

E-Male Matters

June 2012

The newsletter of the Men's Health Forum in Ireland

MEN'S HEALTH WEEK 2012 SPECIAL

Quick links to articles in this edition ...

MEN'S HEALTH WEEK NEWS

[Only a Few Days until Men's Health Week](#)
[Put up a Poster for Men's Health Week](#)
[Publicise your Men's Health Week Event](#)
[Free and Easy Ways to Mark MHW 2012](#)
[Join in a Men's Health Week 2012 Event](#)
[Keep up-to-date via Facebook / Twitter](#)

TRAINING

[Challenges of Engaging with Young Men](#)
[Masters/Diploma in Social Research Methods](#)
[Website Design Workshop for Men's Work](#)
[A Quest for the Inner Man and Woman](#)

WEB LINKS

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

EVENTS

[Putting Men's Health onto the Agenda](#)
[Men's Health Fair](#)
[Belfast City Hall Men's Health Event](#)
[Get Men Talking - Cancer Awareness Day](#)
[Man Alive Conference](#)
[Claremorris Men's Health and Fitness Day](#)
[Just Carry One](#)
[Young Men Talking](#)
[25 Years of IVF Treatment at the RFC](#)

RESEARCH

[Sexual Health of Young People](#)
[Briefing on Traveller Mental Health](#)

NEXT EDITION

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

WHAT'S YOUR
FIRST INSTINCT?



MEN'S HEALTH WEEK
MONDAY 11 - SUNDAY 17 JUNE 2012

Only a Few More Days until Men's Health Week 2012

Finally, we're almost there. We're now just days away from [International Men's Health Week](#) (MHW). This year, it will run from Monday 11th until Sunday 17th June 2012. The theme in Ireland will focus upon encouraging and developing a 'First Instinct' in men and boys which is to actively seek help / advice / support, and to act quickly in times of difficulty / crisis / ill health rather than ignoring symptoms, turning to alcohol, 'soldiering on', taking their own life ... However, as always, any event or activity which heightens awareness of preventable health problems for males of all ages; supports men and boys to engage in healthier lifestyles; encourages the early detection and treatment of health difficulties in males ... will be very welcome. To find out more about this week and how you can get involved, visit: www.mhfi.org/mens-health-week-2012.html

[Back to Top](#)

Put up a Poster for Men's Health Week 2012

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! This year's poster features Michael Lynch from [Men's Action Network](#) (MAN) in the North West. The message on it is very simple: '*Men's Health - What's Your First Instinct ... Fight? Flight? Find Out?*' The posters are free, and are available in A₃ size hard copy, as well as A₄ size electronic copy (on the MHFI website). Details of how to get copies of these posters can be found at: www.mhfi.org/mens-health-week-2012.html#Poster

[Back to Top](#)

Publicise your Men's Health Week Event

Every year there are hundreds (possibly even thousands) of events throughout Ireland to celebrate Men's Health Week. Some of these are well publicised, but most are only known about by a few people! This year, the [Men's Health Forum in Ireland](#) (MHFI) will have a special section on its website to promote the details of any activities or events that are being held throughout Ireland during [Men's Health Week 2012](#). 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 this website, please complete and submit a MHW Event Form on the MHFI website at: www.mhfi.org/mens-health-week-2012.html#Events

[Back to Top](#)

Free and Easy Ways to Mark Men's Health Week 2012

Absolutely everyone can do something to support and celebrate [Men's Health Week](#) (MHW) 2012. The focus for this year (i.e. 'First Instinct - What's Yours?') 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 planned something big. However, even if you didn'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 [MHW logo](#).

- Link to the web page devoted to Men's Health Week 2012 (www.mhfi.org/mens-health-week-2012.html) from your own website, Facebook page or 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 men's work Facebook site (www.facebook.com/MensHealthForumIreland), become a Fan, and send the link to all your online friends.
- Insert the [MHW logo](#) onto the bottom of your outgoing emails.
- Check out the latest MHW 2012 news on Twitter: www.twitter.com/MensHealthIRL and become a Follower.
- Include information on MHW in your mailouts / newsletters.
- Tell others about what is happening in your area during MHW by posting details on the Internet (use the form at: www.mhfi.org/how-to-promote-your-mens-health-week-event.html).
- Make the [MHW Logo](#) your computer desktop 'wallpaper'.
- Encourage the men you know to get involved in some of the [activities](#) taking place during MHW 2012.
- Visit www.mhfi.org/mens-health-week-2012.html#Mark for more ideas on how you can be involved ...

