

E-Male Matters

Men's Health Week 2022

The newsletter of the Men's Health Forum in Ireland

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Men's Health Week 2022

The Final Countdown Begins

We're now only weeks away from [International Men's Health Week](#) (MHW), which begins on Monday 13th June and runs until Sunday 19th June 2022 (Father's Day).

Not too long ago, we were unaware of the full extent of men's poor health status and the specific health issues that they are contending with. However, this is no longer the case. In recent years, a broad range of research has highlighted the health challenges which face men in Ireland and further afield. For example, see the Men's Health in Numbers reports at: www.mhfi.org/news/1096-men-s-health-in-numbers.html



Yet, although the health of men in Ireland is sometimes poor, it is not a 'lost cause' - and it can be improved in many significant ways. Men, themselves, need to play a central role in taking control of their health and wellbeing. However, men's health is not just an issue for individual men and their health can often be determined by other factors outside of their personal control. Thus, there is also a need for policy-makers, service providers, and society as a whole to recognise the role that they need to play, and to do something practical about it.

Men's Health Week 2022 takes place in the context of an easing of the restrictions introduced to combat the COVID-19 pandemic. Worldwide, this virus had a major and disproportionate [impact upon men's health](#) as well as their wider lives. Indeed, for a couple of years now, COVID has placed a myriad of boundaries upon what we have been able to do. MHW 2022 seeks to reverse this trend, and focuses upon what we can do to take back control of our own health.

This is why the theme chosen for Men's Health Week 2022 is '**MISSION: isPOSSIBLE**' and the message to everyone is '**the action starts with you**'.

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 and activities.
- Encourage the early detection and treatment of health difficulties in males.

However, any and all activities / actions to mark this occasion are very welcome.

To find out more about the week, visit: www.mhfi.org/mhw/mhw-2022.html

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'Toolbox for Action'

Not everybody knows about [Men's Health Week](#) (MHW), what it hopes to do, why it needs to happen, or how they can get involved. That's why there is a MHW 2022 '*Toolbox for Action*'. This Q&A style resource can be downloaded at: www.mhfi.org/mhw2022toolbox.pdf

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What Can I Do To Mark The Week

Everyone can do something to support and celebrate Men's Health Week (MHW) each year.

The focus for MHW 2022 (i.e. 'MISSION: isPOSSIBLE') lends itself to a wide range of ways to mark this occasion. However, there is no need to stick rigidly to this particular theme. Anything which promotes the week and encourages men and boys to lead healthier lifestyles, to be more aware of preventable health problems, and to seek early detection and treatment for health difficulties will be very welcome!

Some people might have the time, energy, resources and skill to plan something elaborate. However, even if this is not possible, there are still many simple, free and easy ways to get involved / show support - such as putting-up the [poster](#) in public spaces, giving out copies of the [postcard](#) to men that you know, [social media](#) posting, directing men to the [Man Manual](#), using the MHW [graphics](#) ...

For practical ideas and inspiration, you are invited to check out a paper titled '*What Can I Do To Mark This Week?*' at: www.mhfi.org/mhw2022celebrateit.pdf

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Men's Health Week 2022 Posters

To promote Men's Health Week (MHW) 2022, a bespoke poster has been designed.

Posters are available as both A3 and A4 hard copies, and as online electronic files (in a range of sizes and formats suitable for a variety of uses). To order hard copies of the poster, send an email to menshealthweek@mhfi.org stating:

- How many copies you would like.
- Which size (or sizes) that you'd like.
- The name of the person to send them to.
- The full postal address (including a Postcode / Eircode) for delivery.

Copies of the online electronic resources can be downloaded from: www.mhfi.org/mhw/mhw-image-pack.html#Poster2022

Even people who don't have time to do anything else for MHW 2022 are encouraged to put up a poster - in public view - to let everyone know when it is taking place. Although this costs little to do, it will make a big difference to promoting the week!

