

E-Male Matters

May 2015

The newsletter of the Men's Health Forum in Ireland

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Men's Health Week 2015

The Final Countdown to Men's Health Week 2015 has begun

We're nearly there. The clock is ticking ... it won't be long now until [International Men's Health Week](#) (MHW). This year, it will run from Monday 15th until Sunday 21st June 2015. The theme in Ireland will focus upon **'Creating Culture Change - it's time for a new script'**. This calls upon everyone to stop just talking about men's health and to do something positive and practical to help to improve it.

As always, the overarching aims of MHW are to:

- Heighten awareness of preventable health problems for males of all ages.
- Support men and boys to engage in healthier lifestyle choices and activities.
- Encourage the early detection and treatment of health difficulties in males.

However, any events, activities and actions to mark this occasion are very welcome.

To find out more about the week, visit: www.mhfi.org/mhw/mhw-2015.html

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The Men's Health Week 2015 Toolbox for Action

Not everybody knows about [Men's Health Week](#) (MHW), what it hopes to do, why it needs to happen, or how they can get involved. That's why there is a MHW 2015 'Toolbox for Action'. This useful resource can be downloaded at: www.mhfi.org/mhw2015toolbox.pdf

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Men's Health Week 2015 Posters Now Available

Even if you don't do anything else to support [Men's Health Week](#) (MHW) this year, you can at least put up a poster to let everyone know when it's taking place! Former international rugby player Tony Ward (Irish sporting legend, prostate cancer sufferer, and champion of men's health) will be acting as the 'face' of Men's Health Week 2015 in Ireland when he stars in a nationwide poster campaign. The posters are free, and are available in A₃ size hard copy as well as in a range of electronic formats (from the Men's Health Forum in Ireland website). You can find details of how to get copies of these posters at: www.mhfi.org/mhw/mhw-2015.html

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Men's Health Week 2015 Postcards are ready to go

If you don't have space to put up a Men's Health Week poster in your workplace, college, community centre, church, shop, Men's Shed ... why not leave some of the new postcards lying around or, better still, send some of them to the men you know? The front of the postcard is a smaller version of the poster image, and the back has a pre-written message and a space for an address. These postcards are only available in hard copy, and details of how to order them can be found at: www.mhfi.org/mhw/mhw-2015.html#Postcard

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'Challenges and Choices' Man Manual

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. A free, 32 page, Man Manual (based upon the 'Haynes Manual' model) is being distributed by the [Men's Health Forum in Ireland](#) to mark [Men's Health Week 2015](#). This poses ten simple and practical health challenges to men and, to meet every challenge, it offers three choices. All 10,000 copies of this manual were snapped-up within a few weeks last year - so, if you would like some copies to distribute to the men you know / work with, get in touch soon! You can see what last year's version looked like at: www.mhfi.org/challenges.pdf The content of the 2015 edition has been slightly updated. The publication of this booklet has only been possible because of the generous support given by the [Public Health Agency](#) in Northern Ireland, the Health Promotion and Improvement Department within the [Health Service Executive](#) in the Republic of Ireland, and the author - Dr Ian Banks. To find out how to order copies, visit: www.mhfi.org/mhw/mhw-2015.html

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Publicise your Men's Health Week Event

Every year there are hundreds (possibly even thousands) of events throughout Ireland to celebrate Men's Health Week. Some of these are well publicised, but most are only known about by a few people! This year, the [Men's Health Forum in Ireland](#) (MHFI) will have a section on its website to promote the details of any activities or events that are being held throughout Ireland during [Men's Health Week 2015](#). This will help everyone to find out what is happening during the week, where it will take place, and how to join in. It will also give some recognition and publicity to all those groups across Ireland that are doing something for and with men. Your activity might be health checks, or a conference, or a launch, or a game, or a seminar, or a competition, or a workshop, or a lunch, or a course, or a drama, or a display, or a health fair ... Whatever it is, if you would like to have the details included on this website, please complete and submit a MHW Event Form at: www.mhfi.org/mhw/promote-an-event.html Other submission options are available at: www.mhfi.org/mhw/mhw-2015.html#TellOthers

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What can I do to mark Men's Health Week 2015?

Absolutely everyone can do something to support and celebrate [Men's Health Week](#) (MHW) 2015. The focus for this year (i.e. 'Creating Culture Change') lends itself to a wide range of ways to mark this occasion. However, you don't have to stick rigidly to this particular topic. Anything which encourages men and boys to lead healthier lifestyles, to be more aware of preventable health problems, and to seek early detection and treatment for health difficulties will be very welcome. You might have time, energy and resources to plan something big. However, even if you can't, there are still simple and easy ways to get involved. These could include, for example ...