[Back to Top](#)

Join in a Men's Health Week 2012 Event

There are loads of events and activities taking place across the whole island of Ireland. Keep an eye on your local paper; listen to your local radio station; check out the Men's Health Forum in Ireland (MHFI) website at: www.mhfi.org/mhw2012events.pdf ... for a list of SOME of the things taking place.

[Back to Top](#)

Keep up-to-date via Facebook and Twitter

To keep everyone up-to-date with the latest news on [Men's Health Week](#) (MHW) 2012 - as well as more general developments in the field of men's work - you can visit Facebook and Twitter. To find out more, go to: www.facebook.com/MensHealthForumIreland and / or www.twitter.com/MensHealthIRL Better still, why not become a regular Fan / Follower of these sites?

[Back to Top](#)

Events

Putting Men's Health onto the Agenda

To launch [Men's Health Week 2012](#) in the Western area of Northern Ireland, you are invited to a men's health workshop with Dr Ian Banks. This event is being organised by the [Western Health and Social Care Trust](#) (WHSCCT) Health Improvement Department in partnership with [Men's Action Network](#). It will take place on Monday 11th June 2012, from 9.30am - Noon, in the Silverbirch Hotel, Omagh, Co. Tyrone. This free event will highlight key facts and statistics on men's health, explore 'what works' with men, and offer an opportunity to comment on men's health issues in the Western area. For more information, contact the Western Health Improvement Department at Tel: 02871 865127 / Email: health.improvement@westerntrust.hscni.net or visit: www.mhfi.org/2012whsct1.pdf This workshop is one element of a full week of 'Into the West' activities being organised by the WHSCCT. See www.mhfi.org/mhw2012events.pdf for more details.

[Back to Top](#)

Men's Health Fair

[Amen Support Services Ltd](#) are organising a Men's Health Fair on Tuesday 12th June 2012, from 6.00pm - 9.00pm, in the Newgrange Hotel, Navan, Co. Meath. This will offer: information for men on health, mental health, employment and other related topics, as well as free blood pressure checks (in conjunction with the [Irish Heart Foundation](#)). The Keynote Speech will be delivered by Dr. Melissa Corbally, Lecturer in Nursing, Dublin City University, and a broad range of national and local health and well-being agencies will be present. For more information, contact Kate at Tel: 046 9023718 / Email: info@amen.ie

[Back to Top](#)

Belfast City Hall Men's Health Event

All men are invited to attend a free [Men's Health Week](#) event in Belfast City Hall which is being organised by the [Belfast Health and Social Care Trust](#) Men's Health Network. This will take place on Wednesday 13th June 2012, from 11.00am - 2.00pm, in the Great Hall within Belfast City Hall. Highlights will include: an address by Dr Cormac Lynch; a 'set' by local comedian Tim McGarry; information stands, complementary therapies and health checks; a tour of Belfast City Hall. To find out more, contact Bryan Irwin on Tel: 02890 351999 / Email: bryan@cancerlifeline.info

[Back to Top](#)

Get Men Talking - Marie Keating Foundation Cancer Awareness Day for Men

The Men's Community Initiative within [Áras Inis Gluaire](#) has joined with the [Marie Keating Foundation](#) to offer a Cancer Awareness Day for men. This will take place on Thursday 14th June 2012, from 10.30am - 4.00pm, in Áras Inis Gluaire, Belmullet, Co. Mayo. This day will include: a mobile information unit (with a nurse from the Marie Keating Foundation) which will offer free advice and information packs on all male-related cancers, including prostate, bowel and testicular cancer; a talk hosted by local GP, Dr Keith Swanick; advice on healthy living / diet; information on the Men's Community Initiative's upcoming programme of activities. For more information, contact Lorraine Wilson at Tel: 097 81079 / Email: l.wilson@arasinisgluaire.ie

[Back to Top](#)

