

# E-Male Matters

September 2012

The newsletter of the Men's Health Forum in Ireland

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## News

### PHA Supports Rural Mental Health and Wellbeing

The [Public Health Agency](#) (PHA) is targeting £100,000 to support the improvement of mental health and wellbeing across the [Northern Health and Social Care Trust](#) area. Four community networks have received funding which will enable them to award 'micro grants' in their respective areas. These grants are available for approximately eight to ten projects in each council area, and applications will be assessed on their potential to enable communities to improve their health and wellbeing and to complete the work (including an evaluation) by mid-March 2013. The closing date for applications is Friday 28<sup>th</sup> September 2012. For more information contact North Antrim Community Network (Tel: 028 2177 2100), Causeway Rural and Urban Network (Tel: 028 7034 4934), Cookstown and Western Shores Area Network (Tel: 028 8773 8845) or South Antrim Rural Network (Tel: 028 9447 8645). Any non-statutory organisation within the Northern area can apply for these micro grants of about £500. Larger grants (£1000 maximum) should, however, target a large number of individuals and/or a large area.

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The Men's Health Forum in Ireland is proud to support the 'See Change' partnership

## **Young Men and Unintended Pregnancy: A Movie-Based Educational Approach**

Staff from [Queen's University Belfast's School of Nursing and Midwifery](#) are pleased to announce the development of an educational resource about unintended pregnancy aimed at teenage men. The resource (titled 'If I Were Jack...') is based upon an interactive video drama which tells the story of an unintended teenage pregnancy from the point of view of a young man. The 'If I Were Jack' team, led by Dr Maria Lohan of QUB, is in the process of developing the resource, and it will be available in Summer 2013. It will be suitable for use within the Relationship and Sexuality Education (RSE) curricula of post-primary schools in both the Republic of Ireland and Northern Ireland. However, it also has potential for use internationally and outside of classroom settings. This is a theory-based educational resource which draws upon international best practice. It is funded by the Economic and Social Research Council UK, the HSE Crisis Pregnancy Programme (Republic of Ireland) and the Public Health Agency (Northern Ireland). More information is available on the 'If I Were Jack' website at: [www.qub.ac.uk/IfIWereJack](http://www.qub.ac.uk/IfIWereJack) or by contacting Áine Aventin, Research Fellow, at Tel: 028 9097 2463 / Email: [a.aventin@qub.ac.uk](mailto:a.aventin@qub.ac.uk)

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## **Make a Difference - Become a Trustee of Family Mediation NI**

[Family Mediation NI](#) (FMNI) is a Northern Ireland-wide voluntary organisation which aims to provide an independent, non-judgemental third party mediation service to separating / divorcing couples. The team of accredited and experienced family mediators work to assist couples with their issues, and help them to negotiate future arrangements for the family. This process aims to ensure that the needs of the child and/or young person are placed at the centre of the parents' decision-making, and that the emotional, physical and mental impact of the separation on the family is minimised. FMNI is, currently, looking for new Trustees with varied life experiences and perspectives to take a place on the Board. Applications from males are especially welcome. Meetings take place in Belfast, and the time commitment is approximately two hours per month. Induction, training, and support will be provided. Although the Trustee role is unpaid, FMNI will reimburse reasonable expenses. Contact FMNI on Tel: 028 9024 3265 or Email: [administration@familymediationni.org.uk](mailto:administration@familymediationni.org.uk) to request an Expression of Interest form.

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## **Fertility Information Day**

You are invited to a Fertility Information Day on Saturday 20<sup>th</sup> October 2012, from 9.30am - 4.00pm, in the Castle Upton Suite, Hilton Hotel, Templepatrick, Co. Antrim. This event will feature presentations and workshops on: new developments in research / treatment; fertility / embryology explained; nutrition / alternative therapies; emotions / stress. There will also be a range of exhibition stands. The cost is £5 - £10 for patients and £20 - £25 for professionals (Early Bird discounts apply). To register, Email: [sharondavidson@infertilitynetworkuk.com](mailto:sharondavidson@infertilitynetworkuk.com) or call Sharon Davidson on Tel: 028 9082 5677.

