

E-Male Matters

March 2016

The newsletter of the Men's Health Forum in Ireland

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News

Are You Ready For It? ...

An all-island Planning Group has been meeting. Posters and postcards are being prepared as we speak. A 'Man Manual' is being designed. Ideas for action are being formulated. Events are slowly taking shape ... Yes, you've guessed it - it's almost time for Men's Health Week 2016!

This year, International Men's Health Week (MHW) will run from Monday 13th until Sunday 19th June. Groups throughout Ireland will be joining with other European countries - as well as the USA, Australia, Canada, New Zealand and a number of other places worldwide - to mark this occasion.

Each year, there is also a specific focus. This year, the theme for the island of Ireland is: **'Men United - for health and wellbeing'**, and the key question is: **'Are we winning?'**

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 / activities; encourage the early detection and treatment of health difficulties in males. However, any events and activities to celebrate this occasion are very welcome. Have you started to plan something for this week yet? ...

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Alcohol Health Alliance in Ireland

The Alcohol Health Alliance is a new initiative to support the Public Health (Alcohol) Bill - a piece of legislation that has the potential to significantly reduce the harm caused by alcohol consumption in Ireland. The Alcohol Health Alliance will work together to: highlight the rising levels of alcohol-related health harm; propose evidence-based solutions to reduce this harm; campaign for the implementation of the Public Health (Alcohol) Bill 2015; advocate for positive action to address the damage caused by alcohol misuse. Established by [Alcohol Action Ireland](#) and the [Royal College of Physicians of Ireland](#) (RCPI), the Alcohol Health Alliance brings together a wide range of public health campaigners, NGOs, charities and medical representative organisations. Its mission is to reduce the harm caused by alcohol. To see current members, and for details of how to join the Alliance, visit:

www.alcoholireland.ie/members-of-the-alcohol-health-alliance

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Men's Health: Implications for Health Promotion and Public Health

On Thursday 4th February 2016, Prof Steve Robertson (Leeds Beckett University) delivered a lecture in [Waterford Institute of Technology](#) on the topic of: '*Men's Health: Implications for Health Promotion and Public Health*'. Steve is the Professor of Men, Gender and Health / Co-Director of [The Centre for Men's Health](#) at Leeds Beckett University, Editor-in-Chief of the [International Journal of Men's Health](#), and is a qualified nurse and health visitor. A video of his talk can be viewed at: <https://media.heanet.ie/page/4b906e5420e29b78722995ed62783f17>

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Events

Knowledge 4 Health Conference 2016

This all-island conference will explore innovative and practical ways of providing knowledge support for the implementation of two public health frameworks: '*Healthy Ireland: A Framework for Improved Health & Wellbeing 2013-2025*' in the Republic of Ireland, and '*Making Life Better - A Whole System Strategic Framework for Public Health 2013-2023*' in Northern Ireland. The event is being co-hosted by the [Institute of Public Health in Ireland](#) and the [Department of Health](#) (Republic of Ireland). It will take place on Wednesday 25th May 2016, in the Royal Hospital Kilmainham, Dublin, from 10.00am - 4.00pm. You are invited to find out more / register for this free event by visiting: www.knowledge4health.net

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Dads' Big Day Out!

Fathers and their children are invited to a '*Dads' Big Day Out*' on Saturday 9th April 2016 in Gosford Forest Park, Markethill, Co. Armagh. This event is part of the work of [Dads Direct](#), has been funded by The Big Lottery, and is being coordinated by Sure Start projects in the Southern Health and Social Care Trust area. There'll be lots of activities on offer, and it's all free for dads and their kids. For more information, contact Conor McArdle, Sure Start South Armagh, at: conorm@surestartsa.org

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Have you thought about how you might celebrate Men's Health Week 2016 yet? ...

