

E-Male Matters

March 2011

The newsletter of the Men's Health Forum in Ireland

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News

ManAlive Health Project Launched to Save Local Lives

The [Ulster Cancer Foundation](#) (UCF) has launched a new ManAlive project to bring life saving messages and health checks to men in the Southern Health and Social Care Trust area. Men will now be able to locally access information and advice on weight management, stopping smoking, care in the sun and early detection, in addition to free health checks on their cholesterol, blood pressure and blood glucose. There will also be interactive health promotion sessions and self-development programmes to help improve men's health. At the launch, UCF unveiled their new 'Man Van' - a mobile unit which will bring one-to-one health awareness sessions and checks for men to their doorstep. This will be staffed by a UCF Health Promotion Nurse and Senior Cancer Prevention Staff, and will aid early detection of cancers, offer cancer prevention information, and provide signposting to reduce men's risk of cancer and improve their overall health. Contact Sandra Gordon at Email: sandragordon@ulstercancer.org for more information.

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HandyMen (NI) Ltd

HandyMen (NI) Ltd has been in operation since April 2009, and is one of the social economy projects run by the [Da - Young Father's Project](#). HandyMen provides basic maintenance services to the private, community and voluntary sectors throughout Northern Ireland. The project was set up to: give young fathers practical hands-on experience in a working

environment; develop their interpersonal skills; provide an opportunity to gain a recognised vocational qualification. In addition to these benefits, the project also impacts positively on the young fathers' lives e.g. by increasing their motivation and drive and, in the process, helping to increase and improve relationships with their children. The services provided include painting and decorating, joinery, plastering, removals, commercial cleaning, garden maintenance and grass cutting. An experienced member of staff supervises all work. For more information, contact John on Tel: 02871 372787.

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'Get Men Talking' Men's Health Month

This campaign, which runs throughout March, aims to tackle the stigma that is still associated with talking about conditions such as testicular and prostate cancer, and to give men a voice when it comes to their experience of male cancers. Throughout March, the [Marie Keating Foundation](#) will focus on the importance of being vigilant about men's health issues and reducing the risk of developing cancer through positive lifestyle choices. The Foundation launched www.getmentalking.ie last year which has proven to be hugely popular. Throughout the month, Mobile Information Units will be focusing on men's health issues. The Units will be visiting men's groups and workplaces - bringing with them the message of early detection and the benefits of talking more openly about your health. The service is provided in an informal way and is completely free of charge. Log on to www.mariekeating.ie to arrange for a Mobile Unit to visit your organisation or to see if there will be a Mobile Information Unit visiting a community near you.

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Young Men Beat a Different Drum at Stormont

Young men were beating the drum at Stormont recently to celebrate an innovative project tackling negative stereotypes. The five year programme, 'Young Men Talking', funded by the [Big Lottery Fund's Safe and Well](#) programme, is giving young men a chance to take their experiences to the very top. On Thursday 10th February 2011, young men participating in the project candidly shared their stories at an event in Parliament Buildings - but not before the evening's events kicked off with a drumming workshop. Hosted by Junior Ministers, Gerry Kelly MLA and Robin Newton MLA, over 80 guests heard how these young men - often from challenging backgrounds - are addressing well-being issues and embracing a more positive future for themselves. The Young Men Talking Project is a partnership between [YouthAction NI](#), [East Belfast Community Development Agency](#) and [The Rural Health Partnership](#), and aims to prevent despair, depression, low self esteem, and self harm in both urban and rural young men. For further information contact Michael McKenna at Email: michael@youthaction.org

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Changes to Fathers' Paternity Rights

Northern Irish parents of babies due (or placed for adoption) on or after the 3rd of April 2011, have the right to avail of Additional Paternity Leave and Pay (APL&P). This is on top of the two weeks Statutory Paternity Leave already due to fathers. Fathers can take between two and twenty-six weeks Additional Paternity Leave (APL) after the 20th week since the baby's birth or adoption, providing the mother has returned to work. The father's APL must be completed by the baby's first birthday, with Additional Paternity Pay in line with the mother's Maternity period. Fathers considering APL&P should provide eight weeks notice to their employer, advising them of their intention to take APL. For further information on APL&P, including rules and eligibility, and other childcare and work related issues, call [Employers for Childcare's](#) Freephone Helpline on 0800 028 6538.

