

# E-Male Matters

April 2011

The newsletter of the Men's Health Forum in Ireland

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## News

### The Lazy Person's Guide to Celebrating Men's Health Week 2011

[Men's Health Week](#) (MHW) will look different this year. For the first time, there will be a common logo, an image pack, and a poster which can be used by everyone who wishes to raise awareness of the week. MHW will run from Monday 13<sup>th</sup> until Sunday 19<sup>th</sup> June 2011 - so, there's still plenty of time for you to plan for it! In Ireland, the focus is on: "Promoting and Supporting the Health and Well-Being of Men and Boys during Challenging Times". The world of males, 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), and many have a direct impact upon the health and well-being of men and boys. Therefore, the key message for this week will be 'let's talk about it'. Of course, there are many things that you could consider doing to mark this week. However, even if you don't have the resources, time or energy to organise a full-blown campaign or activity, here's some very easy ways to get involved ... Put a MHW poster (or two) up in your workplace / office / meeting space. Insert the new MHW logo onto the bottom of your outgoing emails for the month of June. Display the MHW banner on your website. Visit the MHW Facebook page / become a 'friend' / say you like the site / send the link to all your contacts. Check out the MHW Twitter page to hear all the latest news. Make the MHW logo your desktop 'wallpaper' during June. Send an email to everyone in your contacts list to tell them about Men's Health Week and ask them to forward the message to all their contacts ... Details on the logo, poster, image pack and Facebook / Twitter pages will soon be available at: [www.mhfi.org/mens-health-week-2011.html](http://www.mhfi.org/mens-health-week-2011.html)

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### **“My Brother’s Bowels” - Starring Podge & Rodge**

In the build-up to Bowel Cancer Awareness Month in April, the [Irish Cancer Society](#) and Podge & Rodge are challenging the embarrassment factors associated with bowel cancer symptoms with the launch of their funny and insightful movie, “My Brother’s Bowels”. This short film aims to: encourage people to talk openly about the symptoms of bowel cancer; ‘embarrass people out of their embarrassment’; highlight the importance of the early detection of bowel cancer; encourage people to call the National Cancer Helpline (Freefone 1800 200 700 - Republic of Ireland) and to visit their GP if they are concerned. My Brother’s Bowels can be viewed via the Irish Cancer Society website at: [www.cancer.ie/bottomline](http://www.cancer.ie/bottomline)

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### **Building the Community Pharmacy Partnership Programme - Funding Now Available**

The [Community Development and Health Network’s](#) ‘Building the Community Pharmacy Partnership’ programme supports local groups in Northern Ireland to work in partnership with pharmacists to address health and social well-being needs using a community development approach. The latest round of Level 2 funding is now open for applications. Level 2 funding is for those with established partnerships who have a clear vision for what their project wants to achieve. It consists of a maximum of £10,000 for an initiative which can last up to two years. Application forms and guidance notes are available at [www.cdh.org/bcpp](http://www.cdh.org/bcpp) or Tel: 02830 264606 for advice, support or guidance with your application. The closing date for applications is Wednesday 20<sup>th</sup> April 2011.

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## Events

### **Men’s Sheds Meetings in Donegal**

You are invited to attend two open meetings about the development of ‘Men’s Sheds’ in Co. Donegal. These are being organised by Cathal Monaghan in conjunction with the Irish Men’s Sheds Forum ([www.menssheds.ie](http://www.menssheds.ie)). Although the exact details have still be finalised, the first meeting will be in the IDP Centre, Pound Street, Carndonagh, on Tuesday 5<sup>th</sup> April (7.00pm - 9.00pm), and the second gathering will be held in the Cheshire Complex, Long Lane, Letterkenny, on Wednesday 6<sup>th</sup> April. Plans are also underway for a Men’s Health and Well-Being Day in Letterkenny during Men’s Health Week 2011. Details will be posted later.

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### **Bealtaine Festival for Older People**

Now in its sixteenth year, the [Bealtaine Festival](#) 2011 invites older people to ‘push the boat out’ from 1<sup>st</sup> - 31<sup>st</sup> May, and join thousands of others on a creative journey in Ireland’s celebration of creativity in older age. An [Age & Opportunity](#) initiative, Bealtaine is Ireland’s biggest collaborative arts festival. Last year over 101,000 people took part as artists, performers and audience members in 2,500 events, in every art form. To find out what is happening near you, phone Dublin 01 805 7709 / LoCall 1890 50 60 60 (Republic of Ireland).

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### **The Pink Brain**

[Lesbian Line](#), [Cara-Friend](#) and [The Rainbow Project](#) are launching a range of resources to help professionals to understand and support the mental health needs of their Lesbian, Gay, Bisexual and/or Transgender clients. The launch will take place on Thursday 21<sup>st</sup> April 2011, in Clifton House, North Queen Street, Belfast, from 9.45am - 1.00pm. To book a place, Tel: 02890 319030 or Email: [malachai@rainbow-project.org](mailto:malachai@rainbow-project.org)

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## **Gender and Child Welfare Network: 4th Interdisciplinary Conference**

The Gender and Child Welfare Network (which is an international group of researchers and practitioners) is pleased to announce that its fourth conference is being held, for the first time, in Ireland. This will take place on Wednesday 15<sup>th</sup> June 2011 in the School of Sociology and Political Science, National University of Ireland, Galway. This event will focus, specifically, on the relationship between gender, child protection and family support, and will explore: How are relationships within families and relationships with professionals influenced by gender? How can we move on from what is now the well-established pattern of focusing on mothers in order to ensure the protection and support of children? What models of engaging fathers are there available to learn from? How can we develop gender sensitive practice around domestic violence? How can we ensure that supporting families protects children and challenges gender inequalities? For more information, visit: [www.conference.ie/Conferences/index.asp?Conference=129](http://www.conference.ie/Conferences/index.asp?Conference=129)

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## **Training**

### **Courses in Suicidology**

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 13<sup>th</sup> May 2011 (concluding on Friday 10<sup>th</sup> 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](http://www.qub.ac.uk/schools/SchoolofEducation/OpenLearning) or Tel: 02890 973323.

