

E-Male Matters

March 2013

The newsletter of the Men's Health Forum in Ireland

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News

Men's Health Week 2013

It hasn't gone away you know! ... Across Ireland, planning is underway for [International Men's Health Week](#) (MHW) 2013. 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. 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! An inter-agency Planning Group, drawn from across the island of Ireland, has been working together to plan the week and design posters for it. These will be available by early May. In the meantime, why not put these dates into your diary, and start thinking about how your group could mark MHW 2013?

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Try To See It My Way

A new report from the [Men's Health Forum in England and Wales](#) has revealed the lack of emotional support for men in relationship difficulties. 'Try to see it my way: Improving relationship support for men', published with [Relate](#), explores men's attitudes to seeking relationship support. It is part of a national awareness campaign by Relate to encourage men to think about their relationships, and increase their participation in support programmes such as psychological therapies and relationship coaching. According to the report, men have less access to emotional support from relatives and friends than women, are less likely to seek professional help for personal problems, and are less likely to consult relationship counselling services. They are also more prone to 'avoidance strategies' such as the increased consumption of alcohol. The report suggests work is a key factor. Men's tendency to work longer working hours can cause conflicts with their life-work balance, while financial difficulties can increase pressure on males - who are often still the primary breadwinners in families. A Portable Document Format (PDF) version of the report is available online at:

www.menshealthforum.org.uk/sites/menshealthforum.org.uk/files/MHF_Relate_TryToSee.pdf

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Fathers Support Worker Sought

[Colin Neighbourhood Partnership](#) (CNP) in greater-West Belfast has secured funding from the Big Lottery Fund under their Live and Learn Programme to run a Community Empowerment Project. One element of this programme involves a support project for fathers. CNP would like to recruit a Fathers Development Worker to spearhead this development. The salary is £27,737 per annum, for a 37.5 hour per week post, which requires flexible working patterns. Applicants must have: a Diploma / Degree in Early Childhood Studies / Education / Nursing / Social Work / Community Work or a professional qualification in a relevant discipline; three years practical experience of working with parents and children; at least two years experience of developing and delivering group work programmes. The deadline for completed applications is Friday 15th March 2013 at Noon. For an application pack, contact Ciara McLaughlin on Tel: 02890 623813 or Email: ciara@newcolin.com

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Red Nose Day Community Cash Grants

Red Nose Day Community Cash is a scheme offering grants ranging from £500 to £1,000, and is available to small organisations that are working to help local people.

The grants are available to applicants based in Northern Ireland including community organisations, registered charities, social enterprises, co-operatives, faith organisations and community interest companies. Groups which have been established for less than 12 months are eligible to apply. To apply for Red Nose Day Community Cash Grants, groups need to: be working in a disadvantaged or deprived area; be small local groups with an income of less than £100,000; be run by local people; have limited access to other sources of income. The types of activity that may be funded include parent and toddler groups, dads and lads groups, equipment and material for sport groups, community festivals, cross-generational work, sporting tournaments / competition costs, lunch clubs, running costs for self-help groups, committee and volunteer / staff training, hire of sports facilities ... The closing date for applications is Noon on Friday 8th March 2013. For further information on how to apply, visit:

www.communityfoundationni.org/Grants/Red-Nose-Day-Community-Cash

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

Counselling Service for Men

[TRM Trust](#) offers a free Christian counselling service to men (and women) aged 18 years and above who wish to explore any issue affecting their mental health. The Director, Brian Patton, who is a practising counsellor / clinician, and a recognised Counsellor Manager with the Association of Christian Counsellors (ACC), would welcome enquiries from men who feel that they would benefit from the Trust's model of counselling in their day-to-day lives. TRM Trust is a registered charity and operates on a not-for-profit basis. The services are open to all members of the public in Northern Ireland, without distinction of race, creed, political or religious opinion. Appointments are made by mutual arrangement. For further information, Tel: 02890 45 8472 or Email: brian@trmbelfast.org