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Active People - Healthy Bodies: Reducing your Risk of Cancer

[Sport Northern Ireland](#) has produced a factsheet on the positive role of sport in reducing the risk of cancer. By eating a healthy diet and being physically active, you have the power to reduce your risk of cancer by 33%. To find out more, download a factsheet for hints on getting active at: www.sportni.net/participation/Community+Sport/Publications For further information, contact Angharad Bunt, Development Officer Community Sport, at Email: angharadbunt@sportni.net

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Guide to Mental Health and Debt

Mental health problems can cause severe debt, and severe debt can cause mental health problems. Debt isn't just a financial problem, it causes relationships to break up, people to lose their homes, and families to break down. For many people living with mental health issues, debt is a common problem. Martin Lewis (the [Money Saving Expert](#)) has compiled a new guide on this topic which is available free, online, in Portable Document Format (PDF) at: <http://images.moneysavingexpert.com/images/attachment/mentalhealthguide.pdf> Please note that this is a very large file (3.06MB) and will take a while to download.

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Craigavon Young Men's Group

The [Southern Health and Social Care Trust](#), in partnership with [Craigavon Sports Development Unit](#), run a rolling project called the 'Young Men's Group'. Each group consists of ten young men who have been referred into the project by Social Services for a variety of reasons including ADHD, single parent family issues, aggression management, anti-social behaviour issues (including drugs and alcohol abuse) and Asperger's Syndrome. Each group participates in a ten week programme of activities. This involves alternate weeks of sport and 'hot topics' (selected by the young people themselves) including issues such as men's health, sexual health, relationships and aggression management. For further details, contact Daryn Greene on Tel: 02838 316813 or Email: daryn.greene@craigavon.gov.uk

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Events

Men's Health Week Approaching

The clock is ticking ... it won't be long now until [International Men's Health Week](#) (MHW). This year, it will run from Monday 13th until Sunday 19th June 2011. But there's still plenty of time for you to plan for it! In Ireland, the week will focus upon: "Promoting and Supporting the Health and Well-Being of Men and Boys during Challenging Times". The world of men, and the roles that they play in it, have certainly changed dramatically in a very short period of time. All of these changes bring new challenges (both positive and negative). Therefore, the key message for this week will be 'let's talk about it'. There's plenty of issues that need to be talked about: the huge impact of the current recession; men living longer, but not, necessarily, healthier; the range of acute and chronic illnesses (many preventable) which are facing men; the expanding role of fathers; an increase in obesity, while healthy eating and exercise are waning; recognition of depression in men; a high male suicide rate; where and how males can find help and support; the increasing visibility of male victims of domestic abuse; the discussion about what is needed to improve men's health and well-being? ...

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Men's Health Information Evening in Belmullet

The Erris Community Health Forum, in association with the Erris Primary Care Team and Health Promotion HSE, have prioritised the area of men's health for the coming year. While men will look after their cars and put them through the NCT, they are less likely to look after themselves. Men are reluctant to visit their GPs and, as a result, a number of diseases go undetected. The sad fact is that an earlier diagnosis would increase the survival rates in a huge number of cases. With this in mind, a Men's Health Information Evening will take place in the Broadhaven Bay Hotel, Belmullet, Co. Mayo, on Monday 28th March 2011 at 8.00pm. The night will involve brief presentations by Paul Gillen (Health Service Executive West), Dr Durkan (Urologist), and a survivor of Prostate Cancer. This is an opportunity to pick-up pointers in a relaxed and informal atmosphere. There will be information from the Money Advice and Budgeting Service (MABS) and the Marie Keating Foundation - as well as other stands of interest to men. All are welcome, the event is free and no booking is required. For further information, contact Teach Ciaran Health Centre, Bangor Erris, at Tel: 097 83146.

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Fir Le Chéile / Men Together

[Fir Le Chéile](#) ("Men Together") is a monthly (last Tuesday of each month from 7.00pm - 10.00pm) gathering of men of differing ages, backgrounds and ethnicities in a shamanic setting. In this setting, men assemble in a circle, informed by ancestral/indigenous traditions, which offers an accepting, non-judgemental, confidential forum for sharing, witnessing, ceremony and celebration. Shamanism is not a religion and is free of dogma. Men of all faiths and none are welcome. Led by John Cantwell, Fir Le Chéile is a warm, welcome sanctuary for men to share and explore the journey of manhood. No previous experience is necessary - only a desire to contribute and receive in a space dedicated to the integrity of the hearts of all present. Contact John by Email: john@slianchroi.ie or Tel: 01 6704905.

