

E-Male Matters

May 2011

The newsletter of the Men's Health Forum in Ireland

Quick links to articles in this edition ...

NEWS

[The Final Countdown to MHW has begun](#)
[Men's Health Week Logo and Image Pack](#)

['It's No Joke' - Poster for MHW 2011](#)

[Lonely Facebook Page Seeks Fans!](#)

[What can you do to mark Men's Health Week?](#)

[Tell others about your MHW 2011 Event](#)

[Manifesto Challenge to Political Parties](#)

[Ger's Weight Loss Journey](#)

EVENTS

[Childcare and Family Support Hustings Event](#)

[Weigh to Men's Health](#)

TRAINING

[Fathers and Sons - Staying Connected](#)
[Working with Young Fathers Training Course](#)

[Free Money Management Sessions](#)

RESEARCH

[Young Life and Times Survey Results 2010](#)

[Get Active - Stay Active](#)

['Action Man' Survey](#)

WEB LINKS

[Men's Issues on the Web](#)

NEXT EDITION

[Submit an Article for the Next Issue](#)

News

The Final Countdown to Men's Health Week 2011 has begun

We're nearly there. 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. In Ireland, the week will focus upon the health 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. Therefore, the key message for this week will be 'let's talk about it'. There are 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; the decline in healthy eating and exercise; depression and the high male suicide rate; where males can find support; what is needed to improve men's health and well-being? ...

[Back to Top](#)

New Men's Health Week Logo and Image Pack

[Men's Health Week](#) (MHW) will look very different this year. For the first time in Ireland, there will be a common logo and an image pack which can be used, for free, by everyone who wishes to raise awareness of the week. These are important promotional tools - as one of the key aims this year is to let as many people as possible know about the week. The logo is available in a range of sizes and formats, there is a selection of web banners on offer, and there's even a "We Support Men's Health Week" image - for groups and individuals who want to be seen to be 'doing their bit'! Details of all of these can be found online at:

www.mhfi.org/mens-health-week-image-pack.html

[Back to Top](#)

Poster for Men's Health Week 2011

Even if you don't do anything else to support [Men's Health Week](#) (MHW) this year, you can at least put up a poster to let everyone know when it's taking place! To highlight MHW 2011, local comedians Joe Rooney (*Father Ted* and *Killinaskully*) and Paul Tylak (*Stew and Messers Tylak and Rooney*) are starring in an Ireland-wide poster campaign to raise awareness of the week. The message for men is very simple: "These are challenging times. It's no joke. Let's talk". The posters are available in hard copy (A3 size) and as electronic files (A4 size). Details are available at: www.mhfi.org/mens-health-week-2011.html#Poster To add an extra element of creativity, the [Men's Health Forum in Ireland](#) (MHFI) will soon be inviting organisations and individuals to put on their thinking caps, and come up with captions for a special version of the poster. This will seek to highlight some of the issues that men are facing at the minute. More details will appear on the MHFI website soon.

[Back to Top](#)

Lonely Facebook Page Seeks Fans!

To keep everyone up-to-date with the latest news on [Men's Health Week](#) (MHW) 2011, the island-wide Planning Group for MHW has created a new Facebook page. You can access this at: www.facebook.com/MensHealthWeek However, as all social networkers know, a page such as this is no use unless it has a lot of Fans - that's where your help is needed! Visit the page, click on the 'LIKE' button, and send the link to all your friends.

[Back to Top](#)

What can you do to mark Men's Health Week 2011?

Absolutely everyone can do something to support and celebrate [Men's Health Week](#) (MHW) 2011. The focus for this year (i.e. let's talk about the challenging times that we are facing) lends itself to a wide range of ways to mark this occasion. However, you don't have to stick rigidly to this particular topic. Anything which 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. You might have time, energy and resources to plan something big. However, even if you can't, there are still simple and easy ways to get involved ...

- Put a MHW [poster](#) up in your workplace / community centre / local shop / home / bar.
- Promote the week on your website (using the new [MHW logo](#) and/or [web banner](#)).
- Link to the Men's Health Forum in Ireland's website page devoted to Men's Health Week 2011 (www.mhfi.org/mens-health-week-2011.html) from your own website, Facebook page or other social networking site.
- 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.
- Visit the MHW 2011 Facebook site (www.facebook.com/MensHealthWeek), become a Fan, and send the link to all your online friends.
- Insert the [MHW logo](#) onto the bottom of your outgoing emails for the month of June.
- Check out the latest MHW 2011 news on Twitter: www.twitter.com/MensHealthIRL
- Include information on MHW in your mailouts / newsletters.
- Tell others about what is happening in your area during MHW by posting details (use the form at: www.mhfi.org/mhw2011project.doc) on the MHFI website.
- Make one of the [MHW images](#) your computer desktop 'wallpaper' during June.
- Encourage the men you know to get involved in some of the [activities](#) taking place during MHW 2011.
- Print the [MHW logo](#) onto T-shirts that can be worn before and during the week.
- Visit www.mhfi.org/mens-health-week-2011.html#Mark for more ideas on how you can be involved ...

