

E-Male Matters

November 2013

The newsletter of the Men's Health Forum in Ireland

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News



Movember is Here!

During the month of November each year, 'Movember' is responsible for the sprouting of moustaches on men's faces in Ireland and around the world. The aim of this month is to raise funds for, and awareness of, men's health - specifically, prostate cancer. [Belfast Health and Social Care Trust](#) has registered a team for Movember, and is holding an official launch event on Friday 1st November, at 12.15pm, in Seminar Room 3, the Cancer Centre, Belfast City Hospital. Trust Chief Executive, Colm Donaghy, will be having his moustache shaved off; Professor David Waugh will inform everyone about Movember's contribution to Northern Ireland; Patrick Keane (Urologist) will give a brief talk on men's health issues; there will be an interactive quiz ... To register for the launch contact: Sinead McGreevy on Tel: 02895 046714 or Email: sinead.mcgreevy@belfasttrust.hscni.net Visit <http://ie.movember.com> or <http://uk.movember.com> for more information on Movember on the island of Ireland.

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International Men's Day

Did you know that it will be International Men's Day on Tuesday 19th November 2013? The theme for 2013 is 'Keeping Men and Boys Safe'. This will focus upon tackling male suicide; supporting boys to become tomorrow's role models; ending the tolerance of violence against men and boys; boosting men's life expectancy by addressing avoidable illness and death; promoting the importance of fathers. To find out more, visit: www.imd-global.org

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'Man on a Mission' Posters

[Man Matters](#) has produced a series of six posters depicting a range of men's issues. This collection is titled 'Man on a Mission', and focuses upon getting healthy, getting active, learning, helping kids, getting involved and helping others. The posters are available for online downloading as JPG images (see: www.mhfi.org/news/340-man-on-a-mission-posters.html) or in hard copy - by contacting Siobhán Harding at Tel: 02890 329718 / Email: siobhan.harding@wea-ni.com

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Ageing Sector PhD Studentships - Applications Invited

The [School of Sociology, Social Policy and Social Work](#) within Queen's University Belfast is offering two full-time PhD studentships to strengthen the evidence-base of the Ageing Sector in Northern Ireland. Funding is available for three years, and will cover university fees and pay a stipend. These studentships will focus upon: (1) Age-Friendly Society and Communities - this will address whether society and communities in Northern Ireland are age-friendly, especially for older people, and the research will inform policy and practice in Northern Ireland. (2) Older Women Living with Domestic Violence, Alcohol and Substance Misuse. For further information, funding regulations, and how to apply, visit the School's website at: www.qub.ac.uk/schools/SchoolofSociologySocialPolicySocialWork/NewsandEvents/Title,419253,en.html The closing date for applications is Wednesday 20th November 2013.

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Increase in Male Callers to Connect Telephone Counselling and Support Service

[Connect](#) is a Freephone counselling and support service for adults who have experienced emotional, physical, or sexual abuse or neglect in childhood. The service is funded by the Health Service Executive (HSE), is open Wednesday to Sunday from 6.00pm to 10.00pm, and is staffed by fully accredited psychotherapists and counsellors. The service has noticed a large increase in new male callers to the service in the period between July and September 2013. Generally, approximately 34% of callers to the service are men. However, in this period, 46% of callers were men. Often the men who call speak for the first time about difficult and traumatic experiences during childhood. All callers remain anonymous, and the service is entirely confidential. Visit: www.connectcounselling.ie or Tel: 1800 477 477 (Republic of Ireland) / 0800 477 477 77 (Northern Ireland).

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Crossin' the Bridge - a Short Film by Menaware

"Crossin' the Bridge" is a short film made by the Menaware men's group in South Armagh. Menaware works to raise awareness of the many issues relating to men and boys - especially their health and wellbeing. The group worked for several months to write, act and shoot this film. With improvised performances, and celebrating the beauty of the South Armagh landscape, Crossin' the Bridge raises awareness of mental distress and what help is available - through offering an imaginative insight into the lives of real people. Check it out at: www.youtube.com/watch?v=Zwf0yr7S6NY&list=PLqVm4iNN0oSOYmTtsGQgvGrWH9Wu9FOPB&index=1

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Building the Community-Pharmacy Partnership Programme

The [Community Development and Health Network](#) (CDHN) has opened up a new round of funding through their Building the Community-Pharmacy Partnership (BCPP) programme. They are seeking new community-pharmacy partnerships throughout Northern Ireland, and continue to support partnerships previously involved in BCPP. Level 2 funding is for those who have a clear vision of what the project wants to achieve. It consists of a maximum of £10,000 for a project that can last for up to two years. Level 3 funding is available to those who have completed several Level 2 projects. The closing date for Level 2 and Level 3 funding is Thursday 14th November 2013. Application packs can be downloaded from www.cdhn.org/bcpp For further information, Tel: 028 3026 4606.

