

E-Male Matters

December 2012

The newsletter of the Men's Health Forum in Ireland

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Merry Christmas and a Happy New Year!
- from everyone in the Men's Health Forum in Ireland

Men's Health Week 2013 - A Date for Your Diary

You haven't even had your turkey yet, and already someone is talking about next year!!! Indeed, it seems like only yesterday when we were all hyped-up for Men's Health Week 2012, and now the next one is just around the corner ... [International Men's Health Week](#) (MHW) always begins on the Monday before Father's Day and ends on Father's Day itself. This coming year, it will run from Monday 10th until Sunday 16th June 2013. It is celebrated in most European countries, as well as in the USA, Australia, New Zealand and a number of other places worldwide. The aims of MHW are to: heighten awareness of preventable health problems for males of all ages; support men and boys to engage in healthier lifestyle choices / activities; encourage the early detection and treatment of health difficulties in males. Why not put these dates into your diary, and start thinking about how your group could mark this week? More details about the theme, and how to get involved, will follow in the New Year. After all, we want you to enjoy your Christmas break first.

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Dying Fifteen Years Early - What can Traveller Men and Relevant Agencies do?

If you found it beneficial to read the original report on the research study titled "Dying Fifteen Years Early - What can Traveller Men and Relevant Agencies do?", you might like to know that a new - extended version - is also now available online. However, please note that this is a very large report (358 pages), in Portable Document Format (PDF), and takes quite a while to download (5.91MB). Copies can be accessed at: www.mhfi.org/dying15years.pdf

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Work Out for Young Men

To mark World Mental Health Day 2012, a new, interactive, self-help, online programme called 'Work Out' was launched. This is designed to help young men on the island of Ireland to improve their 'mental fitness'. This website is the result of a partnership between [Inspire Ireland](#), the [National Office for Suicide Prevention](#) (NOSP) and the [Men's Health Forum in Ireland](#). It is one element of a bigger all-island initiative called the 'Young Men and Suicide Project' (funded by the DHSSPS, PHA, HSE and NOSP). Work Out (www.workoutapp.ie) is free and easy to access. It is based upon a series of brief online interventions (called 'Missions') which utilise the principles of Cognitive Behavioural Therapy. During Work Out, young men are invited to: register for an account; take a comprehensive test to assess their strengths and weaknesses; undertake a series of practical 'Missions' to improve their mental fitness; use the online reports to check (at any time) how they are improving. For more details, visit: www.mhfi.org/work-out-website-for-young-men-launched.html

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Free Resources to Help Men Reduce their Risk of Cancer and Spot the Signs Earlier

[Cancer Research UK](#) produces free leaflets targeted specifically at men. The two leaflets - 'Reducing the Risk of Cancer: What men can do' and 'Spotting the Signs of Cancer in Men' - can be ordered for free on Cancer Research UK's website. There are also leaflets available to help men spot the different types of cancer that may affect them, such as prostate, testicular, bowel and lung cancer. To order copies of any of these publications, visit:

<http://publications.cancerresearchuk.org/publicationformat/formatleaflet> If you need help making your order, please contact Katie Scott, Belfast Research Engagement Manager, at Tel: 02890 972715 / Mobile: 07795 290122 / Email: katie.scott@cancer.org.uk You can also contact Katie to find out more about Cancer Research UK in Northern Ireland.

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Man Matters Online

'Man Matters' is a partnership in Northern Ireland which involves the [Workers' Educational Association](#), [Home-Start NI](#), [Parenting NI](#) and the [Men's Health Forum in Ireland](#). It is supported by the Big Lottery Fund. The project focuses on males, and addresses the themes of health, education, parenting/family, and community work/volunteering. It works, primarily, with men to increase their knowledge and capabilities, but also seeks to influence how services are provided and policies are made. Man Matters may be able to help your local work by offering courses, workshops, volunteering opportunities, events, seminars and conferences. The project has, recently, re-launched its website at www.manmatters.org In tandem with this, the project has created a new Facebook page. Check it out at: www.facebook.com/pages/Man-Matters/280916372017605 and - better still - click to 'Like' it.

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

Events

Launch of Young Men and Suicide Project Report

Since March 2011, the [Men's Health Forum in Ireland](#) (MHFI) has been working on an all-Ireland 'Young Men and Suicide Project' (YMSP). This cross-Border initiative was jointly funded by the [National Office for Suicide Prevention](#) in the Republic of Ireland, and the [Public Health Agency](#) in Northern Ireland. The aim of YMSP was to identify a range of possible means to promote positive mental health among young men on the island of Ireland, and to assess the efficacy of these approaches. A full report on the project is now being finalised, and will be launched on Wednesday 23rd January 2013. Keep an eye on the MHFI website (www.mhfi.org), Facebook page (www.facebook.com/menshealthforumireland) and Twitter site (www.twitter.com/menshealthIRL) for details of how to get a copy of the report and/or attend the launch.