[Back to Top](#)

Tell others about your Men's Health Week 2011 Event

The [Men's Health Forum in Ireland](#) (MHFI) has created a special section on its website to promote the details of any activities or events that will be held throughout Ireland during Men's Health Week 2011. 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. Your activity might be health checks, or a conference, or a launch, or a game, or a seminar, or a competition, or a workshop, or a lunch, or a course, or a drama, or a display, or a health fair ... Whatever it is, if you would like to have the details included on the website, please complete the [form](#) at www.mhfi.org/mens-health-week-2011.html#Events and return it by email to MHFI as soon as possible.

[Back to Top](#)

NICVA Launches Manifesto Challenge to Political Parties

The [Northern Ireland Council for Voluntary Action](#) (NICVA) recently launched a comprehensive manifesto challenge to all of the political parties in Northern Ireland ahead of the May election. This document covers the most pressing issues that Northern Irish society will face over the next four years, and offers 95 recommendations to enable politicians and political parties to tackle key issues. The [Manifesto](#) also contains a section on men's needs. This was compiled by the Men's Policy Forum within NICVA, and is available online at: www.nicva.org/policy-manifesto-2011/men

[Back to Top](#)

Ger's Weight Loss Journey

Although many of us are aware of the health problems caused by being over-weight, few of us do anything about it at a practical level. However, one young man from Garryowen, Limerick, has started his own (very public) weight loss journey to live a better and healthier life by losing half his body weight. Gerard (Ger) Burke has been heavy for most of his life. However, when he reached 23 stone 6 pounds, he decided that it was time to change his lifestyle. Ger records video blogs (which appear on YouTube every Friday) telling his story along the way. These show his weigh-in, and a give a brief summary of the week just past. Ger has appeared on TV3's 'The Morning Show' and 'The Spin' on Spin 103.8. You can follow Ger's progress on his website (www.gersweightlossjourney.com), YouTube page (www.youtube.com/user/GBproduction101) and on his Facebook site (www.facebook.com/GersWeightLossJourney).

[Back to Top](#)

Events

Childcare, Early Years and Family Support Hustings Event

[Children in Northern Ireland](#) and [Employers for Childcare](#) would like to invite you to a Northern Ireland Assembly Election Hustings event focusing on childcare, early years and family support. This is your opportunity to highlight your key concerns as a parent / organisation to MLA candidates. This event will take place on Wednesday 4th May 2011, in Oakwood Integrated Primary School, Derriaghy, and will last from 9.00am - 11.30am. If you would like to attend, please contact Nora Smith at Tel 02892 625753 or Email: nora.smith@employersforchildcare.org by no later than Friday 29th April 2011.

[Back to Top](#)

Weigh to Men's Health

'Weigh to Men's Health' is a workshop hosted by the [All-island Obesity Action Forum](#) supported by [Safefood](#) and the [Ulster Cancer Foundation](#). It will take place on Wednesday 8th June 2011, in the Stormont Hotel, Belfast, from 10.00am - 2.00pm. The workshop will highlight that excess weight is a men's health issue that needs to be recognised by men. Presentations will discuss best practice in how to target men, and will provide examples of relevant projects on the island of Ireland and further afield. The event will showcase the Ulster Cancer Foundation's '[ManAlive](#)' project - which is bringing life saving messages and health checks to men in the Southern Trust area of Northern Ireland. The event will also facilitate networking and the sharing of information. You can register online at: www.safefood.eu/en/Professional/Events/Weigh-to-Mens-Health

[Back to Top](#)

Training

Fathers and Sons - Staying Connected

The "Fathers and Sons - Staying Connected" programme offers a package of training and support to anyone in Northern Ireland who wishes to engage with men (as fathers, step-fathers, grandfathers, uncles and carers for children) in order to look at the issues of relationships, communication, and promoting positive mental health among the boys that they care for. This Train the Trainers programme will cover: facilitation and group work skills (for those who require them); how to use the specialist course manual; running course activities; best practice in recruiting for and delivering fathers' courses; mentoring and support. You are invited to attend one of two information seminars to find out more about the programme. These will take place on Tuesday 21st June 2011 (10.30am - 12.30pm, in Men's Action Network, 40 Carlisle Road, Derry BT48 6JW), and on Tuesday 28th June 2011 (10.30am - 12.30pm, in Parents Advice Centre, Great Victoria Street, Belfast BT2 7BB). To register your interest in attending either of these events, please contact Pauline Martin, Parenting Forum Northern Ireland, at Tel: 02890 310891 or Email: pauline@pachelp.org

