



E-Male Matters

Christmas 2024

The newsletter of the Men's Health Forum in Ireland

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News

Men's Health Week 2025 - Get the Date into your New Diary!

Believe it or not, it's that time again. Yes, it's time to get the most important date of the year into your new 2025 diary ... [International Men's Health Week](#) (MHW) always begins on the Monday before Father's Day and ends on Father's Day itself. This coming year, it will run from **Monday 9th until Sunday 15th June 2025**.

Every year, the [Men's Health Forum in Ireland](#) (MHFI) convenes an all-island Planning Group for MHW. Would you be interested in being a part of this process, and joining with others from across the island of Ireland to help to shape MHW 2025? This can be done in many ways - from participating in meetings, to occasional electronic communication. All input is very welcome, and helps to make the week stronger and more relevant.

If you would be interested in being part of the planning process for 2025 (in any way), email: menshealthweek@mhfi.org

However, even if this is not possible, why not put the dates of MHW 2025 into your new diary, and start thinking about how your group / workplace / church / community / sports club ... could do something to mark this week? It's never too early to start planning.

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Support over the Christmas Period

Merry Christmas and a Happy New Year from everyone in the Men's Health Forum in Ireland! However, we also know that the holidays can often be a stressful and worrying time for many people. Therefore, please remember that if you - or anyone you know - needs help and support over the Christmas period, you can always contact ...

- The Samaritans (all Ireland) - Freephone 116 123
- Pieta House (RoI) - Freephone 1800 247 247
- Lifeline (NI) - Freephone 0808 808 8000

or visit: <https://www2.hse.ie/mental-health> | <https://www.mindingyourhead.info>

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Free 'Action Man' Manuals

Did you miss out on getting hard copies of the free '[Action Man](#)' Manual during Men's Health Week or International Men's Day this year? If so, HSE Health and Wellbeing has just funded a reprint of this publication and, if you are based in the Republic of Ireland, you can order up to 50 copies of it via their www.HealthPromotion.ie website (after you create a free account).

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International Men's Day 2024

Congratulations to everyone who, so successfully, marked International Men's Day 2024 (19th November) across the island of Ireland. If you don't know what this day is all about, check out this short video clip: <https://youtu.be/0xyTHUSVVVQ>

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Mental Health in the Workplace

It's time to prioritise mental health in the workplace! To find out how, visit: <https://westerntrust.pagetiger.com/wspdwmhd-campaign-pack-2024>

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Events

Launch of the Healthy Ireland - Men [HI-M] Action Plan, 2024-2028

Did you know that Ireland was the first country in the world to develop and adopt a [National Men's Health Policy](#)? Did you also know that they then followed this up with a [National Men's Health Action Plan](#) (called 'Healthy Ireland - Men')? Well, that's not the end of the story ... The Health Service Executive, working in partnership with the Men's Health Forum in Ireland, Men's Development Network and the National Centre for Men's Health in SETU, hosted a webinar to launch the Second National Men's Health Action Plan: Healthy Ireland - Men [HI-M] 2024-2028. This event took place on Monday 18th November 2024 and you can view the recording of proceedings at: <https://youtu.be/1pX5Cxxvadw> You can also download a copy of the HI-M Action Plan at: www.mhfi.org/HIM2.pdf or explore some of the key achievements of the Policy and Action Plan at: <https://youtu.be/DWKuVXtLrWE>

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Exercise and Healthy Ageing

In October 2024, the [Institute of Public Health](#) hosted a webinar, titled: 'Exercise and Healthy Ageing: The Role of Physical Activity in Preventing, Delaying, or Reversing Frailty'. This event gathered experts to discuss the transformative role of physical activity in promoting healthier, more resilient ageing. You can watch the recording of it at: <https://youtu.be/oYSB1BISoCY>

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Healthy Ireland Survey 2024

The Healthy Ireland Survey is conducted annually with a representative sample of the population aged 15 and older living in the Republic of Ireland. The data is used to underpin policy development and implementation, to monitor, measure and evaluate progress in implementing various elements of the Healthy Ireland Framework, as well as to meet many international reporting obligations, including to the OECD, the EU and the WHO. For the 2024 Survey, a representative sample of 7,398 people, aged 15 and older and living in Ireland, were interviewed between October 2023 and April 2024. See the findings and download the report at: <https://www.gov.ie/en/publication/d1ab3-healthy-ireland-survey-2024>

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The Mental Health of Young People in Northern Ireland

Have you seen the [ARK](#) Policy Brief focusing upon 'The Mental Health of Young People in Northern Ireland'? ... If not, you might like to have a look at it:

<https://www.ark.ac.uk/ARK/sites/default/files/2024-09/policybrief32.pdf>

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Experiences of Interacting with Criminal Justice Professionals and Processes in Ireland

Maynooth University is conducting a new research project, and is looking for victims of a range of different types of crime in the Republic of Ireland (theft, robbery, burglary, property damage, domestic, sexual and gender-based violence, assault and harassment) to share their experiences of interacting with criminal justice professionals and processes. The project is led by Maynooth researcher Triona Kenny, who is appealing for anyone aged 18 or over who, as an adult, has made an official complaint to An Garda Síochána as a direct victim of one or more of the included offences, to complete a ten minute, online, anonymous survey. For more information, and to complete the survey, visit: <https://tinyurl.com/2s42ahjx>

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Reducing Alcohol Harms in Northern Ireland: The Potential of Minimum Unit Pricing

In September 2024, the [Institute of Public Health](#) (IPH) hosted an event in Parliament Buildings, Belfast, on 'Reducing Alcohol Harms in Northern Ireland: The Potential of Minimum Unit Pricing (MUP)'. Already implemented in Scotland, Wales and Ireland, MUP sets a minimum price for the sale of alcohol per unit, with the aim of reducing the availability of cheap alcohol. To summarise the key discussion points from the day, IPH has developed a briefing document which can be accessed at: <https://www.publichealth.ie/sites/default/files/2024-12/MUP%20Outcomes%20report%20final%209%20Dec.pdf>

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No Man's Land

[Global Action on Men's Health's](#) latest report - 'No Man's Land: How men are considered in global primary care policy' - was launched at a webinar on 12th December 2024. The study examined 27 global health policies and the way in which they approached male access to and uptake of primary care. It found that over three quarters (78%) of those policies make no mention of men's health. Only 7% engaged directly with men's health needs in a meaningful way. Find out more at: <https://gamh.org/no-mans-land>

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Web Links

Men's Issues on the Web ...

[HSE encourages men to set simple, realistic and practical tactics to improve their health](#)
[Not to be sniffed at: Why the 'man flu' deserves serious attention](#)
[Shortage of male therapists making young men reluctant to seek help, counsellor warns](#)
[Secretary of State commits to first ever men's health strategy \[in England\]](#)
[Men urged to look after their bodies as well as they look after their cars](#)
[Men still not living as long as women, while cancer overtakes heart disease](#)
[Half of male victims 'do not report domestic abuse'](#)
[Building a mental health system with men in mind](#)
[The real reason for the rise in male childlessness](#)
['My aneurysm was a shock' - men urged to attend screenings](#)
[Armagh Men's Shed launch replica model of St Patrick's Cathedral](#)

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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