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Challenging the Old Mental Health Clichés - New See Change Video

We've all heard them... most of us have said them... but the 80+ organisations behind the [See Change](#) partnership have launched a new video tackling those old mental health clichés that are unhelpful when supporting someone who is going through a tough time. Stigma breeds silence around mental health, stops people seeking help, and makes the experience of being unwell much harder. See Change research found that one in two Irish people would rather suffer in silence. Yet, it doesn't have to be this way. You don't need to be an expert to start talking about mental health or have all the answers. Sometimes the most helpful thing you can do is to let someone know that you are there for them and simply listen. See this video to help you start your conversation: www.youtube.com/watch?v=IUUwEv8q4LI&feature=youtu.be

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

Events

Irish Men's Sheds Association National Conference and Exhibition 2013

The [Irish Men's Sheds Association](#) invites you to join them for their 2013 National Conference and Exhibition which will take place in the [Galway and Mayo Institute of Technology](#), Castlebar, Co. Mayo, on the 15th and 16th of November. Guest speakers will include: Mícheál O'Muircheartaigh, Sean Coughlin from Social Entrepreneurs Ireland, and Magnus Collins - an adventurer with an inspirational story. There will also be an exhibition hall where all the Sheds are invited to show off some of the projects that they have been involved in over the last year. For more information or to book a place, Email: info@menssheds.ie or visit the Castlebar Men's Shed webpage at: <http://castlebarmensshed.weebly.com>

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Facing 'The Fear': Alcohol and Mental Health in Ireland

[Alcohol Action Ireland's](#) 2013 national conference will take place in Dublin on Wednesday 20th November 2013, in the Royal College of Physicians, Kildare Street, Dublin 2, from 9.30am to 4.00pm. Participants will hear from people who have experienced the impact of alcohol on their own mental health or that of their loved ones. They will also hear from a range of experts, who will examine how alcohol is linked to a wide range of mental health issues including depression, anxiety, self-harm and suicide. To find out more or to book a place, visit: www.alcoholireland.ie/facing-the-fear-alcohol-and-mental-health-in-ireland

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Suicide, Mental Health and the Church

Clergy, church youth workers, church lay leaders, lay pastoral workers and other church staff are invited to attend one of five Focus Groups which will be held throughout November and December 2013. These events will focus upon the issue of suicide and mental health. The organisers (Flourish!) are keen to hear feedback on a range of materials that have been developed to support churches in this field. Flourish! is a partnership between the [Churches' Community Work Alliance NI](#), [Lighthouse Ireland](#), and clergy from across the Christian churches in Northern Ireland. The initiative has the support of the leaders of the four larger churches in Ireland, and has been developed in partnership with, and supported by, the [Public Health Agency](#). To register click [here](#) or Email: info@wewillflourish.org

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Addressing Sexual Health within the Primary Care Setting

You are invited to the 19th Annual Sexual Health Conference which will take place on Wednesday 20th November 2013, from 9.00am - 5.00pm, in Armagh City Hotel, 2 Friary Road, Armagh, Co. Armagh, BT60 4FR. This year's event will bring together a wide range of experts who will present up-to-date research and practice from throughout the UK and Ireland via keynote addresses and interactive workshops. There will be a focus upon: RQIA inspection into sexual health services; abortion; NI legislation and equality issues; genito-urinary medicine and primary care services; Sexual Assault Referral Centre NI; young people and consent. To get a booking form, Email: shealth.team@belfasttrust.hscni.net

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Healthy Food for All National Conference 2013