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Men's Health Week 2022 Postcards

Every year since 2014, there has been a Men's Health Week (MHW) postcard to publicise the week. Traditionally, these cards can be displayed as small flyers in public spaces, and are often sent by organisations to the men that they have contact with. This has proved to be a very successful means of letting local men know about the week.

Some groups have also used them as pledge cards (e.g. this year men can write on the card what the 'mission' to improve their health is going to be). Later on, they can keep this beside their desk, on their work bench, attached to their dashboard etc. to remind them of what they want to do and hope to achieve.

The postcards are available in both hard copy and as online electronic files. To order hard copies of the postcard, send an email to menshealthweek@mhfi.org stating:

- How many copies you would like.
- The name of the person to send them to.
- The full postal address (including a Postcode / Eircode) for delivery.

For electronic download, see: www.mhfi.org/mhw/mhw-image-pack.html#Postcard2022

The front of the postcard has a similar design to the MHW poster, and the back has a pre-written message which says:

Hi there,

I don't know about you, but I reckon that the 'MISSION:IMPOSSIBLE' TV series / films are among the best viewing of all time. They offer many things that appeal to males - suspense, intrigue, courage, daring, incredible feats, heroism, fast-paced action ... and, in the end, good always triumphs over evil!

But did you know that during Men's Health Week 2022, men and boys on the island of Ireland are also being asked to take on the role of Ethan Hunt (or Jim Phelps if you remember the TV series) and to step up and become an action hero in their own life?

All you have to do is set yourself a realistic and practical task to improve your health and go for it. That's '*your mission, should you choose to accept it*'.

So, if you're up for it, find out more at: <https://www.mhfi.org/mhw/mhw-2022.html>

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Free ‘Challenges and Choices’ Man Manuals

There’s no denying that the state of men’s health on the island of Ireland is often poor. However, there are things which can be done to change this situation and men, themselves, can play a key role in doing this. A free, 32 page, Man Manual is being distributed by the [Men’s Health Forum in Ireland](#) (MHFI) to mark [Men’s Health Week 2022](#). This poses ten simple and practical health challenges to men and, to meet every challenge, it offers three choices.

During Men’s Health Week 2022, this booklet will be available in hard copy (though, when they’re gone, they’re gone) and in electronic format. To order hard copies, send an email to menshealthweek@mhfi.org stating:

- How many copies you would like.
- The name of the person to send them to.
- The full postal address (including a Postcode / Eircode) for delivery.
- A contact phone number (in case there is a problem with the delivery).

A low resolution copy can also be downloaded at: www.mhfi.org/challenges2022.pdf

The publication of this booklet has only been possible because of the generous support given by the [Health Service Executive Health and Wellbeing](#), [Healthy Ireland](#) within the Department of Health, the [Public Health Agency](#) and the author - Dr Ian Banks.

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Tell others about what you are doing during Men’s Health Week 2022

Every year there are hundreds (possibly even thousands) of events and activities throughout Ireland to celebrate Men’s Health Week (MHW). Some of these are well publicised, but most are only known about by a few people.

As in previous years, the [Men’s Health Forum in Ireland](#) (MHFI) will promote the details of any activities or events that are being held throughout the island of Ireland during [Men’s Health Week 2022](#). This will help everyone to find out what is happening during the week, where it will take place, and how to join in. It will also give some recognition and publicity to all those groups across Ireland that are doing something for and with men.

These activities might include health checks, conferences, launches, games, seminars, competitions, workshops, courses, displays, health fairs, workplace mail-outs ... Whatever the activity, everyone is encouraged to submit their details.

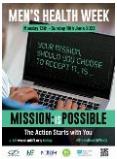
There are two ways to let us know about what is happening to mark the week: (i) submit the details using the online form (at: www.mhfi.org/mhw/promote-an-event.html); or (ii) download and save a copy of the MS Word Registration Form (www.mhfi.org/mhw2022project.docx), type in the details, and email it back to us.