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Events

'Taking Boys Seriously' Presentation

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 in Northern Ireland - 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. An interactive presentation has been arranged for Thursday 7th March 2013, from 12.30pm - 2.00pm, in YouthAction NI, 14 College Square North, Belfast BT1 6AS to disseminate the findings from the research to the wider youth work sector. Dr Ken Harland and Sam McCready (University of Ulster), and Michael McKenna (YouthAction NI) will explain how the research was conducted, and discuss the implications of the findings for the youth sector. If you would like to attend the seminar, contact Donna Salt at Email: donna@youthaction.org or Tel: 02837 51 1624. The report can be downloaded in Portable Document Format at: www.deni.gov.uk/taking_boys_seriously_final.docx.pdf

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Get Men Talking

The [Marie Keating Foundation's](#) annual 'Get Men Talking' campaign will once again run throughout March. This initiative aims to promote early detection as the first line of defence when it comes to testicular and prostate cancer. Throughout the month, the Foundation will also focus on the importance of being vigilant about men's health issues and reducing the risk of developing cancer through positive lifestyle choices. The Foundation will encourage people to visit its dedicated interactive website - www.getmentalking.ie - which has been developed specifically to focus on men's cancers, and offers practical information and advice. Importantly, it gives users the chance to 'Ask an Expert' about any concerns they may have in complete confidence. This service is provided free of charge, and affords users the opportunity to speak up about symptoms which they may feel are embarrassing. This year, the Foundation will

also host a Men's Health Conference. This will see both prostate cancer patients and experts working in the field coming together to discuss issues such as developments in treatment options and potential quality of life issues such as impotence and incontinence. Throughout the month of March, the Foundation's Mobile Information Units will be visiting men's groups and workplaces nationwide - bringing them the facts about male cancers and the benefits of talking more openly about health issues. The service is provided in an informal way, and is completely free of charge. Log on to www.mariekeating.ie to arrange for a Mobile Information Unit to visit your organisation or to see if there will be a Unit visiting a community near you.

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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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What Can Men Do?

In association with the Irish Presidency of the Council of the European Union, the [Men's Development Network](#) is organising an International White Ribbon Conference titled: 'What Men Can Do'. This will take place on Thursday 18th April, 2013, from 10.00am - 4.30pm, in the Gibson Hotel, Point Village, Dublin. The Keynote Speaker will be Michael Kaufman. Michael will address the audience on the subject of: 'Men and Women Engaging Men and Boys to End Violence Against Women and Promote Gender Equality'. See www.whiteribbon.ie for more details.

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Mengathering 2013

You are invited to 'Mengathering 2013' which will take place from Friday 22nd March (8.00pm) - Sunday 24th March (2.00pm) 2013, in Dunderry Park, Navan, Co. Meath. Mengathering is about men spending time together in a restorative, supportive and productive community. It is an opportunity for wisdom sharing, resource finding and vision making. Grounded in the philosophy that there is no one template for masculinity or manhood, Mengathering is dedicated to assisting participants to understand the codes of manhood that they have cultivated so far, to heal those that are unproductive, and to honour those that are healthy. For more information, Email: john@slianchroi.ie or Tel: 01 6704905 / 087 2414963.

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Killycarney Men's Gardening Group

[Killycarney Gardening Group](#) (near Blacklion in Co. Cavan) has restarted its weekly sessions. This informal social group gives practical step-by-step guidance to growing your own vegetables, flowers and herbs. The Men's Group meets from 1.30pm - 4.00pm each Thursday, and new members are welcome. No experience is necessary - just a willingness to learn and be part of the group. There is no heavy work required, and raised beds are available for people who can't stoop to ground level. For more information, contact Sandy or Geraldine at Tel: 071 9853321.

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East Belfast Men's Health MOT Clinic

[East Belfast Community Development Agency](#), along with the [Wise Men of the East Network](#), is supporting an evening Men's Clinic at the Arches Health Centre. The clinics will take place on Wednesday 13th March and Wednesday 27th March 2013. In the past 24 months, 190 men have made use of the evening clinic. The exit survey shows that, for the majority of the men, the clinic experience provided a motivation to improve their health, and they also thought about a strategy to carry this out. The clinic is led by District Nurses, and is aimed at men who have not had contact with their GP in the past 12 months. The service offers men a 30 minute health assessment with check-ups for blood pressure, weight, blood sugar, and cholesterol. It also provides an opportunity to discuss general health issues. The results of raised blood sugar levels, cholesterol, blood pressure or prostate problems etc. are forwarded to GPs, and the men are advised to follow this up. For further information, contact Alan Houston, Health Development Worker, on Tel: 02890 451512 or Email: alan@ebcda.org

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New Activity Programme for Older Men in Cavan

A new six week programme for older men in rural parts of County Cavan - called 'Men, Moving, More' - not only aims to get men active, but also seeks to promote their social inclusion. The three activities planned are pitch-and-putt, fishing and hill-walking, and the dates are: Fishing (Killeshandra) 9th and 16th March; Hill-walking (TBC) 23rd and 30th March; Pitch-and-Putt (Cornafean) 6th and 13th April. To book a place, contact Dean McElroy at Tel: 049 4378582 or 087 2623956.

