

E-Male Matters

November 2012

The newsletter of the Men's Health Forum in Ireland

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News

Work Out Website for Young Men Launched

To mark World Mental Health Day 2012, a new, interactive, self-help, online programme called 'Work Out' was launched. This is designed to help young men on the island of Ireland to improve their 'mental fitness'. This website is the result of a partnership between [Inspire Ireland](#), the [National Office for Suicide Prevention](#) (NOSP) and the [Men's Health Forum in Ireland](#). It is one element of a bigger all-island initiative called the 'Young Men and Suicide Project' (funded by the DHSSPS, PHA, HSE and NOSP).

Work Out (www.workoutapp.ie) is free and easy to access. It is based upon a series of brief online interventions (called 'Missions') which utilise the principles of Cognitive Behavioural Therapy. During Work Out, young men are invited to: register for an account; take a comprehensive test to assess their strengths and weaknesses; undertake a series of practical 'Missions' to improve their mental fitness; use the online reports to check (at any time) how they are improving. For more details, visit: www.mhfi.org/work-out-website-for-young-men-launched.html

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Movember is Here!

During the month of November each year, 'Movember' is responsible for the sprouting of moustaches on thousands of men's faces in Ireland and around the world. The aim of this month is to raise vital funds for, and awareness of, men's health - specifically, prostate cancer. Check out <http://ie.movember.com> for more information.

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Keep up-to-date with Man Matters

'Man Matters' is a partnership in Northern Ireland which involves the [Workers' Educational Association](#) (WEA), [Home-Start NI](#), [Parenting NI](#) and the [Men's Health Forum in Ireland](#). It is supported by the Big Lottery Fund. The project focuses on males, and addresses the themes of health, education, parenting/family, and community work/volunteering. It works, primarily, with men to increase their knowledge and capabilities, but also seeks to influence how services are provided and policies are made. Man Matters may be able to help your local work by offering courses, workshops, volunteering opportunities, events, seminars and conferences. The project has, recently, re-launched its website at www.manmatters.org. This site contains information on the work of the project and details of upcoming events. It also has a resources section, with links to a wide variety of organisations and information in the field of men's work. These cover areas such as fatherhood, caring, mental health and physical activity. In tandem with the re-launch of the website, the project has created a new Facebook page. This contains all the latest stories, news, and pictures from the project. Check it out at: www.facebook.com/pages/Man-Matters/280916372017605 and - better still - click to 'Like' it.

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International Men's Day

Did you know that it will be International Men's Day on Monday 19th November 2012? The theme for this year is 'Helping Men and Boys Live Longer, Happier, Healthier Lives', and supporters of the Day are asked to focus on five key challenges: improving men's life expectancy; supporting men to seek help when they need it; improving boys' educational achievement; tackling tolerance of violence against men and boys; promoting fathers and male role models. To find out more, visit the International Men's Day website at: www.international-mens-day.com

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Free Online Counselling Sessions for Men

To mark International Men's Day 2012 (19th November), Helplink Support Services are offering 10 free online counselling sessions to men from throughout Ireland. Men must register their interest for these sessions by Saturday 17th November by emailing counselling@helplink.ie and quoting 'International Men's Health Day'. Applicants must give their name and phone number for contact purposes, and choose a time and a counsellor (see www.helplink.ie). The online counselling sessions are available from 1.00pm - 9.00pm. The last bookable session is 8.00pm.

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

Events

Men's Health Event / MOT Check in North Belfast

You are invited to a men's health event in the Crumlin Star Social Club, Ardoyne, Belfast, on Wednesday 7th November 2012, from 5.30pm - 7.30pm. This event is being organised by the Crumlin / Ardoyne Neighbourhood Renewal Partnership. The aim is to encourage men to seek out a range of help, support, and interventions which could potentially impact on their health and well-being. Men will be able to access complementary therapies, blood checks, body mass index, age progression, have their hair trimmed, plus much more. Refreshments will also be available to men who complete a short survey - which will help to capture a current picture of local men's health status. For more information, contact Bryan Irwin at Tel: 02890 351999 or Email: info@cancerlifeline.info

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Wise Men's Health Clinic

The [Wise Men of the East Network](#) (in East Belfast) will, once again, be running an evening Men's Clinic at Holywood Arches Health Centre - with health promotion information every other week. The clinics begin on Wednesday 7th November and run each week from 6.00pm to 8.00pm. In the past 12 months, 190 men have made use of the evening clinic, and an 'Exit Survey' showed that this experience provided (for the majority of the men) a motivation to improve their health, as well as offering them a strategy for how to do this. The clinic is led by District Nurses, and is aimed at men who have not had contact with their GP in the last 12 months. The service offers men over 35 years of age a check-up for their weight, blood pressure, screening of their blood, cholesterol level, and an opportunity to discuss their general health. The results of raised blood sugar levels, cholesterol, prostate problems, raised blood pressure etc. are forwarded to GPs, and the men are advised to follow this up. As well as men being referred by their GP, they can also refer themselves to the clinic by leaving their details on the answer machine at Tel: 02890 563307. They will then be contacted about an appointment. For further information, contact Alan Houston, on Tel: 02890 451512 or Email: alan@ebcda.org