Man Alive Conference

[Cancer Focus](#) invites you to the 2012 [Man Alive](#) Conference on Tuesday 12th June 2012. This event is being organised in association with the [Southern Health and Social Care Trust](#) Men's Health Network, and will mark [Men's Health Week 2012](#) by: showcasing male health activity; sharing best practice locally and further afield; updating participants on the impact of sport and physical activity on health; raising awareness of a holistic approach to health and the impact of emotional wellbeing on physical health and healing; providing a networking and information exchange opportunity for individuals and organisations interested in men's health. This free conference will take place at the North-South Ministerial Council, 58 Upper English Street, Armagh. For more information, contact Kirsty Thompson at Tel: 02890 680771 / Email: kirstythompson@ulstercancer.org

[Back to Top](#)

Claremorris Men's Health and Fitness Day

Claremorris Family Resource Centre's Men's Group is organising a Men's Health and Fitness Awareness Day on Friday 15th June 2012, from 11.00am - 7.00pm. This will take place in The Square, Claremorris, Co. Mayo. This event will include: fitness tests, cholesterol testing, BMI testing, cancer awareness mobile unit with nurse, chiropodist advice, health food stand, sports partnership stand, Connacht Gold stand, an information area ... There is no entry fee, but donations are appreciated. For more information, contact John Fallon at Tel: 087 2748425 / Email: fallonj14@yahoo.com

[Back to Top](#)

Just Carry One

[Dublin Aids Alliance](#) is launching 'Just Carry One' - a new social media campaign promoting sexual awareness and safer sex among young people in Ireland. This will take place on Friday 15th June 2012 at 10.00am in the Mansion House, Dublin. The campaign will be launched by Minister Róisín Shortall TD, Minister of State, Department of Health with responsibility for Primary Care. The guest speaker will be John Buckley, Youth Engagement Officer with Spunout.ie For more information, Tel: 01 8733799 / Email: info@dublinaidsalliance.ie

[Back to Top](#)

Young Men Talking

During [Men's Health Week 2012](#), [YouthAction Northern Ireland's](#) Work with Young Men Unit will be running a series of 'Young Men Talking' events in East Belfast, as well as a residential which will focus upon 'Young Men Talking Health'. This residential will take place from Friday 15th June - Saturday 16th June 2012. For more details, contact Michael McKenna at Tel: 02837 511624 / Email: michael@youthaction.org

[Back to Top](#)

25 Years of IVF Treatment at the Regional Fertility Centre: 1987 - 2012

You are invited to join the Regional Fertility Centre and Infertility Network UK for a special celebration to mark twenty-five years of IVF treatment at the Regional Fertility Centre in Northern Ireland. This will take place on Saturday 16th June 2012, at Noon, in Parliament Buildings, Stormont, Belfast. This event is free of charge, and open to couples affected by fertility issues, children (duly accompanied) / young adults born through fertility treatment, and professionals in the field of fertility. To book a place or find out more, Tel: 0800 008 7464.

[Back to Top](#)

Training

Challenges of Engaging with Young Men

The [Belfast Health and Social Care Trust's](#) Men's Health Network invites you to a training session which will focus upon the 'Challenges of Engaging with Young Men'. This will be led by three experienced young men's workers - Ken Harland (University of Ulster), Michael McKenna (YouthAction NI) and Jonny Ashe (YouthAction NI) - and will address some of the challenges which face practitioners. This free training will take place on Friday 15th June 2012, from 9.30am - 1.00pm, in YouthAction Northern Ireland, 14 College Square North, Belfast BT1 6AS. To register, contact Denise at Tel: 02890 240551 / Email: denise@youthaction.org

[Back to Top](#)

Masters / Diploma in Social Research Methods

Are you interested in carrying out research into men's health? Are you trying to make sense of a research report? If so, why not think about doing a course in research methods? ... The [School of Sociology, Social Policy and Social Work at Queen's University Belfast](#) offers a postgraduate Masters or Diploma in Social Research Methods (MRes / DipRes). The course provides grounding in both quantitative and qualitative research skills, as well as their practical application. These taught modules are usually given during evenings or at weekends. The Diploma involves taking four modules, while Masters students do an additional research dissertation. The course can be done in one year on a full-time basis or

over two years part-time. Applicants will be expected to hold a good honours degree in a relevant subject. However, those with an alternative qualification and/or an approved level of relevant work experience may be admitted. A limited number of Home / EU fees-only bursaries are available for the coming year. The deadline for a bursary application is 30th June 2012. To discuss the course or an application, please contact the course Director, Prof Robert Miller (Email: r.miller@gub.ac.uk / Tel: 02890 973275). For further information, visit: www.gub.ac.uk/home/StudyatQueens/CourseFinder/PCF1213/PTCF1213/?p_id=2511&sn=1213&subjects=2516#degreeinfo

[Back to Top](#)

Website Design Workshop for Men's Work - Last Few Places Available!