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How to Promote Men’s Health Week 2022

Absolutely everyone can do something to promote [Men’s Health Week](#) (MHW) 2022. There are many simple, free and easy ways to get involved / show support. There is a common logo / image pack which can be used by everyone who wishes to raise awareness of MHW. There is also a MHW 2022 poster and postcard. These are important promotional tools - as one of the key aims is to let as many people as possible know about the week. These are available to anyone who wishes to use them at www.mhfi.org/mhw/mhw-image-pack.html

Here’s some practical suggestions ...



Put a [Men's Health Week poster](#) (or two or three) up in your workplace / meeting space / community centre / local shop / waiting room / church hall / Men's Shed / gym / library / pub / surgery / construction site / home ...



MEN'S HEALTH WEEK

Promote the week on your website - using a copy of the [Men's Health Week logo](#) and other images e.g. badge or banner.



Link to the web page devoted to Men's Health Week 2022 (www.mhfi.org/mhw/mhw-2022.html) from your own website, Facebook page or other social networking site.



Send an email to everyone on your mailing list to tell them about Men's Health Week, and ask them to forward the message to all their contacts. Why not also insert the MHW [logo](#), [badge](#) or [banner](#) into your outgoing emails during May and June?



Become a fan of the Men's Health Week in Ireland's Facebook page (www.facebook.com/MensHealthWeek) and send this link to all your online friends.



Include information on [Men's Health Week 2022](#) in your mailouts and newsletters.



Tell others about what is happening in your area during Men's Health Week by posting details on the MHFI website. Use the form at: www.mhfi.org/mhw/promote-an-event.html



Make the Men's Health Week [logo](#) or [badge](#) your computer desktop 'wallpaper' during May and June.



Remind your colleagues to follow all the latest news on Twitter (www.twitter.com/MensHealthIRL). Also Tweet about the week yourself, and include #MensHealthWeek and #MissionIsPossible in your message.



Encourage the men you know to get involved in some of the activities taking place during the week.

Doing one or more of these simple (and free) things will contribute hugely to MHW 2022!

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Daily Themes for Men's Health Week 2022

Men's health issues and needs are numerous and complicated. So much so, that we could probably assign a different one to highlight on each day of the year and still have an outstanding pool of ones to explore! However, when preparing for Men's Health Week (MHW)

2022, the all-island Planning Group felt that it would be useful to draw attention to a specific theme on each day during the week, as well as announce the final countdown to MHW during the week before.

The focus of each day will be ...

- Thursday 9th June: Men's Health Week 2022 - the final countdown begins
- Friday 10th June: MISSION: isPOSSIBLE - the action starts with you
- Monday 13th June: Mental fitness
- Tuesday 14th June: Prevention is better than cure
- Wednesday 15th June: Food for thought
- Thursday 16th June: Rethink your drink
- Friday 17th June: Trash the ash
- Saturday 18th June: Let's get physical - be more than a sports spectator
- Sunday 19th June: Fathers - can make wonderful things possible for their kids

Social media (especially Facebook, Twitter, Instagram and TikTok) has become a powerful tool for organisations to spread their message. During Men's Health Week 2022, everyone is encouraged to 'Post' and 'Tweet' about it and, when possible, to use the hashtags:

#MensHealthWeek | #MissionIsPossible | #TheActionStartsWithYou

To support this, a range of social media graphics are also available.

For those people who would like to support MHW 2022 using their own social media channels - but who don't have the time, energy or knowledge to develop their own messages - there will soon be a ready-made pool of Posts and Tweets that you can simply cut-and-paste from.

Keep an eye to www.mhfi.org/mhw/mhw-2022.html#Tweet for more details closer to the week.

Even loading a few things to social media platforms makes a huge difference to publicising the week. This is, therefore, an easy and free way to show support for MHW.

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Keep Up-To-Date with MHW 2022

To keep everyone up-to-date with the latest news on [Men's Health Week \(MHW\) 2022](#) - as well as more general developments in the field of men's work - check out Facebook (www.facebook.com/MensHealthWeek) and Twitter (www.twitter.com/MensHealthIRL).

