

E-Male Matters

September 2015

The newsletter of the Men's Health Forum in Ireland

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News

Launch of 'The Dad Factor'

You are invited to the launch of a new briefing paper titled 'The Dad Factor - How Fathers Improve Child Outcomes'. This will be held on Monday 21st September 2015, at 11.00am, in The Long Gallery, Stormont, Belfast. This publication has been produced by the Dads Direct group in Northern Ireland (comprised of [Contact Centres](#), [Family Mediation NI](#), [Home-Start NI](#), [Men's Health Forum in Ireland](#), [Parenting NI](#), [Relate NI](#) and [Sure Starts](#)). To register your interest in attending this launch, contact Parenting NI at Tel: 02890 310891. Please note that there are only a few places remaining.

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Male Buddy Volunteers aged 50+ Required

[Volunteer Now](#) is currently looking for men aged 50+ who would be willing to 'buddy' with and support isolated older men for a short period of time. The key objective is to help these men to build their confidence so that they can join with and integrate into existing men's groups and other activities - eventually feeling able to do so on their own. The 'Buddies' need to be able to offer 1-4 hours per week. Full training and support will be given, and they will be able to claim volunteer expenses for travel etc. If you're up for the challenge, contact Frank Johnston at Tel: 02890 232020 or Email: frank.johnston@volunteernow.co.uk

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'Beat Stress, Feel Better' Booklet

Mental health problems are increasingly common. Too much stress can: damage your immune system and heart; increase your chance of serious health problems; reduce your life-expectancy; damage your sex life ... 'Beat Stress, Feel Better' is a new booklet from the [Men's Health Forum in England and Wales](#) which looks at the causes of stress, how it affects us, and what we can do about it. It is full of simple, practical tips. To view an online PDF version of this booklet, visit: http://issuu.com/menshealthforum/docs/beat_stress_v7_toprint_lr

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World Mental Health Day 2015

World Mental Health Day is observed on the 10th of October every year. It has the overall objective of raising awareness of mental health issues and mobilising efforts in support of mental health. This day provides an opportunity for all stakeholders working on mental health issues to talk about their work and what needs to be done to make mental health care a reality for people worldwide. The theme for this year is 'Dignity in Mental Health', and the World Health Organization will be raising awareness of what can be done to ensure that people with mental health conditions can live with dignity - via human rights oriented policy and law, training of health professionals, respect for informed consent to treatment, inclusion in decision-making processes, and public information campaigns. For more information, see: www.who.int/mental_health/world-mental-health-day/en/

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Events

Let's Talk About It ... A Conversation on Depression

[AWARE](#) would like to invite you to the first in a series of public talks that they will be hosting across Northern Ireland titled: 'Let's Talk About It ... A Conversation on Depression'. As depression affects 1 in 4 of the population at some stage in their lives, it is vital for people with depression - and those close to them - to know how the illness might affect them and how to take steps to overcome it. This first event will take place on Wednesday 23rd September 2015, from 7.00pm to 9.00pm (refreshments from 6.45pm), in The Marine Court Hotel, Bangor, Co. Down. For more information, visit www.aware-ni.org or email: mark@aware-ni.org

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Transformations in Youth Mental Health

The Association of Child and Adolescent Mental Health Special Interest Group in Youth Mental Health, in association with St. Patrick's Mental Health Services, is now accepting applications for their 5th Annual Research Conference on Youth Mental Health. This is a multi-disciplinary conference (to be held on Friday 18th September 2015 in Dublin) which will be of interest to anyone working with, or developing services for, adolescents and young adults. The theme for this year's conference is transforming how we think about - and respond to - young people's mental health needs. The conference will showcase new research, interventions, and service developments of relevance to the mental health of young people in the 12-25 year age range. Enquiries about the conference can be made to Helen Coughlan at: helencoughlan@rcsi.ie

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Population Ageing Affects All Age Groups

The [ARK Ageing Programme](#) invites you to a seminar titled 'Population Ageing Affects All Age Groups'. Debates on ageing societies mainly focus on the circumstances of older people. However, this seminar will highlight how population ageing affects everyone. Professor Pearl

Dykstra (Erasmus University Rotterdam) will discuss how demographic changes have strongly altered the social worlds of children, and are creating new opportunities for inter-generational connections. She will also highlight how age segregation deprives the young of a proper view of mid-life and old age, and produces adults who have little understanding of the young. Gemma Carney and Paula Devine (ARK Ageing Programme) will present findings from the [2014 Kid's Life and Times survey](#) - exploring children's attitudes to age and ageing. This seminar will take place on Thursday 17th September 2015, from 2.00pm - 4.00pm, in Queen's University Belfast. The event is free. However, places are limited, and must be booked in advance by emailing: caroline.ohare@qub.ac.uk

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Technology for Wellbeing Conference 2015: Call for Abstracts

[ReachOut Ireland](#) is hosting the 3rd Annual Technology for Wellbeing International Conference on Thursday 12th November 2015 in The Marker Hotel, Dublin. They are calling for abstracts from interested researchers, service providers and students. Abstracts of no more than 250 words should be sent to derek@reachout.com by Friday 25^h September 2015. Conference topics will include: 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.

