

E-Male Matters

August 2016

The newsletter of the Men's Health Forum in Ireland

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News

Did you get a copy of the Man Manual? ...

[Men's Health Week](#) was amazingly successful this year. However, perhaps the biggest surprise was that every one of the 47,000 hard copies of the 'Challenges and Choices' Man Manual were snapped-up within a few weeks of their launch! This free, 32 page, Man Manual (based upon the 'Haynes Manual' model) poses ten simple and practical health challenges to men and, to meet every challenge, it offers three choices. Although all the hard copies are now gone, you can still view a low resolution online version of the booklet at:

www.mhfi.org/mhw/mhw-2016.html#Challenges

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New Web Address for 'Staying Fit for Farming' Booklet

One of the most popular articles in the June edition of 'E-Male Matters' was the piece on the 'Staying Fit for Farming' booklet. However, Teagasc recently updated their website, and the URL given previously no longer works. Therefore, to view the booklet, visit:

www.teagasc.ie/media/website/publications/2013/StayingFitForFarming.pdf

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Date for your Diary - 22nd Annual Regional Sexual Health Conference

This year's event will bring together a wide range of experts who will present up-to-date research and practice models from throughout the United Kingdom and Ireland via keynote presentations and interactive workshops. It will be held in Belfast, on Wednesday 23rd November 2016, from 9.00am - 5.00pm. For further information, Email:

shealth.team@belfasttrust.hscni.net

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Irish Heart Month 2016

This year's Irish Heart Month during September will focus upon 'Stop the Drama'. The [Irish Heart Foundation](#) aims to take the drama out of family meals by providing child-endorsed, parent-approved, heart-healthy recipes. They have gathered expert tips on managing children's behaviour at mealtimes, healthy food swaps, snack ideas and key nutrition tips. Everyone can get involved by promoting this campaign in their workplace or community. Materials will be available online and to order from mid-August at: www.irishheart.ie

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Events

Skin Cancer and You

The [Marie Keating Foundation](#) is hosting a free information session for men and women interested in, or affected by, skin cancer. This will take place on Friday 26th August 2016, from 2.00pm - 4.30pm, in the Imperial Hotel, Cork. Participants will hear from a consultant dermatologist, a specialist dermatology nurse, a skin cancer survivor, and a mindfulness expert. They will also be able to speak to a nurse for free after the event. Registration is essential. To book a place, visit: www.mariekeating.ie/events or call: 01 6283728.

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Cancer Focus NI Men's Health Conference 2016

[Cancer Focus Northern Ireland](#) invites you to attend their free Men's Health Conference 2016. This will look at some of life's challenges and barriers for men, and will review practical strategies that build resilience and allow men to bounce back. This event will take place on Thursday 15th September 2016, from 9.00am - 1.30pm, in the Dunsilly Hotel, Antrim. To register / get further information, email Denise Bownes: denisebownes@cancerfocusni.org

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Technology for Wellbeing Conference 2016

[ReachOut Ireland](#) will be hosting the fourth international Technology for Wellbeing Conference on Wednesday 14th September 2016 in The Marker Hotel, Dublin. The conference will look at: online mental health service delivery; 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; technology, cyber-safety and young people; youth participation and engagement with online interventions. For more information, visit:

<http://ie.reachout.com/about/programme-2016>

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IPH Open Conference - Call for Proposals

The [Institute of Public Health](#) (IPH) invites you to attend the 5th Public Health Open Conference which will take place on Tuesday 11th October 2016 in Titanic Belfast. The aim of this free event is to provide a platform to: showcase cross-sectoral work in public health; provide opportunities for cross-disciplinary networking; enhance knowledge, skills and leadership in public health. The theme this year will be: *'Breaking down boundaries - innovation, participation and creativity in public health'*. As in previous years, registered delegates will be invited to help to shape the conference by voting on who should make presentations. A call is now out for potential presenters to submit their ideas for this event, and the closing date for submissions is Friday 12th August 2016. To find out more, visit: www.iphopenconference.com

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Mental Health and Wellbeing Summit

Ireland's inaugural *'Mental Health and Wellbeing Summit'* is taking place in the Aviva Stadium on Friday 14th October 2016. This event is open to all sectors - from health practitioners, to the corporate sector, to the general public. The Summit will cover many topics over the course of the day through a series of talks and workshops. The speakers come from various areas of expertise including medical, psychological, sports, nutrition, research and personal experience. They include Bressie and the 'Ironmind Challenge' team (probably the most well-known local advocate for mental health). The event will also feature a panel of speakers who will discuss their own personal experiences and how they cope with mental health issues on a daily basis. For more information, visit: www.mentalhealthandwellbeingsummit.com or contact info@whitediamondevents.ie