However, as all social networkers know, pages such as these are no use unless they have a lot of Fans / Followers. That's where your help is needed! ... Please visit the pages, click on the 'LIKE' button for Facebook and 'FOLLOW' button for Twitter, and send the link to all your friends. If you're really into it, please Tweet about MHW 2022 yourself, and include the hashtags #MensHealthWeek and #MissionIsPossible in your messages.

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News

Review of the Healthy Ireland - Men Action Plan

HSE Health and Wellbeing has commissioned an independent review of the [Healthy Ireland - Men \[HI-M\] Action Plan](#), 2017-2021. This review will include recommendations for a new five-year National Men's Health Action Plan. The review is being conducted by Global Action on Men's Health (GAMH) - an international men's health charity. GAMH would welcome your input to this process via an online survey. This offers an important opportunity for

organisations and individuals with views about men's health in Ireland to contribute to the review. They want to know what you think about the implementation and impact of the last Action Plan, what lessons can be learned for the next Plan, and what that Plan should include. This survey is aimed at people who have a particular interest in public health, gender and health or men's health in Ireland, and who also live or work in the Republic of Ireland. It should take no more than 15-20 minutes to complete and all responses will be treated confidentially.

The survey can be accessed at: <https://www.smartsurvey.co.uk/s/Healthy-Ireland-Men-Review>

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Attitudes to Mental Health and Suicide in Northern Ireland

In this new Research Update, Siobhan O'Neill (Northern Ireland's Mental Health Champion), Margaret McLafferty (Research Fellow, Ulster University) and Paula Devine (Director of the Northern Ireland Life and Times [NILT] survey) explore public attitudes to mental health and suicide in Northern Ireland. This paper is based on data from the 2021 NILT survey, and was published to coincide with Mental Health Awareness Week 2022. Download a copy at:

<https://www.ark.ac.uk/ARK/sites/default/files/2022-05/update145.pdf>

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Be Sun Smart

If you work outdoors, you are exposed to 2-3 times more UV radiation from the sun than people who work indoors - putting you at a higher risk of skin cancer. If you spend all or part of the day regularly working outdoors you can reduce your risk of skin cancer and eye damage by protecting your skin and eyes from the sun. Unprotected exposure to the sun's ultraviolet rays can cause skin damage. While sunburn is the most damaging, long term exposure (like working outdoors most days - even without burning) - also significantly increases the risk of skin cancer. Find out more at: <https://www.hse.ie/eng/services/list/5/cancer/prevention/skin-cancer-prevention-sunsmart.html>

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We All Feel It

Data suggests that mental health is a top concern for the young males who contact Childline, with almost half (46%) of their counselling sessions focused on mental and emotional wellbeing. However, when you look at the gender split for overall contacts to the service, young males are still hugely under-represented (just 14% of sessions were with young males). Check out this video from Childline which targets young males: <https://youtu.be/6loxwWF2oCw>

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Farmers Have Hearts

More than eight out of ten Irish farmers who participated in the Farmers Have Hearts Cardiovascular Health Programme made lifestyle changes to improve their heart health and reduced their risk of having cardiovascular disease, a major study has shown. The programme engaged with more than 868 male drystock and dairy farmers in the South, Southeast and Midlands over a one-year period. This involved completing a health check at the start and end of this period, and engaging in health-promoting behaviours such as improving diet or getting more physical activity. Find out more at: <https://tinyurl.com/4j9ujwvs>

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Stronger Together: The HSE Mental Health Promotion Plan 2022-2027

On the 6th of April 2022, 'Stronger Together: The HSE Mental Health Promotion Plan 2022-2027' was launched. Stronger Together includes action areas focused on promoting positive mental health across the population and among HSE staff. The Plan takes a life course approach and includes actions of relevance to the general population. It considers the needs of specific population groups such as children and young people, the working aged population,

older people and other priority groups. It also specifically takes into account how the reach of this Plan can be extended beyond the Health Service. Download a copy at:
<https://tinyurl.com/bdp7mdkx>