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21st Regional Sexual Health Conference

You are invited to the 21st Regional Sexual Health Conference in Northern Ireland which will explore 'Challenges for the Way Forward'. This will take place on Wednesday 18th November 2015, in the Canal Court Hotel, Newry, Co. Down, from 9.00am - 5.00pm. The conference will showcase models of excellence in sexual health, facilitate the sharing of developments and information, and offer networking opportunities which can help to improve the sexual health of the population. To book a place, email: shealth.team@belfasttrust.hscni.net

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Institute of Public Health Open Conference 2015

The 4th [Institute of Public Health](#) Open Conference will take place on Tuesday 13th October 2015 in Croke Park, Dublin. People from all sectors (e.g. statutory, academia, community, voluntary), North and South, are invited to register for a place at this dynamic, informal, free public health event. The core themes this year will include: cross-sectoral work on the social determinants of health; income inequalities and health - closing the gap; research and evidence strengthening policy and practice; excellence in leadership in public health; influencing the teenage years - impact for life. Applications can be made at: www.iphopenconference.com

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Northern Ireland Fertility Information Day 2015

You are invited to attend the 2015 Northern Ireland Fertility Information Day which will take place on Saturday 3rd October, from 9.00am - 3.30pm, in Parliament Buildings, Stormont, Belfast. Topics will include: NHS treatment and funding; fertility investigations; treating endometriosis; fertility counselling; recruiting an egg donor; embryology; and boosting fertility through nutrition. For further information or enquiries, contact Sharon Davidson at Tel: 02890 825677 or Email: sharondavidson@infertilitynetworkuk.com

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Hobbies and Health for Him

A Hobbies and Health Fair for men will take place in Banbridge Enterprise Centre, Banbridge, Co. Down, on Thursday 24th September 2015, from 6.30pm - 9.00pm. This evening will offer light refreshments, health information stands, signposting opportunities to activities for men, and free health checks on the Cancer Focus NI 'Man Van'. A key objective of this event will be to assess the interest of local men in the development of a 'Men's Shed' for the Banbridge area. For more details, contact Wendy on Tel: 02846 20243 or Email:

Wendy.shaw@armaghbanbridgecraigavon.gov.uk

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Training

Survive and Thrive

The [Marie Keating Foundation](#) is hosting a free five week cancer survivorship workshop in Cork as part of its 'Survive and Thrive' series. The workshop will include advice from experts on issues that cancer survivors often face including coping with emotions, managing stress and fatigue, and changing nutritional needs. There will also be advice on physical activity and mindfulness. The course is open to both men and women who have survived any type of cancer. The programme will operate every Thursday between 17th September and 15th October 2015, from 6.30pm - 8.30pm, in the Kingsley Hotel, Victoria Cross, Cork. To register, contact Angela Egan at Tel: 01 628 3726 or Email: info@mariekeating.ie

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HIV and STIs Workshop

The aim of this workshop is to provide participants with basic up-to-date information on HIV and Sexually Transmitted Infections (STIs). It will be of benefit to people working in the voluntary, youth, and community sectors who may deal with these issues in the workplace. The workshop will take place on Tuesday 3rd November 2015, from 10.00am to 4.30pm, in HIV Ireland, 70 Eccles Street, Dublin 7. Further information on this training (and a booking form) is available at: www.hivireland.ie or by emailing: sue.carter@hivireland.ie

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Research

Public Consultation on the Future of the Lifeline Crisis Intervention Service

The [Public Health Agency](#) (PHA) has launched a consultation on the future of the Lifeline crisis intervention service. This consultation will run until the 19th of November 2015. Lifeline is Northern Ireland's crisis response helpline service for people who are experiencing distress or despair. The current Lifeline contract was due to end on the 31st of March 2015, but was extended until the 31st of December 2015 - with potential for a further extension to the 30th of September 2016. The PHA is keen to engage with the public and relevant stakeholders to ensure that the future service specification is appropriately informed. During this consultation period, the PHA will also host a series of workshops to ensure that all stakeholders have the opportunity to input fully. For more information, see: www.publichealth.hscni.net/consultation-lifeline-crisis-response-service

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Web Links

Men's Issues on the Web ...

[Prostate cancer: should PSA screening be routine?](#)

[Breast cancer: study finds rise in double mastectomy among men](#)

[Few gay teenage boys get tested for HIV](#)

[Moderate physical activity associated with lower risk of heart failure in men](#)

[Bodybuilding supplement overuse 'an eating disorder'](#)

[This is the UK's first mental health centre for men](#)

[A handbook for cultural engagement with older men](#)

[NI road deaths: Almost 80% of fatalities are male](#)

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Next Edition

The next edition of 'E-Male Matters' will be released in October 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 October edition is Tuesday 29th September 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