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Training

HIV and Hepatitis C Workshop

This training aims to provide participants with up-to-date and relevant information on HIV and Hepatitis C - including transmission, prevention, testing and treatment. It will be beneficial to professionals across a range of sectors who work with service users that may be living with, or at risk of, HIV and Hepatitis C (such as drugs-related projects, housing / homeless projects, LGBT organisations, health and social care settings, organisations working with migrant communities and asylum seekers / refugees ...). The next one day programme will be held on Thursday 22nd September 2016. For more information, visit: www.hivireland.ie/what-we-do/training/hiv-and-hepatitis-c

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Master of Arts in Advanced Facilitation Skills for Promoting Health and Wellbeing

Do you want to become a highly skilled facilitator and advance within your chosen profession or seek new employment opportunities? ... The Master of Arts in Advanced Facilitation Skills for Promoting Health and Wellbeing is an innovative practice orientated programme - the only one of its kind in the Republic of Ireland. It is designed to: enhance personal growth and development; increase knowledge and skills; help participants reflect upon attitudes; improve the competencies required for effective facilitation of health and wellbeing programmes. The skills acquired on this programme are essential when engaging with men. This is a full-time course, and its delivery reflects the flexibility required for adult learners. The programme is delivered on evenings, some Saturdays, and some residential weekends throughout the year. For further information, see: www.wit.ie/wd591

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An Assessment of the Economic Cost of Smoking in Ireland

'An Assessment of the Economic Cost of Smoking in Ireland' is the report on a study which was carried out for the Department of Health in the Republic of Ireland. A large body of evidence exists on the relationship between smoking and health conditions. In total, 41 conditions with a causal relationship with smoking were identified. However, looking beyond the direct effects on human health, the review also found evidence of a variety of impacts that smoking has on wider society. It is estimated that, in 2013, 5,950 premature deaths could be attributed to smoking and exposure to second-hand smoke, along with over 200,000 hospital episodes. The total cost to the health service was estimated to be over €460 million, while the total estimated cost of lost productivity was over €1 billion. Download a PDF copy of the report at: www.health.gov.ie/wp-content/uploads/2016/04/An-assessment-of-the-economic-cost-of-smoking-in-Ireland.pdf

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'A Question of Sport'

An [ARK](#) Research Update (released in May 2016) shows that almost one third of Primary 7 children, and less than one in ten of 16 year olds, meet the target of 60 minutes of physical activity per day. Download a PDF copy of this paper at: www.ark.ac.uk/publications/updates/update107.pdf

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Foodbook24

Foodbook24 is a collaboration between researchers in [University College Dublin](#) (UCD) and [University College Cork](#) (UCC). The project is funded by the [Department of Agriculture, Food and Marine](#) and sets out to develop an online research tool to collect regular, accurate, dietary information on the Irish adult population. Such information could, potentially, direct new health initiatives and policy in Ireland. The tool has been made freely accessible to the public, and the researchers now need as many adults (18 years+) as possible to sign up and complete the various stages. All aspects can be completed on a desktop or laptop. Those who provide information on their diet and health will receive free dietary feedback via email from qualified nutritionists in UCD. Read more about the project at: www.ucd.ie/foodbook24 and sign up at: www.foodbook24.com

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The Identity of Young Men in Post-Conflict Northern Ireland

A graduate student from the United States of America is conducting research which addresses issues related to young men in Northern Ireland. The project focuses on understanding how young men's social and political identities have been influenced by their experiences of living in Northern Ireland during the 1990s transitional period. Furthermore, the project examines how these experiences have impacted upon not only young men's mental health and behaviour, but also their perceptions of masculinity. The researcher is looking to interview men who: are between the ages of 29-40 years; lived in Northern Ireland during the 1990s; will be available in Northern Ireland until mid-September 2016. For more information, contact Jenna Lada at by email at: jlada@uoregon.edu

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Men's Health Week 2016 in Co. Limerick

Men's Health Week 2016 was celebrated across the whole island of Ireland. However, here's a few photographs - courtesy of the Limerick Sports Partnership - to let you see some of the groups that they worked with in Co. Limerick ...



Abbeyfeale Men's Shed



Abbeyfeale Men on the Move



Country Club Men on the Move 5km



Southill Men's Shed



St. Munchin's Men's Shed



Virgin Media

Web Links

Men's Issues on the Web ...

[Suicide deaths in Northern Ireland highest on record](#)

[The dangers of physical inactivity revisited in 45-year study](#)

[Signs and symptoms of diabetes in men](#)

[Give HPV vaccine to boys to protect against cancers, experts say](#)

[Men may face high lifetime risk of sudden cardiac death](#)

[Higher BMI and waist circumference associated with risk of aggressive prostate cancer](#)

[Overweight adolescent men more likely to develop severe liver disease later in life](#)

[What every schoolboy knows](#)

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Next Edition

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