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Abdominal Aortic Aneurysm Screening Programme

The Northern Ireland Abdominal Aortic Aneurysm (AAA) Screening Programme is a regional programme offering screening to men registered with a GP in Northern Ireland when they turn 65 years old. The aim of the programme is to reduce AAA-related deaths, by identifying them at an early stage using a simple, painless ultrasound scan. The aorta is the main artery that supplies blood to your body. It runs from your heart down through your chest and abdomen (stomach). As some people get older, the wall of the aorta in the abdomen can weaken and balloon out to form an aneurysm, rather like a bulge in a worn car tyre. This is called an abdominal aortic aneurysm. At the age of 65, about 1 in every 65 men will have an AAA. The aneurysm usually causes no symptoms and most people are not aware they have it. However, about a third of these will rupture (burst) if not treated, which can be fatal. Any man aged over 65, who has not been screened before, can ask for a screening appointment by calling 028 9615 1212. For further information, visit: <https://www.nidirect.gov.uk/aaa>

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Events

Masculinity and Men's Health

During 2022, HSE Health and Wellbeing is hosting a series of webinars exploring the impact of masculinity/ies on men's health. The second of these events will be held on Monday 13th June 2022, from Noon to 1.15pm, to mark [Men's Health Week](#). Guest speakers include Paul Ferris (ex-professional footballer and author of award-winning books on how he dealt with personal challenges in his life), Sonia Montgomery (Suicide Prevention Lead within the Western Health and Social Care Trust) and Jim Curran (Director of Strategy and Operations for the Irish Pharmacy Union). For more details (when they become available), keep an eye to the HSE social media channels or <https://www.facebook.com/MensHealthForumIreland>

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Fatherhood: A Life Changing Relationship

Steve Biddulph is one of the world's best known parent educators. A psychologist for 30 years, his books (including The Secret of Happy Children, Raising Boys, Raising Girls, The New Manhood and Fully Human) are in four million homes and 31 languages. They have influenced the way we look at childhood and, especially, the development of boys and men. In this webinar - which is being organised by the Dads Direct network in Northern Ireland - Steve will share some of his insights on the important role of fatherhood. This online event will take place on Thursday 16th June 2022, at 9.15am, and places can be booked at:

<https://tinyurl.com/5ftkd56m>

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Men in Mind

[Global Action on Men's Health](#) (GAMH) will be hosting a series of webinars over the next 18-24 months. The first, on Monday 6th June 2022, will focus on men's mental health. Men's mental health and wellbeing continues to be overlooked in policy and practice, despite increasing evidence of men's distress and its consequences - such as alcohol and drug misuse, gambling and other addictions, body image disorders, aggressive and violent behaviours, as well as suicide. Book a place at: <https://tinyurl.com/ynxhp8ux>

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Training

MenPower

MenPower is a twelve week training programme to help men to build their mental and physical fitness, engage with local services, set goals and develop a life plan. It is run by Offaly Local Development Company. The next programme will commence on Wednesday 1st June 2022, and the group will operate on Wednesdays (10.00am - 1.00pm) and Thursdays (10.00am - 2.00pm) in Millennium House, Tullamore, Co. Offaly. For more details, contact Aoife Kelly on Tel: 087 7385989 | Email: akelly@offalyldc.ie

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What Do You Know About Men And Masculinity?

How has the academic view of masculinity been described? Is there a link between masculinity and health? ... Test your knowledge (and maybe learn something new) with this short 12 question quiz from The Centre for Male Psychology: <https://tinyurl.com/3xecwtja>

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Research

Health Inequalities Annual Report 2022

In April, the Department of Health in Northern Ireland published the Health Inequalities Annual Report 2022. This publication presents a comprehensive analysis of regional health inequality gaps between the most and least deprived areas of Northern Ireland, and sub-regional gaps within Health and Social Care Trust and Local Government District areas across a range of health indicators. Download a copy of the report at: <https://www.health-ni.gov.uk/publications/health-inequalities-annual-report-2022>