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Training

Man Matters Community Tutor Training Course

Are you currently working as, or would you like to become, a tutor working with men in the community sector? If so, then why not enrol in the NIOCN, Level 3 Certificate in Community Tutor Training. In addition to looking at teaching methods, this course will focus upon: community development and lifelong learning; different theories about education and learning; types of learning and learning styles; practical experience of design and delivery of training. The course will commence on Wednesday 16th March 2011, and will be held each Wednesday, for six weeks, in Belfast, from 9.30am - 4.30pm. For more information, contact Gary at Tel: 02890 329718 or Email: gary.smyth@wea-ni.com

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Community Health Education Programme (CHEP) in the Republic of Ireland

The [Irish Cancer Society](#) (ICS) is seeking volunteers in the Republic of Ireland to get two important messages out into the community: (1) It is possible to reduce your risk of cancer by as much as 50% by making lifestyle changes. (2) Spotting a change that could be cancer early can save lives. To become a volunteer, you need to be willing to attend a two day training programme on the 8th and 9th of April in Dublin. You don't need to have medical training to become a volunteer. However, a number of qualities are important. These include: being able to deliver a talk / information while sticking to the CHEP messages; good communication skills; a willingness to learn; reliability; and being able to organise. For more information, contact: Rosemary Scott at Tel: 01 2310579 or Email: rscott@irishcancer.ie

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Go Ask Your Da

Have you ever heard the above statement? Or have you ever heard yourself say: “go ask your Ma” or “don’t talk about things like that”? Then, this course might be for you. Often dads can be excluded from the support and help their sons and daughters need - particularly when growing into adulthood. The [Family Planning Association](#) (FPA) recognises the crucial input that dads play in the social and sexual development of both their sons and daughters. Therefore, FPA is offering a free, two-day, Speakeasy course to fathers. This will take place on Monday 18th and Tuesday 19th of April 2011, from 10.00am - 3.00pm, in Belfast. For more details, contact Roisin Flanagan at Tel: 02890 316115 or Email: roisinf@fpa.org.uk

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An Introduction to Suicide Research

In recent years, the Open Learning Programme of the School of Education at [Queen’s University Belfast](#) (QUB) has offered a series of courses related to the scientific study of suicide (suicidology). These courses offered participants the opportunity to reflect upon, and develop further insights into, human suicidal behaviour. The next 10 hour course on 'Researching Suicide' will commence on Friday 13th May 2011 (concluding on Friday 10th June 2011). Three further courses are scheduled for the Autumn 2011 and Winter 2012 semesters: 'An Introduction to Suicidology' (40 hours); 'Suicidology - Further Studies' (20 hour follow-up course for those with a good basic knowledge of suicidology); 'Researching Suicide' (20 hour course examining approaches to researching suicide). The course tutor, Philip O’Keeffe, BSc MSc PhD, is an experienced counsellor and consultant in suicidology, and was awarded his doctorate for a dissertation on client suicide. A special invitation to participate is extended to men, but everyone is welcome to register for these courses. Further information and application forms are available on the QUB website at: www.qub.ac.uk/schools/SchoolofEducation/OpenLearning or Tel: 02890 973323.

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Research

ARK in Schools

Are you a teacher or a youth worker? If so, you may be interested in [ARK in Schools](#) which provides Northern Ireland-specific educational materials for schools, organisations working with young people, and for young people themselves. This includes a range of [online tutorials](#) for use with second level students in Year 11 or above. Each tutorial consists of a Teaching Plan, including references to the curricular requirements and resources. Modules include: Emotional Wellbeing; Human Rights and Social Responsibility; Democracy and Active Participation; Diversity and Inclusion; the Environment; Gender and Family Roles ...

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Men, have your Say ... Issues that can arise for Men after the Birth of a Baby

If you are a father and would like to share your views and opinions, please keep reading. In modern Ireland, men seem to be more involved from the beginning, to support and encourage their partners through their pregnancy, and to prepare themselves for all and any life changes that may occur throughout fatherhood. But is there any support thereafter for these men? This study aims to highlight any common issues and possible stressors ahead for dads, to enhance knowledge surrounding these issues, and to look at if there is a need to have more support for men. Follow the link to take part in this study. Your opinion really counts: www.kwiksurveys.com/online-survey.php?surveyID=IKHLIL_cf476ede

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Web Links

Men's Issues on the Web ...

[Walnuts, celebrities' heads and prostates - new video](#)

[Male depression 'set to increase'](#)

[Cannabis use linked to male sexual dysfunction](#)

[Prostate cancer 'gene test' hope](#)

[Football fans aim to get physically and mentally strong](#)

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Next Edition

The next edition of E-Male Matters will be released in April 2011. 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 Monday 28th March 2011.

"E-Male Matters" is also available online at: www.mhfi.org/about-e-male-matters.html

The views expressed in E-Male Matters are not, necessarily, those of the Men's Health Forum in Ireland