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Training

New Employability and Personal Development Training from EGSA

Do you work with adult learners in Neighbourhood Renewal Areas (Northern Ireland only)? If so, the [Educational Guidance Service for Adults](#) (EGSA) has recently launched exciting new modules as part of their Creating Opportunities Toolkit. This training is free, and is designed to improve employability and personal development. New modules cover: Social Media and Job Searching; Financing your Learning; Your Job In... (job areas chosen by your group). EGSA works with adults across Northern Ireland. For more information, Contact Nikki Sullivan on Tel: 028 9024 4274 or Email: nikki.sullivan@egsa.org.uk

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'Taking Boys Seriously' Report

The 'Taking Boys Seriously' report presents the findings of a five year research study conducted by the [Centre for Young Men's Studies](#), funded by the [Department of Education](#) and the [Department of Justice](#). The study followed a cohort of 378 male pupils from nine post-primary schools - capturing their thoughts and experiences on an annual basis between School Years 8 and 12. The fieldwork commenced in the academic year 2006/7 and concluded in the academic year 2010/11. The specific objectives of the research were to increase understanding of: factors that may contribute to male academic underachievement and practical ways to address this; the value of education and how school can become a more positive learning experience; non-formal educational approaches; male transitions through post primary school and beyond post-primary school to higher education/work, and factors that impact upon future employment aspirations; transitions from boy to man; how experiences of violence in a post-conflict society impact upon education and learning. These objectives were investigated through identifying and exploring factors that impacted upon the social, physical, psychological and emotional well-being of boys during their five year experience of post-primary education. The report can be downloaded in Portable Document Format at: www.deni.gov.uk/taking_boys_seriously_final.docx.pdf

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Registrar General Northern Ireland Annual Report 2011

The Registrar General Northern Ireland Annual Report 2011 is now available online. The first chapter provides detailed demographic statistics for Northern Ireland, and highlights recent trends in the data. The second chapter discusses the history of the Census in Ireland / Northern Ireland. In addition, the statistical tables - which made up the bulk of the reports prior to 2004 - are now also available for downloading. For more details, see: www.nisra.gov.uk/demography/default.asp50.htm

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The Economic Cost of Obesity

Findings from new [SafeFood](#) funded research into the cost of overweight and obesity on the island of Ireland has estimated the annual cost to be €1.64 billion (€1.13 billion Republic of Ireland; €510 million Northern Ireland). The study, conducted by University College Cork, found that in the Republic of Ireland, 35% of total costs (€398 million) represented direct healthcare costs i.e. hospital in-patient; out-patient; GP and drug costs. However, two thirds (65%) of the economic costs were indirect costs in reduced or lost productivity and absenteeism, and amounted to €728 million. In total, 18 weight-related diseases were studied, and the main drivers of direct healthcare costs are: cardiac disease (44%), Type 2 diabetes (9%), colorectal cancer (12%), stroke (6%) and cancers of the breast (2%), kidney (3%) oesophagus (2%) and gallbladder (3%). Low back pain is a major driver for work absenteeism and productivity loss. The Executive Summary can be found at: www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Publications/Research%20Reports/Final-Exec-Summary-The-Economic-Cost-of-Obesity.pdf

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Understanding Fatherhood in the 21st Century

The [Man Matters](#) project recently launched a new Policy Briefing Paper titled: 'Understanding Fatherhood in the 21st Century'. This report draws together local and international research on fatherhood, and was written by Dr Maria Lohan and Colin Shaw from [Queen's University Belfast](#). The paper presents the challenges facing fathers, and highlights the obstacles to

their full involvement in children's lives. It also makes a series of recommendations for public policy and practice - which are needed to support the changing role of fathers in the 21st Century. Copies can be downloaded from: www.mhfi.org/manmattersbriefing2.pdf

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Web Links

Men's Issues on the Web ...

['Turning Point' - Documentary on Irish Men's Sheds](#)
[Health Survey Northern Ireland: first results from the 2011/12 survey](#)
[Australian smokers given plain packs](#)
[Increased risk for osteoporosis in men with belly fat](#)
[Aneurysm screenings linked to drop in death rate](#)

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Next Edition

Due to the Christmas holidays, the next edition of E-Male Matters will be released in February 2013. 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 February edition is Monday 28th January 2013.

"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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