- Putting-up a poster and/or sending the postcards to people you know.
- Advertising MHW on your own website.
- Creating a link from your website to the MHW 2015 web page (www.mhfi.org/mhw/mhw-2015.html).
- Sending an email to everyone in your contacts list about Men's Health Week and asking them to forward the message.
- Inserting the MHW logo (www.mhfi.org/mhw/mhw-image-pack.html) into your outgoing emails.
- Becoming a fan of the Men's Health Week in Ireland's Facebook page (www.facebook.com/MensHealthWeek) and sending the link to all your friends.
- Including information about MHW in your mailouts / newsletters.
- Telling others about what is happening in your area during MHW by posting details on the MHW website (www.mhfi.org/mhw/promote-an-event.html).
- Reminding your colleagues to follow all the latest MHW news on Twitter (www.twitter.com/MensHealthIRL).
- Tweeting about MHW 2015, and including #CreatingCultureChange in your tweet.
- Encouraging the men you know to get involved in some of the activities taking place around the country ...

Doing one or more of these simple (and cost-free) things would contribute hugely to MHW 2015!

For even more ideas, download a copy of our paper on what you can do to mark MHW 2015 at: www.mhfi.org/mhw2015celebrateit.pdf

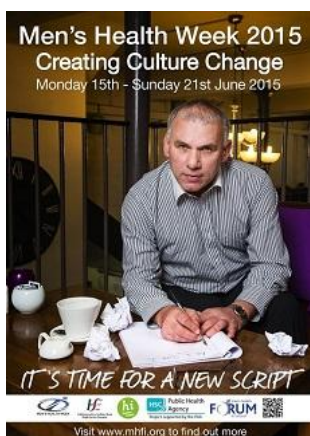
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Follow Men's Health Week on Facebook and Twitter

To keep everyone up-to-date with the latest news on [Men's Health Week \(MHW\) 2015](#) - as well as more general developments in the field of men's work - you can pretend that you're young, hip and cool, and visit Facebook and Twitter. To find out more, see:

www.facebook.com/MensHealthWeek and www.twitter.com/MensHealthIRL. However, as all social networkers know, pages such as these are no use unless they have a lot of Fans / Followers. That's where your help is needed! ... Please visit the pages, click on the 'LIKE' button for Facebook and 'FOLLOW' button for Twitter, and send the link to all your friends. If you're really into it, please Tweet about MHW 2015, and include #CreatingCultureChange in your message.

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News

May is 'Green Ribbon' Month

During May 2015, [See Change](#) will be coordinating a month long [Green Ribbon](#) campaign to get people in Ireland talking openly about mental health problems. More than 500,000 green ribbons will be distributed nationwide (free of charge) to spark a national conversation about mental health in boardrooms, break-rooms, chat rooms, clubhouses, arts venues, college campuses and around kitchen tables throughout Ireland. The aim is to make the month of May synonymous with promoting open conversation about mental health, and challenging the stigma which is often attached to mental health problems. For more information, visit: www.greenribbon.ie

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Events

'Write a New Script' Conference

[Cancer Focus Northern Ireland](#) invites you to attend their 2015 Men's Health Conference which will: examine health and wellbeing with a focus on empowering older men to improve their health and access support when needed; present interim findings from the Well Aware project; present NI Cancer Registry research; highlight awareness and screening campaigns; consider the personal experiences of men in relation to health and cancer. This event will take place on Thursday 4th June 2015, in the Dunsilly Hotel, Antrim, from 9.00am to 1.00pm. To register your attendance, or for further information, contact Denise Bownes at: denisebownes@cancerfocusni.org

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Discovery to Recovery

The vision of the [Western Health and Social Services Trust](#) Mental Health Service is to support people on a journey of recovery by making the best use of their talents and resources in becoming experts in self-care. The Trust aims to move mental health services beyond responding to illness to being a service concerned with building a greater quality of life, by empowering people with mental health challenges, their families, friends and the community. To promote this goal, you are invited to a health fair titled 'Discovery to Recovery' on Thursday 4th June 2015, at 9.30am, in The Guildhall, Derry / Londonderry. At this event, the Trust will also launch their service user group, SMILE (supporting mental health in lived experience), and introduce participants to the recently developed 'My Mind' smartphone app. For more information, email: health.improvement@westerntrust.hscni.net

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13th Annual Gay Health Forum