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Rejuvenate Project: Men's Sheds Meetings

The 'Rejuvenate Project' is holding two meetings to explore the possibilities for starting-up Men's Sheds for men aged 55+ in Ligoniel/Ballysillan and Upper Ardoyne areas of North Belfast. These events will take place on: Thursday 15th November 2012, 12.00pm - 2.00pm, in Eglinton Presbyterian Church Hall, Carr's Glen, Ballysillan Road, Belfast, BT14 6RB; and on Friday 16th November 2012, 12.00pm - 2.00pm, in The Wolfhill Centre, 148 Ligoniel Road, Belfast, BT14 8DT. Everyone is welcome to attend, and lunch will be provided. For further information, contact Geraldine at Tel: 02890 752990 / Mobile: 07850 651263 / Email: geraldine.nelson@nthbp.org

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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 14th 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: 02871 865127 or Email: health.improvement@westerntrust.hscni.net For more information, or to book online, visit: www.westerntrust.hscni.net/about/2441.htm

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How Vulnerability Impacts upon Sexual Health and Wellbeing

The 18th 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 14th November 2012, in Mossley Mill, Newtownabbey, Co. Antrim, from 9.00am - 5.00pm. For more information, Tel: 02890 900051 or Email:

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 22nd 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

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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 26th 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

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Box of Frogs: A Revue of the Mind

[See Change](#) - Ireland's national mental health stigma-reduction partnership - has commissioned a play, based upon three people's real life experiences, in order to spark open and honest conversation about mental health problems in Ireland. You are invited to join Mary McEvoy, John Moynes and Dil Wickremasinghe in a mixture of stories, comedy sketches and song, as the cast tell their own personal mental health stories to de-mystify, debunk and, ultimately, have a laugh with what really goes on inside all of our heads. This play will run in the Smock Alley Theatre, Dublin, from 20th - 24th November 2012. Visit: www.smockalley.com for booking details.

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Training

Understanding Constitutions Workshop

Does your men's group need a constitution? ... If you're not sure, why not come along to the 'Understanding Constitutions Workshop' and find out? This workshop will take place on Monday 26th November 2012, from 9.30am - 1.00pm, in Crumlin Road Gaol, Crumlin Road, Belfast. At this event, you will find out about some of the benefits of becoming a constituted group, as well as having an opportunity to share your experience with like-minded people. The workshop (and car parking) is free. However, participants can choose, if they wish, to also enjoy a reduced fee guided tour of this well-known former prison after the workshop has ended (at a cost of £5.00 per head). For more details, contact Michael Glover on Tel: 02890 329718 or book online at: www.wea-ni.com/seminar

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Research

Understanding Fatherhood in the 21st Century

You are invited to the launch of 'Understanding Fatherhood in the 21st Century' - a Policy Briefing Paper which draws together local and international research on fatherhood. This will take place on Monday 19th November 2012, in Farset International, 466 Springfield Road, Belfast, from 11.30am - 12.30pm. The report was commissioned by the [Man Matters](#) project, and was written by Dr Maria Lohan and Colin Shaw from [Queen's University Belfast](#). This paper presents the challenges facing fathers, and highlights the obstacles to their full involvement in children's lives. It makes a series of recommendations for public policy and practice - which are needed to support the changing role of fathers in the 21st Century. The report will be introduced by Dr Lohan, and there will be feedback from Liam Hannaway (Vice Chairperson of the Children and Young People's Strategic Partnership). There will also be a question-and-answer session. Each attendee will be given a copy of the report - which will be made available on the Man Matter's website shortly after the event. To attend the launch, book online at: www.wea-ni.com/seminar or contact Michael Glover at Tel: 02890 329718 / Email: michael.glover@wea-ni.com

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Web Links

Men's Issues on the Web ...

[Premier League health scheme tackles men's health](#)

[Fathers matter when it comes to their teenager's sexual behaviour](#)

[Consultation on the use of gender as a risk factor for insurance](#)

[TAMHI FC - Tackling Awareness of Mental Health Issues Football Community](#)

[As a man's belt size increases, so does his risk of sexual and urinary dysfunction](#)

[Prominent role being played by grandfathers in Europe](#)

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Next Edition

The next edition of E-Male Matters will be released in December 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 The submission deadline for the December edition is Wednesday 28th November 2012.

"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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