[Back to Top](#)

Working with Young Fathers Training Course

Applications are invited for a two day training course on working with young fathers. This training will take place on the 17th and 18th May 2011 in the Regional Education Centre, St. Brigid's Complex, Ardee, Co. Louth. It is being organised by the Teen Parents Support Programme (TPSP) and the Men's Health Unit within the Health Service Executive Dublin / North East. There is no charge for this training, and it is open to both men and women from across the island of Ireland. All participants will receive a copy of the "Father Focus" Training Pack. The closing date for applications is Friday 29th April 2011. Telephone: 041 9875273 for more details.

[Back to Top](#)

Free Money Management Information Sessions available from Citizens Advice

'MoneyActive', developed by Citizens Advice and funded by Nationwide Building Society, can offer trained volunteers to deliver free financial education sessions. The MoneyActive sessions give participants the tips and advice needed to make their money go further, and make sure they stay out of debt. The scheme can provide free financial skills training to groups and individuals. This can either be delivered directly to service users or to staff - to build their capacity to support others on money issues in the future. This financial capability work can reach a diverse range of groups such as lone parents, social housing tenants, job seekers, ex-offenders, and adults with learning disabilities. Sessions can be tailored to

cover topics relevant to specific groups. The trainers make sure that the sessions are fun, engaging, and full of practical tips. If you would like to get involved with the MoneyActive project, or if you are interested in volunteering for this scheme, please contact Nichola MacDougall at Tel: 02890 262525 or Email: macdougalln@citizensadvice.co.uk

[Back to Top](#)

Research

Results from the 2010 Young Life and Times Survey

Results from the 2010 [Young Life and Times Survey](#) are now available. 786 young people took part in this annual survey which asks 16 year olds, living throughout Northern Ireland, questions about issues which affect them. Some key findings relating to young men are that 8% have caring responsibilities. In terms of leisure time, 13% read books daily, while 20% never do; 45% take part in physical exercise daily, while 8% do so once a year or less; and 42% rate the leisure facilities in their area as being poor or very poor. Three quarters of young men (76%) feel that the media mostly portrays young people negatively; and one third (35%) feel that they are regularly treated with disrespect because they are young. The survey also asked about sexual risks, and found that 4% of young men say that an adult has tried to sexually groom them. 3% say that they have been offered something in return for having sex or another kind of sexual activity. Visit www.ark.ac.uk/y/t/2010 for tables of results, the questionnaire, the dataset, publications and much more.

[Back to Top](#)

Get Active - Stay Active

“Get Active - Stay Active” is a review of [Sport Northern Ireland's](#) ‘Sport in our Community Programme 2006 - 2010’, in which over 121,000 people participated. The report provides an overview of the impact of this initiative. It is based upon data provided by projects through annual end of year reports, and includes a number of case studies and personal stories which demonstrate the positive impact on the host communities and individual participants. The review concludes that the objective of increasing participation amongst under-represented groups was achieved. For more information, Email: angharadbunt@sportni.net or Tel: 02890 383861. The report, and a series of thematic factsheets, are available online at: www.sportni.net/participation/Community+Sport/Publications

[Back to Top](#)

Action Man Survey

‘Action Man’ is one of a number of health promotion campaigns carried out by [Action Cancer](#). It takes place in June, and tries to raise awareness and understanding of male specific cancers, such as testicular and prostate cancer. The campaign urges men to ‘Get a Grip’, be more proactive about their health, and to avail of Action Cancer’s ‘Men's MOT’ health check service. The purpose of this survey is to measure awareness, knowledge and attitudes towards male cancers and general health among men in Northern Ireland. Men aged 18 years old and over are asked to take part. To measure men’s knowledge and attitudes, we have created a short questionnaire. To take part, you simply need to visit: www.surveymonkey.com/s/actionman2011 (before Sunday 8th May 2011) and complete the confidential survey. It will take approximately five minutes, and will provide important information to help shape future Action Man health promotion campaigns. If you would like to discuss this further, or have any queries about the survey, please contact Louise McGovern on Tel: 02890 803361.

[Back to Top](#)

Web Links

Men's Issues on the Web ...

[Men who lose their jobs at greater risk of dying prematurely](#)
[Too many men 'unconcerned' about weight health risks](#)
[Drinking and dying in Russia: the male mortality crisis](#)
[Women fear that men would forget to take male contraceptive pill](#)
[Screening does not reduce prostate cancer deaths](#)
[Improving the mental health of BME men](#)

[Back to Top](#)

Next Edition

The next edition of E-Male Matters will be released in June 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 June edition is Friday 27th May 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