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### **The ManKind Project - New Warrior Training Adventure Weekend**

From 13<sup>th</sup> - 15<sup>th</sup> May 2011, twenty-four men will gather in Co. Clare for a rite of passage weekend intended to help them lead lives of deeper fulfilment, accountability, integrity, and connection. Over 30 male staff will be there to support these men on their journey. The weekend is being organised by the ManKind Project (MKP), a non-profit organisation that hosts similar training in the UK, USA, Germany, France, South Africa, New Zealand and Australia. This is MKP's second event in Ireland (the first was in 2003), and will involve men from both Northern Ireland and the Republic of Ireland. The purpose of the training is to offer men the tools, education and community needed to help them to manage their inner domain more confidently and effectively. Many men carry emotional scars from the past, and part of the weekend offers a way for these to be explored safely, and to help bring a conscious understanding and acceptance of them. For more information visit: <http://unitedkingdom.mkp.org> Alternatively, contact Jimmy Dunne (RoI) Tel: 085 7233622 / Email: [jimmyinfoocus49@yahoo.ie](mailto:jimmyinfoocus49@yahoo.ie) or Peter Mulhall (NI) Tel: 0785 4587097 / Email: [pk.mulhall@btopenworld.com](mailto:pk.mulhall@btopenworld.com)

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## Flat Pack Guide for Fathers Course

Omagh Library in Co. Tyrone is hosting a "Flat Pack Guide for Fathers" course, which will meet one evening each week for four weeks. The course is run by [Parents Advice Centre](#) as part of the [Man Matters](#) project. The course is free and open to all dads. It shows dads that they have an important role to play in their family - whether they live with their children or not. It looks at ways of communicating, at developing skills for dealing with unwanted behaviour, and at encouraging quality time within the family. It is interactive, fun, and an opportunity for dads from all backgrounds to build a support network. The course begins on Thursday 31<sup>st</sup> March and runs from 6.00pm - 8.00pm each evening. Refreshments will be provided. To book a place, Tel: 02882 244821.

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## Research

### A Call to Action - Educational Disadvantage and the Protestant Working Class

This 'Call to Action' arose out of the findings from a small working group of teachers, educational administrators, academics, community activists and interested others who focused on the increasing educational under-performance of Protestant working class young people and, in particular, Protestant working class males. A copy of the full report, summary report, and consultation responses are available at: [www.dawnpurvis.com/?page\\_id=188](http://www.dawnpurvis.com/?page_id=188)

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### Speak out for Change

Between the 28<sup>th</sup> of March and the 10<sup>th</sup> of April 2011, the Neurological Conditions Network is conducting a survey. The findings will help those who are planning and delivering services to understand the effects of neurological conditions on people's lives and how to meet these needs. It will also help to identify the priorities for the Neurological Conditions Network over the coming year. If you are someone who is living with a neurological condition, caring for someone with a neurological condition, or in a family where someone has a neurological condition, the Network wants to hear about your experiences and the impact the condition has on you. For further information visit: [www.publichealth.hscni.net/ncnsurvey](http://www.publichealth.hscni.net/ncnsurvey)

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### Researching and Monitoring Sexual Orientation

The [Equality and Human Rights Commission](#) has produced two reports (available online in Portable Document Format) which look at the issue of researching and monitoring sexual orientation. These documents are: "[Improving Sexual Orientation Monitoring](#)" and "[Researching and Monitoring Adolescence and Sexual Orientation: Asking the right questions, at the right time](#)". The first report points out that while the practice of 'monitoring' sexual orientation in employment and services has been developing for a number of years, the practice of sexual orientation monitoring is not widely embedded in the culture of all workplaces or services - despite the need to meet equality obligations. The latter document highlights that young people can experience disadvantage due to their sexual orientation (such as homophobic bullying, mental health issues, rejection by family and friends, and increased risk of homelessness), but that the extent and impact of this disadvantage has not been systematically captured to date, and this constitutes a major evidence gap.

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## Women and Men in Ireland 2010

“Women and Men in Ireland 2010” is a recently published report from the [Central Statistics Office](#) in the Republic of Ireland which collates key data on the lives and circumstances of Irish men and women. It represents one of a series of key thematic social indicator reports that are structured around the nine equality grounds named in equality legislation in the Republic. A Portable Document Format version of the report is available for online downloading at: [www.cso.ie/releasespublications/women\\_and\\_men\\_in\\_ireland\\_2010.htm](http://www.cso.ie/releasespublications/women_and_men_in_ireland_2010.htm)

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## Web Links

### Men’s Issues on the Web ...

[Response to causes of death in adolescents, particularly young men, is inadequate](#)  
[Male cancer survivors find fertility following pioneering sperm extraction surgery](#)  
[Depressed fathers can affect children’s health and development](#)  
[Little boys need comfort and support when their emotions threaten to overwhelm them](#)  
[Gender differences and neighbourhood affluence affect alcohol consumption](#)

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## Next Edition

The next edition of E-Male Matters will be released in May 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](mailto:emalematters@mhfi.org) The submission deadline for the May edition is Friday 22<sup>nd</sup> April 2011.

“E-Male Matters” is also available online at: [www.mhfi.org/about-e-male-matters.html](http://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