Training

Gender and Health Workshop

Health professionals, youth and community workers, and frontline staff are invited to apply for a place on a 'Gender and Health Workshop' which will take place on Tuesday 10th May 2016, from 9.15am - 4.30pm, in the Regional Education Centre, Ardee, Co. Louth. The aims of the workshop are to: explain the difference between sex and gender; explore how gender intersects with other determinants of health and can determine health status; identify how our own perceptions of gender roles can influence our attitudes and behaviours; describe roles and norms concerning masculinities and femininities; look at ways of working from a gender sensitive perspective to reduce inequity and improve health outcomes. This training is being facilitated by Finian Murray (Development Officer for Men's Health) and Rosemary O'Callaghan (Development Officer for Women's Health) from the HSE Dublin North East. For more details, contact Geralyn Nolan at Tel: 041 6850675 | Email: geralyn.nolan@hse.ie

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Research

Moving Young Men from Disconnection / Isolation to Connection / Belonging

There have been increasing calls for more gender-specific service provision to support young men's mental health and wellbeing. In Ireland, young men are the demographic group that are most likely to die by suicide, but among the least likely to seek help. A recent article in the American Journal of Men's Health by Billy Grace ([Institute of Technology Carlow](#)), Noel Richardson ([Institute of Technology Carlow](#)) and Paula Carroll ([Waterford Institute of Technology](#)) looks at service providers' perspectives on the factors that support or inhibit young men from engaging in services targeted at supporting their mental and emotional wellbeing. You can read the article online at: <http://jmh.sagepub.com/content/early/2016/02/24/1557988316634088.full.pdf?ijkey=OS4ueddKvwJz9fy&keytype=finite>

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Loneliness and Ageing

Loneliness can have a significant impact on the physical and mental health of older people, and is of increasing concern for public health says a new report from the [Institute of Public Health in Ireland](#). The research suggests that approximately 10% of older people are affected by chronic or persistent loneliness. It also finds that loneliness amongst older people may be linked to depression, increased nursing home admission, decreased quality of life, and cognitive decline. To download a copy of the report, visit: www.publichealth.ie/document/iph-report/loneliness-and-ageing-ireland-north-and-south

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Supporting Dads Survey

Dads Direct is a group which aims to promote the value of actively engaged fathers in their children's lives. It is comprised of representatives from [Contact Centres](#), [Family Mediation NI](#), [Home-Start NI](#), [Men's Health Forum in Ireland](#), [Parenting NI](#), [Relate NI](#) and [Sure Starts](#)). Dads Direct is conducting a short online survey which seeks the views of policy makers, service providers, family work practitioners and dedicated

father-workers. The aim of this survey is to identify and collate information which can be used to inform and influence how fathers are supported in our society. The findings will help to provide evidence of need, as well as address gaps in policy, practice, training and research. The survey takes no longer than 10 minutes to complete, and the respondent will remain completely anonymous throughout. To take part, visit:

www.surveymonkey.co.uk/r/supportingdads

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State of Caring Survey 2016

Could you help to highlight the reality of what it means to care for a family member or friend in 2016? ... The 'State of Caring Survey' is run each year to find out what life is like for people who are in caring roles, and what needs to change to make life better for them. In Northern Ireland, a number of changes to social security will come into force over the course of this year as a result of the Welfare Reform Act 2012. Your evidence will help to assess the impact of this and how carers will be affected. The Government is also looking at carers as part of its Review of Social Care, so it's an important time to gather evidence on how local carers experience health and social care services. To complete the survey, visit: <http://carersuk-news.org/74C-435SJ-O8VSA-20KM00-1/c.aspx>

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Coping and Suicide amongst the Lads: Expectations of Masculinity in Post-Traditional Ireland

A new book was launched in February 2016 titled '*Coping and Suicide amongst the Lads: Expectations of Masculinity in Post-Traditional Ireland*'. This ethnographic account of male suicide in Ireland is based upon research that Felicia Garcia carried out in Cork between 2008 and 2012. It examines the lives of young Irish working class males, and what it means to be male in Ireland today. It also looks at how they cope with life's stressors in ways that differ significantly from their female peers.

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Web Links

Men's Issues on the Web ...

[Bromances may be good for men's health](#)

[Social media generation not switched on to testicular cancer](#)

[Birth control pill for men steps closer](#)

[St Paul's High School, Bessbrook: Good GCSE passes for boys almost double](#)

[Predicting if young men will live with their kids](#)

[New 'Fit For Farming' booklet by the Men's Health Forum in England and Wales](#)

[Incarceration of a family member during childhood associated with heart attacks in men](#)

[How hitchhiking gave me hope for humanity - Ruairí McKiernan](#)

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Next Edition

The next edition of 'E-Male Matters' will be released in April 2016. 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 April edition is Wednesday 30th March 2016.

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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

