

E-Male Matters

October and November 2016

The newsletter of the Men's Health Forum in Ireland

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News

Launch of 'Healthy Ireland - Men'

You are invited to apply for a free place at a Men's Health Symposium which will be held in Dr Steeven's Hospital, Dublin, on Wednesday 30th November 2016. The title of this event is 'A New Chapter: Healthy Ireland - Men'.

This event will be used to launch the Action Plan which will succeed Ireland's National Men's Health Policy. It will also offer delegates an opportunity to: hear about the background to and content of the Plan; participate in short workshops which highlight examples of effective practice throughout Ireland; discover local research into men's health and wellbeing which is currently taking place; listen to a prominent speaker on men's health issues.

For more details, visit: www.mhfi.org/Symposium2016.pdf To book a place, complete and return the application form at: www.mhfi.org/NewChapterApplication.doc Please note that places are limited and there are only a few left. When these are allocated, a waiting list will be established.

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Eight Week Male Drive4Health and Wellbeing Programme

Are you male? Do you live in Craigavon (Co. Armagh) or Banbridge (Co. Down)? Would you like to kick-start your New Year with the help of a free healthy lifestyle programme (which includes health checks, physical activity sessions, health information, and dedicated staff to support you)? ... If so, you might be interested in the eight week 'Male Drive4Health and Wellbeing Programme' which begins in Brownlow Community HUB, Craigavon, on Wednesday 11th January 2017 and in Banbridge Leisure Centre on Thursday 12th January 2017 - both at 7.00pm. For more details, contact Frances Haughey at Tel: 07500 772905 or Email: frances.haughey@armaghbanbridgecraigavon.gov.uk

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A Healthy Weight for Ireland

In September, the Irish Government launched 'A Healthy Weight for Ireland: Obesity Policy and Action Plan 2016 - 2025'. This ten year plan responds to the rising levels of obesity in the Republic of Ireland, with 1 in 4 children and 6 in 10 adults now being overweight or obese. The policy sets out what are known as the 'Ten Steps Forward'. These aim to reverse the current obesity trend, prevent complications associated with obesity, and reduce the overall burden for individuals, their families and the health system. You can find out more at:

<http://health.gov.ie/wp-content/uploads/2016/09/A-Healthy-Weight-for-Ireland-Obesity-Policy-and-Action-Plan-2016-2025.pdf>

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Building the Community-Pharmacy Partnership Level 2 Funding

Funding for Building the Community-Pharmacy Partnership (BCPP) projects in Northern Ireland is, currently, available for Level 2 Projects. Level 2 support is for those seeking to develop a community-pharmacy partnership that will address a range of locally identified health and wellbeing needs. Funding of up to £10,000 will be awarded for projects lasting approximately one year. The closing date for applications is Thursday 17th November 2016, and application forms and guidance notes are available at: www.cdhn.org/bcpp-how-apply

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Spill the Beans (on mental fitness)

'Spill the beans' and support a YouthAction NI Foyle YouthBank initiative to encourage young people to build their mental fitness and wellbeing ... Raise a minimum of £10 sponsorship and register now to get dunked into baked beans in Guildhall Square Derry / Londonderry, on Saturday 12th November 2016, from 2.00pm - 4.00pm. Foyle Youthbank (a partnership between [YouthAction NI](#) and [St Columb's Park House](#)) is a youth-led initiative, made up of 14 young people aged 16-25 years, which supports young people to deliver projects that support their mental health and wellbeing. They are holding this event to help fund these projects, and are keen to raise awareness of their message: 'Don't can it up. Spill the beans about mental health!' To register to get dunked, show your support, or find out more, contact Connor or Emma on Tel: 02871 318854 or visit: www.facebook.com/events/573557389503395

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Bereavement Support Booklet for Men

[Cruse Bereavement Care in Northern Ireland](#) has published a new 'Help & Hope' booklet to help inform and support men who have been bereaved. This was produced with funding from the Big Lottery Fund NI through the Together for You project. Alex McMeekin, the Cruse Together for You Manager, said: 'We know that men may express their grief in different ways to women, and employ different strategies to help them cope. We felt that it was important to develop a support booklet specifically for men; providing helpful information, advice, and first-hand accounts from other men who have been bereaved. The booklet has been developed by

men, for men'. For details of the booklet's recent launch, visit: www.cruse.org.uk/northern-ireland/news You can also view a Portable Document Format (PDF) version of the booklet at: www.togetherforyou.org.uk/media/resources/23484_Cruse_Mens_Booklet_LOW_RES.pdf For more information, contact Eleanor Ellerslie on Tel: 02890 792419 or via email at: eleanor.ellerslie@cruse.org.uk

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Events

Get Men Talking about their Health in Sligo

The [Marie Keating Foundation](http://www.mariekeating.ie) want to get men talking about their health in Sligo. The cancer foundation is running a free men's health event on Tuesday 1st November 2016, at 6.30pm, in the Clarion Hotel, Sligo, as part of its annual 'Get Men Talking' campaign. This seeks to encourage men to learn more about common cancers and how they can prevent them, detect them, and cope with them should they be diagnosed. This free event will feature local expert speakers who will talk about common male health problems, simple steps that men can take to reduce their cancer risk, and common symptoms that they should keep an eye out for. Speakers will also explore what support services are available for men affected by cancer in the Sligo region and how to deal with cancer diagnoses. The session will end with an introduction to mindfulness. The event is free, but registration is essential. For more information or to book a place, visit: www.mariekeating.ie/events or call Angela on Tel: 01 6283726.

