

E-Male Matters

October 2015

The newsletter of the Men's Health Forum in Ireland

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News

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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Campaign for Dignity and Respect to Protect Mental Health

To mark the countdown to [World Mental Health Day](#) 2015 (#WMHDay), a partnership comprised of [Niamh](#), [Men's Health Forum in Ireland](#), [Age NI](#), [NICEM](#), [The Rainbow Project](#) and [Carers NI](#) ran an online campaign calling for everyone in our society to be treated with dignity and respect in order to protect and enhance their mental wellbeing. Each of the partners focused upon a different issue for their target group each day, and posted information on their websites, Facebook pages and Twitter feeds. Find out more at: <http://bit.ly/1YQqDWE>

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Men on the Move in Meath

The 'Men on the Move' project in Meath is back. This free physical activity programme will be rolled out over 12 weeks (two blocks of six weeks) in four areas around the county. Men on the Move aims to provide men aged 30+ with more opportunities to become physically active. Other components of the programme include fitness testing, healthy eating, maintaining lifestyle changes and stress management. In 2014, 93 men aged 30 and over participated in the project in Laytown/Bettystown, Kiltale and Dunshaughlin with great success. This year, the project will be delivered in Navan, Kiltale, Dunshaughlin and Laytown/Bettystown. It commences with information evenings in each of the four areas. If you, or anyone you know, would like to participate in this programme, contact Ruairi Murphy from Meath Local Sports Partnership on Tel: 046 9067337 or Email: rmurphy@meathcoco.ie

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Events

'Men at Work' - The Challenges of Working with Men

You are invited to a half day conference on men's health which will be held on Thursday 19th November 2015, from 9.30am - 12.30pm, in the Market House, The Square, Ballynahinch, Co. Down. Dr Ian Banks, President of the [European Men's Health Forum](#), will be the keynote speaker at this event which is aimed at organisations and individuals who work with men or have difficulty engaging with them. The programme will also include Finian Murray from the [Men's Health Forum in Ireland](#) who will talk about how to engage men using humour. Emma Bohill, an independent consultant, will discuss men's resilience in sport, while Philip Campbell from Down Arts will outline how his organisation has had success in linking with men through art projects. There will also be a range of health information stands available. The conference has been organised by the newly formed Men's Health Group in the South Eastern Health and Social Care Trust area. To book a place, Email: mary@countydownrcn.com or Tel: 028 4461 2311

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Family Mediation NI Open Day

Mediation Awareness Week will run from Monday 19th - Saturday 24th October this year. To mark this occasion, [Family Mediation NI](#) will be holding an Open Day on Thursday 22nd October 2015, from 12.30pm - 4.30pm, in their office at 7 University Street, Belfast BT7 1FY. During this time, mediators, trainers and supervisors will be available to answer queries about personal and professional referrals to Family Mediation NI; mediation information booklets will be on display; a private room will be offered for personal queries; and light refreshments will be provided at the scheduled talks. Send all Open Day queries to: joan@familymediationni.org.uk

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Ageing and Research

The British Society of Gerontology in Northern Ireland would like to invite you to their next event on 'Ageing and Research'. The keynote speakers will be Professor Jill Manthorpe (King's College London) who will talk about involving older people in research on ageing, and Dr Assumpta Ryan (Ulster University) who will talk about improving the quality of life in care homes in Northern Ireland. The event will take place on Tuesday 27th October 2015, from 2.00pm to 4.00pm, in the Loughview Suite at the Ulster University Jordanstown campus. The event is free, but places must be booked in advance by emailing: caroline.ohare@qub.ac.uk

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Survive and Thrive

The [Marie Keating Foundation](http://www.mariekeating.ie) is offering a series of free seminars for women affected by breast cancer and their loved ones. Each session will include an overview of breast cancer from medical experts, a survivor's story, and a session on mindfulness. The seminars will take place in Galway (14th October), Waterford (19th October), Limerick (20th October), Cork (21st October), Dublin (22nd October) and Letterkenny (23rd October). Times vary at each venue, so visit www.mariekeating.ie/events for more details. To register, contact Angela Egan at Tel: 01 628 3726 or Email: info@mariekeating.ie

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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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Older People and Health and Social Care - Getting the Right Approach

[Age NI](#) and [ARK](#) invite you to a conference which will look at 'Older People and Health and Social Care - Getting the Right Approach: how including the voices of older people and other human rights-based approaches improves outcomes in health and social care for older people'. It will take place on Thursday 22nd October 2015, from 9.30am to 4.00pm, in Riddel Hall, Queen's University Belfast. Lunch will be provided. The event is aimed at political representatives, policy makers, those involved in service delivery, academics and older people. It will draw on evidence and expert analysis - including the direct experience of older people - and will identify solutions and recommendations aimed at influencing policy making and service delivery in Northern Ireland. This conference is free of charge, but places must be booked by contacting Michele at Email: Michele.young@ageni.org | Tel: 02890 892606.

