

E-Male Matters

August 2014

The newsletter of the Men's Health Forum in Ireland

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News

Irish Heart Month

This September, Ireland's Heart Month will focus on alcohol and the link to heart disease and stroke. The aim is to encourage people to 'say when' sooner. There are many messages about whether alcohol is good or bad for the heart. There are also many unanswered questions such as: 'How much is too much?' 'What is the recommended maximum weekly level that should be consumed?' 'What is a standard drink?' ... Materials, including posters and a free colour magazine exploring issues related to alcohol and heart health, are available to order from the [Irish Heart Foundation](#). For more details, visit:

www.irishheart.ie/iopen24/irish-heart-month-september-2014-t-8_201_1422.html

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Online Counselling for Men - Turn2Me Today

[Turn2Me](#) is an online mental health organisation providing a range of services to adults affected by mental health / well-being difficulties of various sorts. These services include support forums, support groups, information, a mood-tracking tool called 'Thought Catcher', and counselling (provided by fully qualified staff). Turn2Me delivers the free online counselling through an eight week 'Engage Programme'. This uses online chat software. To participate, visit www.turn2me.org/engage and apply. Whilst 'Engage' is open to any adult in Ireland, there is a particular focus upon providing this service to men. Some men may be less inclined to access emotional support. Doing so online may feel more comfortable, and is also easier to access from home. Turn2Me is supported by the [National Office for Suicide Prevention](#).

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'Challenges and Choices' Manual for Men in Ireland

There's no denying that the state of men's health on the island of Ireland is often poor. However, there are things which can be done to change this situation and men, themselves, can play a key role in doing this. This free 32 page mini-manual (based upon the 'Haynes Manual' model) was launched by the [Men's Health Forum in Ireland](#) to mark [Men's Health Week 2014](#). It poses ten simple and practical health challenges to men and, to meet every challenge, it offers three choices. The publication of this booklet was only possible because of the generous support given by the [Health Service Executive](#) in the Republic of Ireland and the author - Dr Ian Banks. All of the hard copies of this publication are now gone. However, you can still access a low resolution PDF version online at: www.mhfi.org/challenges.pdf

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Why Vaccinate Boys as well as Girls against HPV?

In a personal view (www.bmj.com/content/349/bmj.g4834) published in the BMJ, [Dr Gillian Prue](#) from the School of Nursing and Midwifery at Queen's University Belfast, and a member of the Men's Health Forum in Ireland, says that boys should be vaccinated against the HPV virus as well as girls. Gillian highlights how the human papillomavirus (HPV) infection is common in men, and can lead to genital warts and the development of some head and neck, anal or penile cancers. She says that the incidence of this has increased in the past two decades; with HPV causing 5% of all human cancers. Since September 2008, a free vaccination has been available for 12-13 year old girls in the UK, with a catch-up programme for girls up to age 18. However, Australia, the USA, Austria and parts of Canada have introduced a vaccination for both boys and girls. This article makes a strong case for including boys in the vaccination programme in the UK and elsewhere. The authors of a [linked editorial](#) in the BMJ also ask 'What about the boys?' Professor Stanley, Dr O'Mahony and Dr Barton say that they share the Royal College of Surgeons' disappointment about the lack of response to concerns about the 'inequity of vaccinating only girls against HPV'.

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Impact of Green Ribbon 2014

The [Green Ribbon](#) campaign during May 2014 saw over 500 events and projects take place across the country, 300,000 Green Ribbons distributed free of charge at Irish rail stations and Citizens' Information locations nationwide, and the collaboration of 90 partner organisations, 100s of volunteers and over 50 ambassadors. This led to a total of 1.6 million conversations about mental health in Ireland. For a copy of the impact report, see: www.seechange.ie/wp-content/uploads/2014/07/GR-impact-report-Final1.pdf

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Cancer Focus NI's Equal Access Campaign

[Cancer Focus NI](#) launched a three month campaign in June 2014 in partnership with the Daily Mirror and with the support of 14 local charities. The campaign calls for equality of access to 38 cancer drugs that are available to patients in England, Scotland and, shortly, Wales, but not readily available to patients in Northern Ireland. The campaign initially aimed to secure 10,000 pledges of support - to be presented to Health Minister, Edwin Poots, this autumn. However, after reaching that number in only 11 days, they have doubled the number of pledges, and are aiming for a massive 20,000. Anyone who would like to pledge their support should visit: www.equalaccessni.org