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HIV / STI Update for Youth and Community Workers

The Sexual Health Team within Belfast Health and Social Care Trust invites you to attend a HIV / STI Update for Youth and Community Workers. This will be presented by Joe Harris (Sexual Health Team) and Alastair Hudson (IPPF). Morning and afternoon sessions are available for a maximum of 20 participants. These events will take place on Wednesday 27th March in the Maureen Sheehan Centre, Albert Street, Belfast, and on Thursday 28th March in the Beeches Management Centre, Hampton Manor, Belfast. For further information, contact Joe Harris at Tel. 02890 900051 or Email: shealth.team@belfasttrust.hscni.net

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Training

Pathways to Health Training

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 - in the Tower Hotel, Derry / Londonderry. Each master class will be led by relevant experts, and will focus on one of six main themes: Health Inequalities (10th April), Community Development (24th April), Sustainability and Health (8th May), Economy and Health (15th May), Research and Health (5th June), and Local Government and Health (12th June). To register, contact Caroline McNulty at Email: carolinemcnulty@cdhn.org or Tel: 02830 264606. Alternatively, you can download an application form at:

www.cdhn.org/pages/index.asp?title=Level 3 - Pathway to Health&catID=536

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Men's HUB

[County Monaghan VEC](#) is facilitating the opening of a Men's Shed - called the 'Men's HUB' - in Monaghan town. As part of the programme, a FETAC Level 4 Woodcraft course will be delivered at The Blackwater Learning Centre, Knockconan, Emyvale (date to be confirmed). The course will take place one evening per week for approximately fifteen weeks, from 7.00pm - 10.00pm. If you are interested in taking part in the training, or becoming involved in the project in any way, please phone Mary at the Blackwater Centre on Tel: 047 87049 or text Caroline Flanagan (VEC Project Coordinator) on 087 7945395. Participation in the programme and project is free and open to all men. For more information visit www.monaghanmenshub.ie

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Man Matters - Taking Control Training for Trainers

[Shine](#) is running a four day training for trainers programme. This training is specifically aimed at community and voluntary sector organisations who have a particular support role with men. The training will provide participants with the knowledge and skills to deliver the 'Taking Control' workshop to their own clients / service users / members / target groups. The training is free, and will take place on the 11th, 12th, 25th and 26th of April 2013 in the Westside Community Development Resource Centre, Quirke Road, Galway. For further information, contact Ann Marie Flanagan at Tel: 087 7878222 or Email: aflanagan@shineonline.ie

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Research

Men on the Move Activity Programme

The main aim of the 'Men on the Move Activity Programme' was to increase the level of physical activity amongst men over 35 years of age in Co. Mayo. The emphasis in the programme was on creating awareness and understanding of the importance of physical activity and the health benefits for not only physical health, but for mental health and well-being as well. The programme ran over 16 weeks, and offered a variety of activities to men aged 35 to 74 years old. It was delivered in three pilot sites: Ballina, Claremorris and Westport. The programme followed the Department of Health and Children's National Physical Activity Guidelines for Ireland (2009). An evaluation report is now available online at: www.mhfi.org/mayomenonthemove.pdf

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Web Links

Men's Issues on the Web ...

[New Belfast Institute for the Study of Suicide](#)

[Nurses want a men's health strategy in place to cut early deaths](#)

[Men experiencing permanent stress at increased risk of Type 2 Diabetes](#)

[No Smoking Day launches on 13th March 2013 with a brand new campaign](#)

[Boys' academic achievement hindered by negative stereotyping](#)

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Next Edition

The next edition of E-Male Matters will be released in April 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 April edition is Wednesday 27th March 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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