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'SHIFT' It

It is well established that HGV drivers are exposed to a number of health-related risk factors, such as shift work and long periods of sedentary behaviour (sitting), which contribute towards chronic conditions such as obesity, type 2 diabetes, and heart disease. New research, led by Loughborough University, investigated whether HGV drivers' health behaviours could be improved using a specially designed 'Structured Health Intervention For Truckers' (SHIFT) programme. The findings indicate that such a targeted health programme - including health education sessions, Fitbits, and lorry cabin workouts - can improve the activity levels of long-distance HGV drivers in the short-term. Find out more at:

<https://bmcmedicine.biomedcentral.com/articles/10.1186/s12916-022-02372-7>

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2021 Northern Ireland Life and Times Survey Results

The 2021 [Northern Ireland Life and Times](#) (NILT) survey recorded the attitudes of people living across Northern Ireland to key social issues, including mental health, COVID, criminal justice system and good relations. Results from all questions, as well as the questionnaire, dataset and technical reports are available from: <https://www.ark.ac.uk/nilt>

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Meeting Men's Mental Health Needs During COVID-19 and Beyond: A Global Health Imperative

The COVID-19 pandemic has produced a global mental health crisis, whose scope and severity are becoming increasingly apparent. While women and girls, men and boys, are all affected, the authors of this paper argue that the crisis among men warrants closer attention - given potential impacts on global public health, as well as the unique and gendered responses required to meet men's needs. Their analysis of data from the COVID-19 Trends and Impact Survey paints an alarming picture of the scale of the problem among men worldwide. Read the article at: <https://gh.bmjjournals.org/content/7/4/e008297>

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Hidden Homelessness

This research was commissioned by Simon Community NI and undertaken by a team based at Ulster University. The aim of the research was to examine the issue of 'hidden' homelessness in Northern Ireland - that is, people who are homeless but whose situation is not 'visible'. It looked at why individuals become vulnerable to hidden homelessness, the barriers and challenges they encounter in seeking help and support, and the most discernible impacts upon those affected by it. Access the report and find out more about this research at:

<https://www.ark.ac.uk/ARK/projects/HH>

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Global Burden of Disease - Estimates of alcohol use and attributable burden in Ireland

Alcohol places a significant health burden on Ireland. Understanding the extent of this burden is an important element in policy decisions around alcohol. Data from the Global Burden of Disease (GBD) Study indicates that previous measures of alcohol related deaths and illnesses are underestimates, and that 5% of all deaths in Ireland in 2019 are attributable to alcohol.

Read more at: <https://tinyurl.com/3eb6f3fa>

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Men's Help-Seeking and Engagement with General Practice: An Integrative Review

This journal article seeks to critically synthesise the literature that describes men's help-seeking and engagement with General Practice. Thematic analysis revealed four themes related to structural barriers, internal barriers, men's understanding of the role of General Practice, and self-care / help-seeking. The findings indicate that men: find General Practice unwelcoming and unaccommodating; can experience psychological barriers that impact engagement and help-seeking; and predominantly view General Practice as a source of acute health care - rather than a source of preventive health care and advice. See the article at:

<https://onlinelibrary.wiley.com/doi/10.1111/jan.15240>

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Web Links

Men's Issues on the Web ...

[Meet the walking footballers who prove age is just a number](#)

[Boxing as a tool to improve mental health](#) [video]

[St John of God Men's Group: finalist in the Cara National Disability Sports Awards](#) [video]

[Five County Wicklow Men's Sheds join Sheds for Life pilot](#)

[I had a black dog, his name was depression](#) [video]

[We're bringing people together: when football meets therapy](#)

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Next Edition

Do you know of anything (research, events, resources, training, news etc.) affecting men and boys which should be included in the next edition of 'E-Male Matters'? ...

Anyone can propose an article for inclusion in this newsletter - so long as it is of relevance to males, does not promote a commercial enterprise / product, and does not insult anyone.