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

Danderball - Walking Football and Craic for Over-50s

'Danderball' (walking football) is one of the new sporting crazes to hit Ireland. It is a social / fitness / sporting initiative for men aged 50 years and over. The programme is designed to complement other physical activities for people aged 50 years plus, and is particularly attractive to men who can no longer play regular football. Danderball is a 5-a-side non-contact version of football. Anyone who sprints, runs or jogs while the ball is in play will be penalised - with a free kick awarded to the other team. To find out more about it and how it's played, have a look at: www.mhfi.org/danderball.pdf

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Events

Technology for Well-Being Conference

The second annual international Technology for Well-Being Conference will take place on Thursday 25th September 2014 in Croke Park, Dublin. The theme for this year is 'Bridging the Digital Disconnect'. This event is open to service providers, policy makers, health managers, the technology sector, researchers, media, students and interested members of the public. Presentations will explore: innovation in technology and mental health; social media and mental health; suicide prevention and the internet; mental health promotion / public messaging online; national policy in technology and mental health; good practice in the safe delivery of online mental health services; crisis response protocols; technology, cyber-safety and young people; youth participation and engagement with online interventions. Early bird tickets are available until Wednesday 20th August 2014. For more information, visit:

<http://ie.reachout.com/about/technology-for-well-being-conference>

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Institute of Public Health Open Conference

Following the success of the [Institute of Public Health](#) (IPH) Open Conference held last year in Croke Park, Dublin, you are invited to attend the next event which will take place on Tuesday 14th October 2014 in Titanic Belfast. As before, the programme will be suggested and developed by the participants. Applications are invited from all sectors (statutory, academic, community and voluntary) and from all parts of Ireland. Participants are also invited to submit proposals (by Friday 15th August) for an oral presentation at this event. The priority themes for this year are: active travel; positive ageing; promoting mental health and wellbeing; public health approaches to poverty; research, policy, practice cycle - closing the gap. See www.iphopenconference.com for more details. There is no cost to attend this conference.

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At the Crossroads: Preparing for an Ageing Population

[Age NI](#) and [ARK](#) invite you to a conference titled: 'At the Crossroads: Preparing for an Ageing Population'. This conference will bring together leading experts on ageing, and will explore how policy makers and service providers in Northern Ireland can best prepare for demographic change. Academics and practitioners will present their analyses and recommendations on key issues including dementia, housing, employment, building an age-friendly Northern Ireland, effective consultation processes, and engaging with 'hard to reach' groups. This conference will take place on Wednesday 27th August 2014, from 9.30am - 4.00pm, in Riddel Hall, Queen's University Belfast. Places are free of charge and lunch will be provided. To register your interest, contact Michele by Email: michele.young@ageni.org or Tel: 02890 892606.

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Transitions and Youth Mental Health - Call For Abstracts

To coincide with World Mental Health Day (10th October 2014), the 4th National Research Conference on Youth Mental Health will take place in Cork. This dynamic and multi-disciplinary one day event (co-hosted by the Association for Child and Adolescent Mental Health Special Interest Group in Youth Mental Health, the Inspire Ireland Foundation, and the National Suicide Research Foundation) will: bring together researchers, clinicians, policy-makers and others who care for and work with adolescents and young adults; showcase the latest research and innovation in the area of youth mental health; address the multiple transitions (mental health, developmental, social, psychological and service transitions) faced by young people; draw together a multi-disciplinary audience across specialties and services; highlight the role young people can and do play in promoting good policy and practice in mental health. Participation from students, clinicians, community organisations and researchers is greatly encouraged, and the organisers are seeking submissions for oral and poster presentations in the area of youth mental health. Further details are available from Fenella Murphy, Email: fenella@inspireireland.ie

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Northern Ireland Fertility Information Day 2014

You are invited to a Northern Ireland Fertility Information Day which will be held on Saturday 27th September 2014, from 9.30am - 4.30pm, in Riddel Hall, Stranmillis Road, Belfast. Zita West - Midwife and fertility expert - will speak about 'Body, Mind and Lifestyle Management', while other themes to be explored on the day will include: NHS treatment and funding; clinical treatment options; fertility counselling; camera technology; male fertility; donor treatment options; and local adoption. The cost is £10 for patients / individuals and £20 for professionals (includes tea / coffee and lunch). To book a place visit www.infertilitynetworkuk.com For further information, contact Sharon Davidson on Tel: 02890 825677 or Email: sharondavidson@infertilitynetworkuk.com

