

E-Male Matters

November 2011

The newsletter of the Men's Health Forum in Ireland

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News

Movember has Arrived!

It's 'Movember' again ... The 'Mo' (slang for moustache) and November come together each year for 'Movember'. Movember challenges men to change their appearance - and the face of men's health - by growing a moustache. Thousands of men from throughout Ireland and around the world join in, and raise vital funds / awareness for men's health, generally, and prostate cancer, specifically. For more information on Movember, visit:

<http://ie.movember.com>

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New Website Focusing on Male Breast Cancer

Because breast cancer is the most common cancer in women, many people do not realise that it can also occur in men. However, the [Healthtalkonline](#) website (which provides information on over 60 different health conditions / treatment choices, as well as letting you hear the experience of over 2,000 people with these illnesses) has now created a new section on their website dedicated to breast cancer in men. This can be viewed online at: www.healthtalkonline.org/Cancer/breast_cancer_in_men

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Dublin AIDS Alliance asks for your Support

[Dublin AIDS Alliance](#) invites you to view an online video about their work. This is, currently, being shown on the [Better Together](#) website at: www.bettertogether.ie/content/end-hiv-related-stigma-and-discrimination-0 The Alliance would also appreciate if you would take a few seconds to vote for their video (which is entered in a nationwide competition) by clicking on the stars above the video screen. Voting closes on Friday 11th November 2011.

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ISA Call for Abstracts on Men and Reproduction

Internationally, many societies are experiencing a cultural transformation in the role of fathers, and an increased expectation of men's involvement in family life - from reproductive planning to equal parenting. This momentum is being 'pushed' by government policies which are based on the perceived economic, health and well-being benefits of fathers' involvement in children's lives. In academic research, the application of Critical Studies of Men and Masculinities to the sociology of human reproduction also provides an impetus for the conceptualisation of reproduction in inter-relational terms - rather than as 'women's difficulty'. The [Second ISA Forum of Sociology](#) (which will be held in Buenos Aires, Argentina, from 1st - 4th August 2012) is calling for papers which will critically explore men's involvement within the reproduction / parenting arena. Abstracts are invited for papers which might focus upon, for example: fertility / infertility; pregnancy and abortion; adoption; childbirth preparation; assisted reproductive technologies; miscarriage; gay men's desire to have a child; HIV and reproduction; sperm donors ... Abstracts must be submitted via the ISA website (www.isa-sociology.org/buenos-aires-2012) by 15th December 2011. For more information, contact Maria Lohan, Queen's University Belfast, at Email: m.lohan@qub.ac.uk

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Trail Walking and Cycling for Health Publications

The [National Trails Office](#) within the [Irish Sports Council](#) has just launched two free publications titled: 'Discover Trail Walking' and 'Discover Cycling'. These booklets were written and published with the intention of introducing simple outdoor activities to the public. Trail walking and cycling are particularly good activities for keeping fit because of their low impact, easy accessibility, and whole body health benefits. Studies show that just being outdoors can instantly relax and rejuvenate the mind! The Discover Trail Walking publication gives a comprehensive introduction to trails around Ireland, tips and advice to both new and more experienced walkers, and offers personal experiences from a range of people. There is also a special section dedicated to '[Slí na Sláinte](#)' (Path to Health) routes - developed by the [Irish Heart Foundation](#). The Discover Cycling publication aims to provide readers with the basic information needed to start cycling, and is also ideal for anyone who may have cycled in the past and would like to give it a go again. The guide will help readers choose a bike, find a suitable cycling route, maintain a bike, stay safe while riding, get fit, and have fun. Contact nto@irishsports council.ie to receive copies for yourself or multiple copies to distribute to fellow health-minded friends. The publications can also be downloaded at: www.irishtrails.ie/National_Trails_Office/Publications/General_Interest

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Events

International Men's Day

Men and women from more than 50 countries are calling on people around the world to unite and focus on "[Giving Boys the Best Possible Start in Life](#)" in the run up to [International Men's Day](#) (Saturday 19th November 2011). Organisers are promising the biggest boys' weekend ever seen, as the worldwide observance of International Men's Day shares a 48 hour partnership with Universal Children's Day (Sunday 20th November 2011), and is endorsed by the United Nations. This event asks people around the world to focus on five key challenges that boys experience in the areas of health, education, family life, violence, and life choices, and to develop local solutions to the global problems that young men face.

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Launch of Young Men and Suicide Report

You are invited to the launch of a research report on suicide titled “Providing Meaningful Care: using the experiences of young suicidal men to inform mental health care services”. This research was undertaken in both the Belfast and the Southern Health and Social Care Trust areas by a team which included researchers from [Queen's University Belfast](#) and the [University of Ulster](#). The overarching aim of this study was to obtain a comprehensive understanding of suicidal behaviour amongst men aged 16-34 years, in order to underpin the provision of accessible, acceptable, and appropriate mental health services for this age group. The evidence from the research highlights the importance of implementing a package of measures. These include Northern Ireland-wide, population-level public health measures, which are directed at reducing the stigma and discrimination associated with suicidal behaviour and help-seeking. The Launch will take place at Mossley Mill, Newtownabbey, Co. Antrim, on Thursday 1st December 2011, from 9.30am - 11.50am. Registrations are on a first-come-first-served basis, and the closing date is Friday 11th November 2011. Contact Cara McClure at Email: cara.mcclure@hscni.net to book a place.

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Training

MoneyActive - Citizens Advice Free Money Management Training

MoneyActive, an innovative programme developed by Citizens Advice and funded by Nationwide Building Society, is providing a free three hour information session on money management for staff and volunteers. This course is designed to increase participants' confidence and ability to engage with their service users on financial capability topics. By the end of this session, participants will be able to: list some common banking problems and identify strategies for dealing with them; identify the advantages of budgeting and saving; identify the pros and cons of different types of credit; distinguish between priority and non-priority debts; recognise how their attitudes and assumptions about money could affect how they engage with service users; offer support with next steps (including effective referral for advice); identify strategies and skills to engage service users. The session will take place on Wednesday 16th November 2011, from 10.00am to 1.00pm, in Volunteer Now, Shaftesbury Square, Belfast. Places are limited, and will be allocated on a first-come-first-served basis. For further information, contact: Nichola MacDougall, at Tel: 028 90262525 or Email: MacDougallN@citizensadvice.co.uk

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Research

EMHF Responds to the “State of Men’s Health in Europe” Report

The European Commission recently published a “[State of Men’s Health in Europe](#)” Report (*large PDF file*). This report highlights that the health of European men is a serious concern, and draws upon data from the 27 European Union countries plus Norway, Iceland, Switzerland, Lichenstein, Croatia, Turkey and the former Yugoslav Republic of Macedonia. However, while acknowledging that every year twice as many men of working age (16-64 years) die compared to women, the European Commission offers few suggestions or

recommendations as to how to address this situation. To fill this void, the [European Men's Health Forum](#) (EMHF) has produced a [document](#) which starts from the simple position that males should not, necessarily, die earlier, and that there are things that can be done to change their lives for the better. This response is available online, and challenges politicians, health professionals, employers, educators, social engineers and men, themselves, to not only ask why this situation occurs, but also what should be done about it and how.

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Web Links

Men's Issues on the Web ...

- [Re-vamped Get Ireland Active website](#)
- [CDC panel recommends HPV shot for boys](#)
- [High to moderate levels of stress lead to higher mortality rate](#)
- [Men 'more prone to type 2 diabetes'](#)
- [Avoid alcohol three days a week, doctors warn](#)

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Next Edition

The next edition of E-Male Matters will be released in December 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 December edition is Monday 28th November 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

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