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Suicide Prevention: What Works?

This conference will take place on Thursday 17th November 2016 in the Titanic Centre, Belfast. The theme is '*Speaking Truth to Power*' - promoting adoption of a learning culture dedicated to patient safety, and regarding suicide as a preventable harm for people in receipt of health and justice system care. For more information and to book a place, visit: <https://getinvited.to/suicideprevention/contact-6th-international-suicide-prevention-what-works-conference>

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'Healthy Places, Healthy People' Seminar Series

This seminar series is designed to upskill community professionals on how the physical environment shapes community health and wellbeing, and how communities can effectively inform policy making. It has been developed to support engagement with the emerging spatial plan for Belfast City - the Local Development Plan (LDP). The LDP process creates an opportunity for communities to inform development of their local neighbourhoods. This programme highlights key issues relevant to healthy communities, including: creating people friendly neighbourhoods; transport; greening the city; place and mental wellbeing; and engaging all age groups. The seminar programme can be accessed at: www.belfasthealthycities.com/sites/default/files/seminar%20programme%20-%20healthy%20places%2C%20healthy%20people.pdf To register, Email: laura@belfasthealthycities.com stating which seminar you wish to register for and if you have any access or dietary requirements.

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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 focus upon: genito-urinary medicine; dating apps and STIs; LGBTQ research into resilience; PrEP; FGM; and sexual assault / sexual violence. It will be held in the Ramada Plaza, Belfast, on Wednesday 23rd November 2016, from 9.00am - 5.00pm. For further information, Email: shealth.team@belfasttrust.hscni.net

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Loneliness and Ageing: A Public Health Issue

The [Institute of Public Health](#) and the [Bamford Centre for Mental Health and Wellbeing](#) (Ulster University) are holding a seminar on Tuesday 6th December 2016, in the Clayton Hotel, Belfast on the theme of '*Loneliness and Ageing - A Public Health Issue*'. For further details and to register, Email: leah.friend@publichealth.ie

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Training

Connecting with Young Men Workshop

Health Promotion and Improvement, [HSE](#), is inviting applications for free places on a '*Connecting with Young Men*' workshop that they are hosting on Thursday 8th December 2016, from 9.30am - 4.30pm, in the HSE Building, Units 8-9, Manor Street Business Park, Manor Street, Dublin 7. The aim of this workshop is to assist a broad range of practitioners in the north Dublin City Centre area to effectively connect with young men on mental health and wellbeing issues. It focuses on the engagement process (i.e. WHY and HOW to build relationships with young men), rather than offering a new mental health programme (i.e. what to offer them). To book a place / get further details, contact Anne-Marie Kavanagh at Tel: 01 8976179 or Email: annemarie.kavanagh@hse.ie

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HIV Training: An Overview for Counsellors

This one-day training course for professional counsellors, therapists, and other mental health workers aims to introduce key aspects of working with clients who are living with HIV, as well as with their friends/partners/families, and introduces best practice guidelines for professionals working in this area. It will take place on Thursday 3rd November 2016, from 10.00am - 4.30pm, in HIV Ireland, 70 Eccles Street, Dublin 7. Further information and booking forms are available at: www.hivireland.ie/what-we-do/training/hiv-an-overview-for-counsellors

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Managing Workplace Behavioural and Mental Health Risks

It is important for employers and employees to know about their legislative rights and responsibilities in relation to mental health at work. Two of the most relevant pieces of legislation are the Safety, Health and Welfare at Work Act 2005 and the Employment Equality Acts 1998-2011. The purpose of the Employment Equality Acts 1998-2011 is to promote equality and prohibit discrimination across nine grounds, including the ground most relevant to mental health - disability. At the end of this seminar, attendees will have knowledge of: the evolution from duty of care to reasonable accommodation and the implications for business; how to conduct a behavioural risk assessment for all risks, including mental health and disabilities; reasonable accommodation for employees with disabilities. Two seminars are being held to address this issue: Dublin on Thursday 26th January 2017 and Limerick on Thursday 23rd February 2017. Find out more at: www.eapinstitute.com

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Web Links

Men's Issues on the Web ...

- [My mental health journey - See Change Ambassador Jack McCann](#)
- [Why don't men talk about their health?](#)
- [Suicide prevention: creating a safer culture](#)
- [Rise and recharge: love your health, leave your chair](#)
- [Major overhaul of family courts could achieve better outcomes for children](#)
- [Men's Sheds: A setting where men can lose their inhibitions](#)
- [Ireland's steroid boom among young gym goers](#)
- [Obesity set to soar for boys, but not girls, from poorer homes](#)
- [12 wellbeing tips for men](#)
- [How to be a man](#)

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Next Edition

The next edition of 'E-Male Matters' will be released in December 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 December edition is Friday 25th November 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

