free access to statistical and locational information relating to small areas across Northern Ireland. NINIS is pleased to announce the launch of their new website. This new site offers a wide range of improvements and additional features. These include: more consistent navigation; ability to access an area profile report by entering a postcode, street or area name; opportunities to create your own charts, maps and interactive maps for exporting; function to view recently added / most viewed datasets and news headlines at a glance. Visit the website at:

[www.nisra.gov.uk/ninis](http://www.nisra.gov.uk/ninis)

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## Online Research Bank (ORB)

Are you looking for research focused on Northern Ireland? ... If so, then try ORB. [ARK's Online Research Bank](#) (ORB) consists of two searchable databases of research, and these are a key resource for practitioners, community activists, service providers, students, academics, teachers, researchers, and journalists: (1) The [Social Policy Database](#) contains a bibliography and summaries of social policy research in Northern Ireland since 1990. The database can be searched in different ways, for example, by year of publication, by topic or by author. There are now over 2,500 entries in this social policy resource. For much of this material, there is a short summary of the work - giving background details, the research approach, key findings, and the conclusion. (2) The [Children's Research Database](#) consists of a searchable bibliography of over 850 pieces of research looking at the lives of children and young people in Northern Ireland. The database is sponsored by the [Office of the First Minister and Deputy First Minister](#) to support the implementation of the Children and Young People's Strategy. The framework for the search categories is based on the United Nations Convention on the Rights of the Child ([UNCRC](#)). As with the Social Policy Database, links and summaries are available for the majority of database entries.

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## Web Links

### Men's Issues on the Web ...

[What men in Ireland need to do about their health](#)  
[Childhood sexual abuse linked to later heart attacks in men](#)  
[Premier League health project shows promising results](#)  
[Male stroke survivors more likely to suffer depression than females](#)  
[New research on non-hormonal male contraceptives](#)  
[Active pensioners 'add six years'](#)

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## Next Edition

The next edition of E-Male Matters will be released in November 2012. 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](mailto:emalematters@mhfi.org) The submission deadline for the November edition is Monday 29<sup>th</sup> October 2012.

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