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## **Irish Heart Month 2012: Know your Blood Pressure. Get it Checked**

September is the [Irish Heart Foundation's](#) 'Heart Month'. This year their campaign will focus upon encouraging the public to 'know your blood pressure and get it checked'. This campaign will create awareness of and educate the public about: what high and low blood pressure is; maintaining a healthy blood pressure; managing and controlling high blood pressure through lifestyle changes and medication (if required). An information booklet and posters are available to support the campaign, and the IHF is also running a national roadshow - with nurses conducting blood pressure checks in locations throughout the country. To find out more visit [www.irishheart.ie/iopen24/irish-heart-month-2012-t-8\\_201\\_1068.html](http://www.irishheart.ie/iopen24/irish-heart-month-2012-t-8_201_1068.html)

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## Events

### **Dying 15 Years Early - Traveller Men's Health**

The Southern Area Action with Travellers (SAAT) [Safe and Well Project](#), working in partnership with the [Southern Health and Social Care Trust](#), is organising a seminar on the inequalities in Traveller men's health. This event will also see the launch of: 'Dying 15 Years Early - what can Traveller men and relevant agencies do?' The seminar will take place in the Canal Court Hotel, Newry, Co. Down on Wednesday 19<sup>th</sup> September 2012, from 9.30am to 1.00pm. For more information, Email: [info@safeandwellproject.co.uk](mailto:info@safeandwellproject.co.uk)

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### **Pride in Newry Festival and Parade**

The Newry Rainbow Community (NRC) - in partnership with Newry and Mourne District Council, the Confederation of Community Groups and others - is organising the first 'Pride in Newry Festival'. This will run from 22<sup>nd</sup> - 30<sup>th</sup> September 2012. The main festival is focused upon Saturday 29<sup>th</sup> September, and will include street performers, arts and crafts workshops, busking, and family entertainment in Newry City Centre. There will then be a festival parade through Newry's main streets, followed by a free, open-air, 'Party in the Park' concert at McClelland Park. This will be headlined by Brian Kennedy, supported by Barbara Bryceland, Shane Morgan, Ryan Jagger, and a line up of well known local groups and performers. The festival will be a platform to showcase the diversity of communities and cultures in Newry City. It will enable the NRC to increase its visibility, and to portray LGB&T people in a positive way - breaking down barriers and stereotypes, and promoting community cohesion and the integration and participation of LGB&T people in all aspects of the wider community and civic life of Newry. If you would like to explore the potential for participation and involvement in the festival programme, or would like any further information, contact the Festival Secretary, Damian McKeivitt, at Email: [info@prideinnewry.com](mailto:info@prideinnewry.com) or Tel: 07827 667562.

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### **Achieving a Sustainable Men's Health Clinic**

Belfast Men's Health Group would like to invite you to a free men's health seminar titled: 'Achieving a Sustainable Men's Health Clinic'. This event will be held in NICVA, 61 Duncairn Gardens, Belfast, BT15 2GB, on Friday 12<sup>th</sup> October 2012, from 9.15am - 1.00pm. A light lunch will be provided. The seminar will be facilitated by Jim Leishman, who set-up and runs a highly successful Men's Health Clinic in Scotland. To reserve a place, please contact Sinead on Tel: 028 9056 4930 or Email: [sinead.mcgreevy@belfasttrust.hscni.net](mailto:sinead.mcgreevy@belfasttrust.hscni.net) Please note that places are strictly limited.

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### **Making Sense of Young People's Sexual Health**

Research shows that young people remain dissatisfied with the sex education they receive. At the same time, teachers often maintain that they are not equipped to deliver a better standard of sex education due to the lack of information and training. This workshop addresses these concerns by showcasing latest research and sex education resources, and is specifically designed for sex education providers. The scene will be set by presenting the latest research findings on young people's sexual lifestyles in Northern Ireland, and there will be an opportunity for participants to learn more about some of the most innovative sex education resources and providers available - including NCB's Sex Education Forum, Brook, FPA, GUM clinic nurses, and resources specifically for young men and LGBT people. The

workshop will take place on Tuesday 6<sup>th</sup> November 2012, from 10.00am - 4.00pm at NCB NI, Albany House, 73-75 Great Victoria Street, Belfast, BT2 7AF. The workshop is free, but places must be booked in advance by emailing [e.gray@qub.ac.uk](mailto:e.gray@qub.ac.uk) This event is being held as part of the [ESRC Festival of Social Science](#).