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Training

Free Online Dementia Awareness Training for Retail Staff

Retail staff ... Do you encounter customers with memory loss / dementia? Would you like to learn how to support these customers in an appropriate manner? If so, why not take a look at [Dementia Elevator's](#) free online dementia training for front line retail staff? It just takes an hour to complete and it's completely free. The programme covers recognising possible dementia in the retail environment, identifying and addressing the challenges faced by a person with dementia in the retail setting, and exploring how the retail physical environment can be made dementia friendly. The training is interactive and engaging, with videos of retail based scenarios, interviews with professionals and a person with dementia, quizzes, and a participant forum. It is suitable for staff working in all types of retail outlets. For more information, visit: <http://youtu.be/Dk1NCgk0mWg>

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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/what-we-do/training/hiv-and-stis-a-one-day-workshop

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Workplace Drugs and Alcohol Training

Health and safety legislation on workplace intoxicants in Ireland will provide new challenges for Health and Safety, Human Resources and Occupational Health professionals. Section 13(1) b of the Safety, Health and Welfare at Work Act 2005 requires that employees reporting under the influence of intoxicants are removed from their place of work and are provided with reasonable accommodation. This accommodation will require initial assessment, treatment, and rehabilitation for alcoholism and other addictions. To consider the implications of this legislation, the EAP Institute will conduct a seminar titled 'Reporting for Work under the Influence of Drugs and Alcohol - Employer's Legal Obligations' on Thursday 28th January 2016 in Cork and on Thursday 25th February 2016 in Kilkenny. For more details visit:

www.eapinstitute.com/documents/DrugsAlcoholCorkKilkenny2016.pdf

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Research

Life Expectancy Decomposition 2015: Explaining the Variations

The Public Health Information and Research Branch Information Analysis Directorate (within the Department of Health, Social Services and Public Safety in Northern Ireland) has recently published a report on 'Life Expectancy Decomposition 2015: Explaining the Variations'. This document draws upon indicators which are monitored over time to assess area differences in mortality, morbidity, utilisation of and access to health and social care services in Northern Ireland, and has expanded over recent years to include additional work streams relating to health inequality. A copy of the report can be downloaded from: www.dhsspsni.gov.uk/index/statistics/health-inequalities/life-expectancy-decomposition.htm

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Survey on Compassionate Healthcare in Ireland

The [Irish Society for Quality and Safety in Healthcare](#) is, currently, running an online survey focused upon Compassionate Healthcare in Ireland. In particular, they would like to ensure that they capture the views of men who may or may not have been a patient in the last 12 months. The 'male voice' is underestimated in the results that they have to date, and they would appreciate the input of males. The survey can be accessed at: www.surveymonkey.com/r/CompassionSurvey2015

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'The Dad Factor' Briefing Paper

A new briefing paper titled 'The Dad Factor - How Fathers Improve Child Outcomes' was launched in The Long Gallery, Stormont, Belfast, on Monday 21st September 2015. This publication was 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 access a Portable Document Format (PDF) version of this document, visit: www.mhfi.org/TheDadFactor.pdf

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Public Consultation on the Future of the Lifeline Crisis Intervention Service

The [Public Health Agency](#) (PHA) is consulting 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 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. See: www.publichealth.hscni.net/consultation-lifeline-crisis-response-service

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2021 Census Topic Consultation

The next census in Northern Ireland will be in 2021, and the [Northern Ireland Statistics and Research Agency](#) (NISRA) has recently launched a 12 week Census Topic Consultation that will form an integral part of the development process. Anyone can take part in this consultation process which closes on Wednesday 9th December 2015. Users' feedback will inform further research, the development of questions, and other engagement activities. NISRA is encouraging people to respond to this consultation online at:

<https://consultations.nidirect.gov.uk/department-of-finance-and-personnel/2021-census-topic-consultation-ni> Full details of the consultation, including access to all the documents, is available at: www.nisra.gov.uk/census/2021/planning/consultation.html

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Web Links

Men's Issues on the Web ...

[Irish Farmers Journal 'Movember' campaign launched by Minister Simon Coveney](#)
[Study shows prolonged sitting is as bad as smoking for health](#)
[Muscle dysmorphia: one in ten men in gyms believed to have 'bigorexia'](#)
[How just a 25 minute walk a day could add 7 years to life](#)
['Wellbeing' to be introduced to students starting the first year of secondary school](#)

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Next Edition

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