Food Poverty is a serious national policy concern. This multi-dimensional issue requires a cross-sectoral response. Healthy Food for All's conference - titled: 'Food Poverty: Local Solutions to a National Issue' - will explore the main issues, consider the causal factors, and propose potential solutions. This event will take place on Wednesday 20th November 2013 in the College of Anaesthetists of Ireland, 22 Merrion Square North, Dublin 2. Contact Bebhinn Hare at Tel: 01 5494643 / Email: bebhinhare@healthyfoodforall.com

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Training

Seminars for Practitioners Working with Fathers

As part of its work with the [Man Matters](#) project, [Parenting NI](#) will be facilitating three seminars across Northern Ireland to support practitioners who work with fathers. These free seminars will focus upon: 'Engaging Fathers' (Tuesday 5th November 2013 in Belfast), 'The Value of Fathers' (Wednesday 20th November 2013 in Coleraine), and 'Good Practice in Work with

Fathers' (Tuesday 4th February 2014 in Omagh). There will also be opportunities for discussion, networking, sharing knowledge / experience, and questions. For more information, contact Clare-Anne at Email: clare-anne@parentingni.org / Tel: 02890 310891.

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SHSCT Promoting Wellbeing Training Courses

The Southern Health and Social Care Trust (SHSCT) Promoting Wellbeing Team has a range of training opportunities available in their October 2013 - March 2014 brochure. You can access a Portable Document Format (PDF) version of this publication at: www.mhfi.org/shsct-training.pdf For further information, contact: Mairead Casey, Promoting Wellbeing Training Coordinator, at Tel: 02837 412406 / Email: mairread.casey@southerntrust.hscni.net or visit: www.southerntrust.hscni.net/124.htm

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Walking in your Community

Walking in your Community - a new initiative launched by [Outdoor Recreation NI](#) - has announced a training opportunity for community groups and volunteers in Belfast. The programme offers Community Walk Leader training that will enable participants to lead short, safe and accessible walks within their own community. The benefits of walking regularly are indisputable - as it boosts physical and mental health. The scheme also provides an opportunity for participants to build friendships and create local connections. The next training will be on Saturday 12th November 2013, at Belfast Activity Centre, Barnett Demesne, Belfast, and it will run from 9.30am to 5.00pm. For more information or to register for this training, visit: www.walkinginyourcommunity.com or Email: info@walkinginyourcommunity.com

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Pathways to Health Level 1

Pathways to Health training aims to ensure that community development workers and volunteers have increased understanding of factors impacting on individual and community health. The course will review health in its broadest context and discuss the effectiveness of community development approaches. Participants will become familiar with the wider determinants of health, the social model of health, and the values and principles of community development. The next Level 1 training will take place on Tuesday 12th November 2013 and Tuesday 19th November 2013, from 9.30am to 4.00pm, in Groundwork Northern Ireland, Belfast. Visit: [www.cdhn.org/pages/index.asp?title=Pathways to Health](http://www.cdhn.org/pages/index.asp?title=Pathways_to_Health) for information or Email: carolinemcnulty@cdhn.org

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Research

ARK Ageing Programme

The [ARK Ageing Programme](#) is a new resource within [ARK](#) to support engagement between the age and academic sectors. They will do this by encouraging and facilitating the production of research that can support lobbying and advocacy, and by promoting the sophisticated use of information and evidence by the age sector. In addition, the project aims to embed ageing research within Queen's University Belfast and University of Ulster. This programme will run from October 2013 to December 2016.

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Public Health Information System 2013

The latest version of Public Health Information System (PHIS 2013) data produced by the Department of Health in the Republic of Ireland is available on [The Health Well](#). The tables include data up to 2011 for a number of health-related themes including cancer, mortality and hospital admissions. PHIS data is an invaluable resource for the measurement of population health, for target-setting and evaluation, and for evidence-based service planning and policy formulation at both national and regional levels. You can access the results at: www.thehealthwell.info/phis-tables

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Web Links

Men's Issues on the Web ...

[Health by stealth in Irish Men's Sheds](#)

[Give boys the jab!](#)

[Why do men lie about their health?](#)

[Over-50s men 'not aware of disease symptoms'](#)

[Why divorce is bad for a man's health](#)

[What has Movember done for men's health?](#)

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Next Edition

The next edition of E-Male Matters will be released in December 2013. 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 Thursday 28th November 2013.

E-Male Matters is also available online at:

www.mhfi.org/newsletters/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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