Do you work with men? Would you like to develop a website for your men's group / Men's Shed, or to advertise your support services for men? If 'Yes', then [Man Matters](#) invites you to join a free training workshop which will teach you how to design and create your own website. Participants on this course will be introduced to Joomla web design software, and will learn all the basics needed to create their own site. This workshop will be held in the offices of the [Workers' Educational Association](#) (3 Fitzwilliam Street, Belfast BT9 6AW) and lasts for two full days (10.00am - 4.00pm each day). Lunch / refreshments will be provided. The workshop will be held on Friday 15th and Friday 22nd June 2012. For more information, contact Michael Glover on Tel: 02890 329718 or book online at: www.wea-ni.com/seminar

[Back to Top](#)

The Lover's Journey - A Quest for the Inner Man and Woman

This is an eight day residential workshop which will be held in the Slí an Chroí Centre, Kiltegan, Co. Wicklow, from Sunday 8th July - Sunday 15th July 2012. It is difficult to relate to other people fully and clearly if we are unaware of our own inner process. What roles do we play with ourselves and others? Do these enhance or inhibit our ability to make contact? How do we feel about our sexual identity, our shadow, and our inner opposite selves? 'The Lover's Journey' is not a 'couples workshop', but a journey into the depths of our individual process, based on the ancient concept of the 'Alchemical Marriage' - the owning and uniting of the masculine and feminine archetypes which lie buried in all of us. In the workshop we will explore and enact four aspects of ourselves - the negative and positive man and the negative and positive woman - to discover when we are being authentic with others and when we are not. We will then create a ritual of joining these four aspects of ourselves together, all of which must live harmoniously within us if we are to experience our wholeness. By accepting and embracing these polarities, we open the door to a fuller, more satisfying contact with others and with ourselves. The workshop - which is firmly grounded in Gestalt process - will be facilitated by a team who have been trained and licensed by its creator, the American psychotherapist Paul Rebillot. For full information Tel: 021 4505711.

[Back to Top](#)

Research

Sexual Health of Young People in Northern Ireland

This month, [ARK](#) will release two reports on sexual health to inform [Men's Health Week 2012: 'Messed up? - Sexual Lifestyles of 16 year olds in Northern Ireland'](#) (Research Update 80), by Dirk Schubotz, is based on data from the 2011 [Young Life and Times](#) (YLT) Survey, and looks at the attitudes and experiences of young people; while *'Young Men and Sexual Health'* (Men in Northern Ireland Factsheet 8), by Paula Devine, uses a range of survey data to

document the sexual health of young men. These reports will be available on the [Publications Section](#) of the ARK website from Friday 8th June 2012. Also available on the ARK site, is *'Loneliness in Northern Ireland Adolescents'* (Research Update 79), by Siobhan Murphy and Mark Shevlin, which uses 2011 YLT data to explore loneliness and mental health among 16 year olds.

[Back to Top](#)

Health Intelligence Briefing on Traveller Mental Health

A Health Intelligence Briefing on Traveller Mental Health is now available. This is part of a series of briefings being prepared by Health Intelligence in the Public Health Agency. Many factors influence mental health and these are explored in this document; taking into consideration that these links can be bi-directional. Before addressing prevalence, influencing factors, help-seeking, and treatment provision and uptake, a brief summary on Traveller culture is given - which provides the context for understanding the association between influencing factors, mental health and help-seeking. Download a copy of this paper at: www.mhfi.org/travellermentalhealth.pdf

[Back to Top](#)

Web Links

Men's Issues on the Web ...

[PSA screening benefits few, harms many, says panel](#)

[Testosterone treatment helps obese older males lose weight, other health gains too](#)

[Load-bearing exercise by males in their early 20s may shield them from osteoporosis](#)

[Men's diets benefit from good communication between couples](#)

[Sperm gene discovery may lead to non-hormonal male contraceptive](#)

[Age as a determining factor in the treatment of prostate cancer](#)

[Back to Top](#)

Next Edition

The next edition of E-Male Matters will be released in August 2012 - there not be a July edition. 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 August edition is Friday 27th July 2012.

"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

[Back to Top](#)