

E-Male Matters

February 2013

The newsletter of the Men's Health Forum in Ireland

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News

Young Men and Suicide Project Report Launched

Since March 2011, the [Men's Health Forum in Ireland](#) (MHFI) worked 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 effectiveness of these approaches. A report on the project was launched on Wednesday 23rd January 2013. Both the Full Report (www.mhfi.org/ymspfullreport.pdf) and the Executive Summary (www.mhfi.org/ymspexecsummary.pdf) can be downloaded online as PDF files.

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

June 2013 - A Date for Your Diary

Have you got your new diary for 2013 yet? ... If 'yes', that's great. If 'no', then rush down to your local Pound / Euro Shop and pick-up a reduced price one as soon as possible - because there's a date you need to get into it! [International Men's Health Week](#) (MHW) is now just around the corner. It 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. MHW is celebrated in most European countries, as well as in the USA, Australia, New Zealand and a number of other places worldwide. The overarching 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. Each year, there is also a specific theme. This year will focus upon '*turning words into actions*', and calls upon everyone to stop just talking about men's health and to do something practical to help to improve it! Why not put these dates into your diary, and start thinking about how your group could mark this week?

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Fundraising Tips

Are you thinking about submitting a funding application for your men's group / project? If so, you might want to have a look at an article in the February 2013 edition of the CRC (Community Relations Council) e-Bulletin. Pages 8-10 of this publication provide a list of the 'Top 10 Funding Errors' that groups make when they are writing a proposal. Reading this piece might help to make your submission stand out in a positive way! See www.community-relations.org.uk/about-us/news/item/1282/february-enews for a copy of the newsletter.

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Fathers Support Worker Sought

[Colin Neighbourhood Partnership](#) is seeking to employ a Fathers Support Worker. The deadline for completed applications is Friday 8th February 2013 at 12.00 noon. More details can be found online at: www.newcolin.com/?module=datalistdetail&itemid=ec9880e3-d7db-423e-ae77-114a0c73d2a7

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Campaign to Tackle Obesity

A major new public information campaign to tackle overweight and obesity was launched at the start of January 2013 by the [Public Health Agency](#). The campaign takes two main approaches. Firstly, it helps people to identify whether they are inching towards bad health by being overweight or obese. Secondly, it offers advice on small steps that can be taken to help reduce waist size. A website - www.choosetolivebetter.com - has also been developed to support the campaign by providing helpful tips.

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Events

Men's Health Networking Event

The Southern Area Men's Health Network invites you to a free event to improve your skills and knowledge in engaging with men in your community. This will take place on Friday 22nd March 2013, from 9.00am - 1.30pm, in Lough Neagh Discovery Centre, Lurgan, Co. Armagh. There will be an opportunity to hear the thoughts of a range of local practitioners, as well as time to share your own experience with others. Contact Alex McMeekin, from 'Closing the Gap' (Email: alex.mcmeekin@sgehc.com) for more detail.

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Training

'Engage' - Men's Health Training for Service Providers

The [Western Health and Social Care Trust](#) is inviting applications for places on their two day 'Engage' training course. This is a comprehensive training programme which aims to increase participants' understanding of best practice in engaging men with health and social services. It will take place on Wednesday 27th and Thursday 28th March 2013, from 9.30am - 4.30pm, in Clooney Hall, Derry / Londonderry. The training will cover: the need for a specific focus on men's health; gender and health; factors that influence men's health; how to engage with men using brief intervention and motivational interviewing techniques. For more details and an application form see: www.mhfi.org/whsctengage.pdf

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Money for Life Programme

The Money for Life Programme provides three fully-funded qualifications which will enable practitioners (paid staff and volunteers) in charities, community groups, housing associations, Credit Unions, Further Education institutions etc. to equip their learners and members with money management skills. With these qualifications you can: improve your knowledge of money management to run financial capability workshops with the online course 'Teach Me Financial Capability'; gain the teaching skills to run financial capability workshops with 'Teach Others Financial Capability' (two day taught course); gain the mentoring skills to give one-to-one money management support with 'Money Mentors' (two day taught course). Find out more on EGSA's website (www.egsa.org.uk) or contact Paulette Lennon on Tel: 02890 244274 / Email: moneyforlife@egsa.org.uk The next 'Teach Others' course will run in Belfast on 14th and 28th February 2013 (you must attend both dates).

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Bowel Cancer UK - Volunteers Wanted

In Northern Ireland, more than 1,100 people are diagnosed with bowel cancer each year. It's the country's second biggest cancer killer, but it shouldn't be. Bowel cancer is very treatable - especially if diagnosed at an early stage. [Bowel Cancer UK](#) aims to save lives and improve the quality of life for all those affected. We want to make sure everyone knows about the disease, recognises the symptoms, and knows what to do next. Could you help us raise awareness? Bowel Cancer UK is keen to recruit volunteers from across Northern Ireland. Once trained, volunteers will share their knowledge of bowel cancer with the public by staffing information stands at community events and giving awareness talks. For more information, visit: www.bowelcanceruk.org.uk/get-involved/volunteer or contact Bernadette McGarry, Health Promotion and Outreach Officer at Email: bernadette.mcgarry@bowelcanceruk.org.uk or Tel: 0779 85 236678.

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Pathways to Health Level 3

Pathways to Health Level 3 is a training programme for community and voluntary sector leaders who are committed to tackling inequalities in health using a community development approach. The benefit of this training is the chance to link grass roots practice with operational, strategic and policy working. It will provide participants with the opportunity to tackle health inequality in a unified way, underpinned by the principles and practice of community development. The training will be delivered as a series of master classes - one a fortnight for 12 weeks - held in the Tower Hotel, Derry / Londonderry. Visit [www.cdhn.org/pages/index.asp?title=Pathways to Health Level 3 Training](http://www.cdhn.org/pages/index.asp?title=Pathways%20to%20Health%20Level%203%20Training) for more information.

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The Mojo Project

The Mojo Project is a programme to support men who are affected by the recession. The target group is men who are: directly affected by unemployment which has increased their risk of distress; 25 years or older; living in the Tallaght area of Dublin; motivated to change; able to participate in a 12 week programme (two mornings per week, starting on the 6th of February 2013). Participation on this course will not affect social welfare benefits. To find out more, Tel: 01 464 9304 or Email: derek.mcdonnell@doddervalley.ie

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Research

Social Care for Older People

A new report titled 'Attitudes to Social Care for Older People in Northern Ireland' is now available. Written by Ann Marie Gray, Lizanne Dowds and Paula Devine from [ARK](#), the report is based on data from the 2010 Life and Times Survey. As well as exploring attitudes towards the funding and provision of social care, the report also looks at informal care and the impact this has on carers. A Portable Document Format version of the report is available for online downloading at: www.ark.ac.uk/publications/occasional/SocialCare.pdf

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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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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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Key Census Statistics

All the key statistics from the 2011 Census in Northern Ireland are now available online at: www.nisra.gov.uk/Census/2011_results_key_statistics.html

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Web Links

Men's Issues on the Web ...

[Why some older men get so grouchy](#)

[Lifetime risk of prostate cancer 'has trebled'](#)

[Men's insecurities may lead to sexist views of women](#)

[Depression in elderly men linked to higher rates of emergency admissions](#)

[Older fathers: what's behind the trend?](#)

[Men in Ireland learning to shed inhibitions](#)

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Next Edition

The next edition of E-Male Matters will be released in March 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 March edition is Monday 25th February 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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