The Gay Men's Health Service (GMHS), HSE, and partners Gay Health Network (GHN) with the support of the Department of Health, the HSE's National Directorate Health and Wellbeing, and Primary Care and Mental Health is pleased to announce the 13th Annual Gay Health Forum (GHF13). This will take place on Friday 5th June 2015, at The Printworks, Dublin Castle. Men who have Sex with Men (MSM) are recognised as a key target group for HIV prevention, sexual health awareness, and care and support services. The GHF13 theme will be: 'Empowering: Sexual Health and Well-Being'. GHF13 provides an important platform for presentations from recent clinical audits, research, and surveillance reports on HIV and STIs. For further information on GHF13, email: mick.quinlan@hse.ie

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Training

'Engage' Men's Health Workshop

You are invited to apply for a place on an 'Engage' Men's Health Workshop which will take place on Tuesday 9th June 2015, from 9.30am to 4.00pm, in Craigavon Area Hospital, Portadown, Co Armagh. The aim of this training is to increase participants' understanding of best practice in engaging men with health and social services, and will look at: the broad determinants of men's health, including how gender influences men's approach to looking after their own health; how to guide health consultations with men using brief intervention and motivational interviewing techniques; how best practice guidelines in working with men can be used to engage men more effectively with health and social services; the barriers and prompts experienced by men when accessing health and social services. The facilitators will be Rosemary Daly and Nuala Quinn from the [Southern Health and Social Care Trust's Promoting Wellbeing Team](#). To book a place, contact Mairead Casey at Tel: 02837 412129 or Email: Mairead.Casey@southerntrust.hscni.net

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Gender and Health Workshop

Health professionals, healthcare workers, educators, youth workers and community workers are invited to apply for a place on a 'Gender and Health Workshop' which will take place on Wednesday 13th May 2015, from 9.15am - 4.30pm, in the Regional Education Centre, Ardee, Co. Louth. This training is being facilitated by Rosemary O'Callaghan (Development Officer for Women's Health) and Finian Murray (Development Officer for Men's Health) from the HSE Dublin North East. For more details, visit: www.mhfi.org/GenderCourse2015.pdf

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'Let's Talk About... Safer Sex' Training for Trainers

The primary aim of this programme is to train youth and community workers to deliver HIV, hepatitis, and sexual health education programmes to the groups in their care. Over four days, participants will be trained on HIV, hepatitis, STIs, negotiating safer sex, and general sexual health. Guest speakers will also form part of the programme including speakers on contraception and family planning, relationships and sexuality education, LGBT issues, and best practice guidelines with regard to sexual health education programmes. The dates are: 12th May, 19th May, 26th May and 2nd June 2015, with the programme commencing at 10.00am and lasting until 4.30pm each day. Participants will receive the 'Let's Talk About... Safer Sex' training resource manual on completion of the programme. For further information, visit: www.dublinaidalliance.ie/index.php?page=Training-for-Trainers

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Research

MSM Internet Survey Ireland (MISI) 2015

The HSE has launched a major survey of men who have sex with men (MSM) in Ireland. The MSM Internet Survey Ireland (MISI) 2015 aims to identify the sexual health and HIV prevention needs of MSM living in Ireland. The survey went live on 1st March at www.misi.ie and will be open for participation until the 31st May 2015. MISI 2015 is a cross-sectoral partnership of statutory organisations, NGOs and voluntary organisations working in the area of HIV prevention and sexual health; consisting of the HSE's Gay Men's Health Service (GMHS), Health Protection Surveillance Centre (HPSC), Crisis Pregnancy Programme (CPP), and the

Gay Health Network (GHN). The project is supported by an advisory group of international experts. The partnership is urging as many men as possible to participate in the survey and to contribute to the future planning of HIV prevention and sexual health services and promotion.

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Health Inequalities and Young People in Ireland: A Review of the Literature

Young people across Ireland are growing up in a wide variety of settings and environments - all of which powerfully influence their health outcomes. The majority of these young people experience good health. However, the enjoyment of health is not evenly distributed across Ireland's youth. The National Youth Council of Ireland (NYCI) has produced 'Health Inequalities and Young People in Ireland: A Review of the Literature' to provide a comprehensive analysis of key national and international evidence in relation to health inequalities, along with an overview of the extent of health inequalities among young people in Ireland. The review highlights gaps and limitations in knowledge in Ireland, and provides an overview of recent policies and initiatives that can contribute to strengthening our capacity to address health inequalities across the youth sector. You can access a PDF version of this report at: www.mhfi.org/NYCI2015.pdf

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Web Links

Men's Issues on the Web ...

[Men 'catching up' on life expectancy](#)

[Gender data deficit in local health](#)

[Eating out 'raises risk for high blood pressure'](#)

[Study finds testicular cancer link for muscle-building supplements](#)

[Orphaned boys as vulnerable to abuse as girls](#)

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Next Edition

The next edition of 'E-Male Matters' will be released in June 2015. 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 May edition is Thursday 28th May 2015.

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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