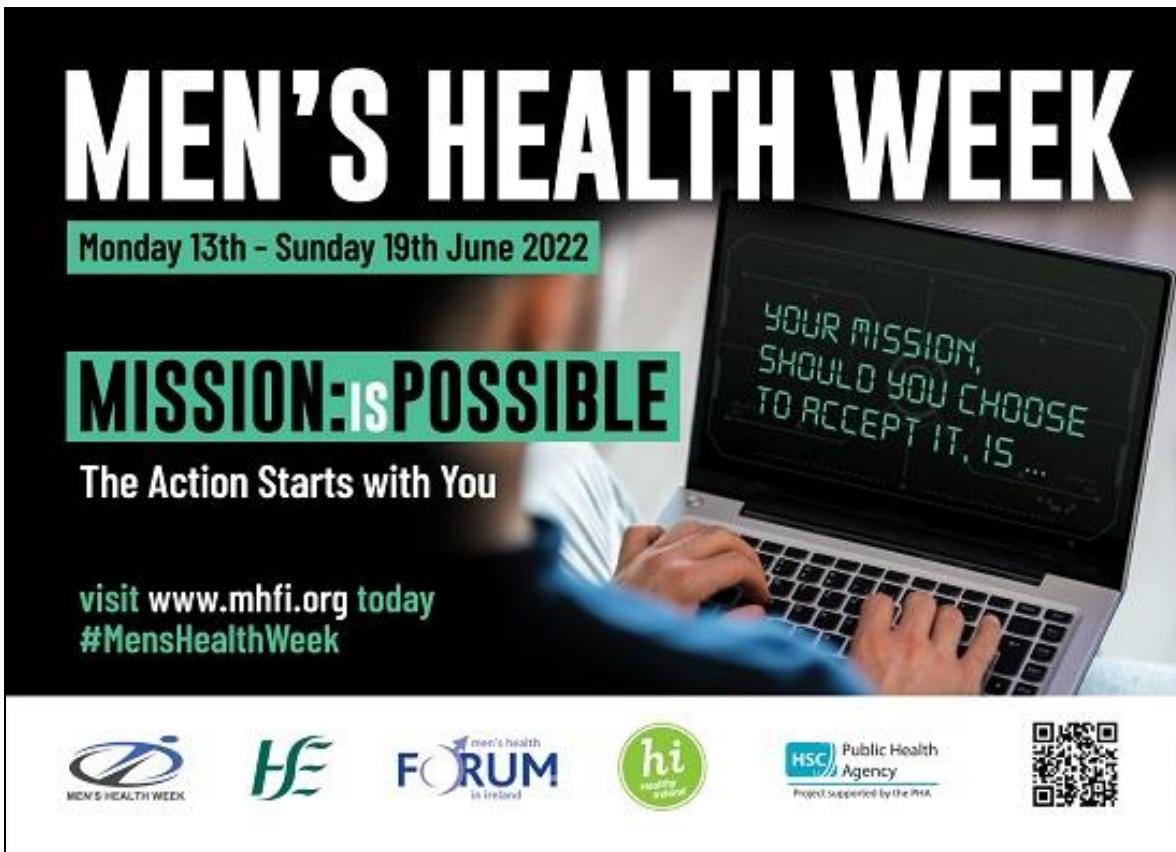
There's a simple format for all articles. Let us know (within one paragraph and no more than 150 words) all the crucial details e.g. title, date, time, venue, short description, contact details for further information (name, telephone and/or email address), and web link (if available) for a fuller explanation. To keep the file size of this newsletter small, we cannot, unfortunately, accept photographs or images.

Please email your information to: emalematters@mhfi.org

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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



MEN'S HEALTH WEEK

Monday 13th - Sunday 19th June 2022

MISSION:ISPOSSIBLE

The Action Starts with You

visit www.mhfi.org today
#MensHealthWeek

men's health FORUM in Ireland

hi Healthy Ireland

HSC Public Health Agency

Project supported by the PHA

men's health FORUM in Ireland

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