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### **Putting Men's Health onto the Agenda**

This event will be led by Dr Ian Banks, and will take place on Wednesday 14<sup>th</sup> November 2012, from 9.30am - 12.30pm, in the Waterfoot Hotel, Derry / Londonderry. The seminar will raise the profile of men's health issues in the Western Health and Social Care Trust area by highlighting key facts and statistics on men's health, exploring 'what works' with men, and giving opportunities to participants to comment on men's health issues in the West. To register, contact the Health Improvement Department at Tel: 028 7186 5127 or Email: [health.improvement@westerntrust.hscni.net](mailto:health.improvement@westerntrust.hscni.net) For more information, or to book online, visit: [www.westerntrust.hscni.net/about/2441.htm](http://www.westerntrust.hscni.net/about/2441.htm)

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### **How Vulnerability Impacts upon Sexual Health and Wellbeing**

The 18<sup>th</sup> Annual Regional Sexual Health Conference will, this year, focus upon 'How Vulnerability Impacts upon Sexual Health and Wellbeing'. The event will bring together a wide range of experts who will present up-to-date research and activities from throughout the UK and Ireland. Issues explored will include: sexuality and vulnerability; human trafficking; Lesbian, Gay, Bisexual, Transgender - Journey to Equality; HIV Families Project; the impact upon sexual health of vulnerability and risk-taking behaviour. This event will take place on Wednesday 14<sup>th</sup> November 2012, in Mossley Mill, Newtownabbey, Co. Antrim, from 9.00am - 5.00pm. For more information, Tel: 028 9090 0051 or Email: [shealth.team@belfasttrust.hscni.net](mailto:shealth.team@belfasttrust.hscni.net)

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### **Suicide Prevention - What Works?**

[Contact](#) have just confirmed that their second 'Suicide Prevention - What Works?' one day conference will be held on Thursday 22<sup>nd</sup> November 2012, in the Stormont Hotel, Belfast. It will last from 9.30am - 4.30pm. Conference presenters include: David Covington (National Chair of the NSPL Lifeline - lead U.S. strategy contributor on suicide risk assessment and prevention), Professor Annette Beautrais (World Health Organisation lead on international suicide prevention strategy results), Professor Mike Tomlinson (School of Sociology, Social Policy and Social Work at Queen's University Belfast, and author of 'The Trouble with Suicide'), Trisha Forbes (Queen's University Belfast, presenting on Contact's Atlantic Philanthropies funded study on youth suicide prevention), and Dr John Devaney (QUB) / Dr Teresa Gerrity (NCB) presenting on early intervention aggression related trauma research. Send all booking enquiries to [caroline.king@contactni.com](mailto:caroline.king@contactni.com)

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### **Role of Healthcare Professionals in the Fight against Obesity**

On Tuesday 27<sup>th</sup> November 2012 there will be an event focusing on the role of healthcare professionals in the fight against being overweight or obese. This will be hosted by the All-Island Obesity Action Forum, supported by Safefood. It will be held in the Clarion Hotel in Dublin. This aim of this event is to highlight healthcare professionals' role as key advocates for the promotion of healthy eating and physical activity, and to provide practical advice on how best to approach obesity issues in practice. For more information, Email: [obesityforum@safefood.eu](mailto:obesityforum@safefood.eu)

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## Research

### Health Expectancies at Birth and at Age 65 in the United Kingdom, 2008 - 2010

As life expectancy continues to increase in the United Kingdom, it is important to understand whether this increasing longevity is accompanied by longer periods in favourable health. This Statistical Bulletin from the Office for National Statistics, highlights that: in the UK, males and females can expect to spend more than 80% of their lives in very good or good general health from birth - falling to around 57% at age 65; people in England can expect to spend the longest periods in very good or good general health and free from a limiting persistent illness or disability - with the shortest periods being for those in Scotland and Northern Ireland; the proportion of life spent in very good or good general health is increasing in England and Wales but, on the whole, falling in Scotland and Northern Ireland; males are spending a greater proportion of their lives in favourable health compared with females - however, in recent years this gap has narrowed, as the health of females has improved more rapidly than that of males. This bulletin is available for free downloading at:

[www.ons.gov.uk/ons/rel/disability-and-health-measurement/health-expectancies-at-birth-and-age-65-in-the-united-kingdom/2008-10/stb-he-2008-2010.html](http://www.ons.gov.uk/ons/rel/disability-and-health-measurement/health-expectancies-at-birth-and-age-65-in-the-united-kingdom/2008-10/stb-he-2008-2010.html)

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## Web Links

### Men's Issues on the Web ...

[Men on island of Ireland less concerned about healthy eating and food safety](#)

[Weight training may lower your diabetes risk](#)

[Taiwan minister says men should sit down to urinate](#)

[Men urged to look after their health](#)

[Stressed men drawn to heavy women](#)

[Married men drink less, women more](#)

[Older dads linked to rise in genetic disorder](#)

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## Next Edition

The next edition of E-Male Matters will be released in October 2012. 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 October edition is Thursday 27<sup>th</sup> September 2012.

"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

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