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Training

Let's Talk About ... Safer Sex

'Let's Talk About ... Safer Sex' is a four day Training for Trainers Programme. The primary aim is to train youth and community workers to deliver HIV, hepatitis, and sexual health education programmes to the groups in their care. The next programme will take place on Thursday 25th September, Thursday 2nd October, Thursday 9th October and Thursday 16th October 2014. Sessions will last from 10.00am to 4.30pm each day, and will take place in [Dublin AIDS Alliance](#), 53 Parnell Square West, Dublin 1. On completion of the training, each participant will receive a copy of the 'Let's Talk About ... Safer Sex' training resource. Further information is available at: www.dublinaid salliance.ie/index.php?page=training or by emailing: niamh.fingleton@dublinaid salliance.ie

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WHSC Health Improvement Training

The Western Health and Social Care Trust Health Improvement Department has just released their training brochure for the period September 2014 - March 2015. To see what's being offered, visit: www.mhfi.org/WHSCtraining14-15.pdf

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Do you want to be able to run 5km?

[Jog Belfast](#) is a free, fun, 10 week training programme for beginners. The course is aimed at people who have not run before, and will help them to complete a 5km run in 10 weeks. The next 10 week programme starts in September 2014, and training will be held at a range of locations across Belfast. Each session lasts for an hour. For more information, or to register, visit www.activeni.org or phone Matt Shields on 07595 269308. Jog Belfast is open to people of all ages and abilities.

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Reporting for Work under the Influence of Drugs and Alcohol

Under the Safety, Health and Welfare at Work Act 2005, all employees must ensure that they are not under the influence of an intoxicant (defined as including drugs and alcohol and any combination of drugs or of drugs and alcohol) to the extent that he or she is in such a state as to endanger his or her own safety, health or welfare at work or that of any other person. From 1st September 2005, employers may prevent an employee from working if he or she would be a danger to themselves or others due to being under the influence of an intoxicant. This training will explore: employer's legal obligations on workplace intoxicants; developing policies and procedures; circumstances in which employee intoxicant testing may be carried out. It will take place on Tuesday 23rd September 2014 in The Maldron Hotel, Cardiff Lane, Dublin. Find out more at: www.eapinstitute.com/documents/drugalcohol2014_2015.pdf

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Research

Research into Best Practice when Working with Men

The National Centre for Men's Health (within the [Institute of Technology Carlow](#)) is, currently, designing a best practice resource for service providers either working with men or looking to engage men in future initiatives. In order to tailor this material to service providers' unique experiences and needs, they have designed a short online survey, and are asking for your help to promote and complete it. The survey only takes about five minutes to fill out, and aims to identify topics and formats for a new resource. The survey can be found at:

www.supersimplesurvey.com/Survey/8216/Mens_Health_Resource_Service_Provider_Survey_/

If you have any questions about this research, contact Maya Lefkowich, Research Assistant, at: maya.lefkowich@itcarlow.ie

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Dental Health Research in Ireland

If you are over 18 years of age, you are invited to participate in an Irish study investigating factors which may affect dental health and motivation to attend the dentist. This research is being conducted by Andrea Burke Beausang - a Health Psychology Masters student in the [National University of Ireland, Galway](#). It is hoped that this research will help to identify and increase understanding of the barriers and facilitators to attending the dentist and dental care. View the online survey at: www.surveygizmo.com/s3/1659750/An-Irish-study-on-factors-that-may-affect-dental-health-and-motivation-to-attend-the-dentist

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Web Links

Men's Issues on the Web ...

[The men's health gap: men must be included in the global health equity agenda](#)

[Using humour to get health messages across to men - Destination Newry TV](#)

[Routine prostate cancer screening 'reduces deaths but leads to over-diagnosis'](#)

[Husband, partner, dad, son, carer?](#)

[Denying men genital warts vaccine is 'sexist'](#)

[Never mind the World Cup - watch the Sure Start dads in action](#)

[Research finds more young men are obese than previously thought](#)

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Next Edition

The next edition of E-Male Matters will be released in September 2014. 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 September edition is Thursday 28th August 2014.

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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

