

E-Male Matters

April 2013

The newsletter of the Men's Health Forum in Ireland

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News

Are you ready for this?

An all-island Planning Group has been meeting. Poster designs are being drafted. Ideas for action are being formulated. Events are slowly taking shape ... Yes, you've guessed it - it's almost time for Men's Health Week 2013!

This year, [International Men's Health Week](#) (MHW) will run from Monday 10th until Sunday 16th June 2013. Groups throughout Ireland will be joining with others in (most) European countries, as well as in the USA, Australia, New Zealand and a number of other places worldwide to mark this occasion. Each year, there is a specific theme. This year, the island of Ireland will focus upon '**Action Men**' and there is a call for everyone (policy makers, service providers, men themselves ...) to '**turn words into actions**' i.e. stop just talking about men's health and do something practical to help to improve it.

As always, 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 and activities; encourage the early detection and treatment of health difficulties in males. Therefore, any events and activities to celebrate this occasion are very welcome. Have you started to plan something for this week yet? If so, why don't you tell other people about it by completing and submitting a MHW Event Form on the [Men's Health Forum in Ireland](#) website at: www.mhfi.org/mhw/submit-an-event.html

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Working with Young Men Job Opportunity

YouthAction Northern Ireland is, currently, recruiting for a range of positions within their organisation. These include a Coordinator, Project Workers, a Mentor and Peer Educators. One of these posts is for a Young Men's Development Worker. For more details see: www.mhfi.org/yaniijobs.pdf

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Advice and Support for Fathers

[Families Need Fathers NI](#) (FNFNI) is a support organisation in Northern Ireland for parents (predominantly, but not exclusively, fathers) seeking to maintain a relationship with their children following divorce or separation. FNFNI hosts meetings where you can get together with other parents, and receive advice from more experienced members who understand your situation and can support you. FNFNI can also offer advice on legal options if you need to go to court to secure a relationship with your children. For those entitled to Legal Aid, or who are able to pay for legal representation, FNFNI can recommend solicitors and barristers. For those who wish to represent themselves, FNFNI can advise on this, and can often offer the assistance of a 'McKenzie Friend' - a lay legal advisor who can attend court with you and support you through the process. Meetings are held on the first Monday of each month, at 7.30pm, in Greater Whitewell Community Surgery, 878 Shore Road, Belfast, BT36 7DQ. For more information, visit: www.fnfni.info or Tel: David (0780 4909135), Jim (0770 2582136) or Simon (0799 0866640).

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Health in Mind: Jump on board... The ONE Book

On Thursday 7th March 2013, World Book Day, [Health in Mind](#) launched '[The One Book](#)' for Northern Ireland, by welcoming the author, Rachel Joyce, to Belfast where she read from her bestselling novel: 'The Unlikely Pilgrimage of Harold Fry'. The book was carefully chosen for the quality and beauty of the writing, the engaging storyline, and its potential to make the reader think. It's a modern book that will appeal to men and women of all ages, and it has an essentially uplifting message. Call at your local library and borrow a copy! One Book events include: Newry Library (Friday 19th April, 11.00am - 1.00pm), Dungannon Library (Thursday 16th May, 6.00pm - 8.00pm), Coleraine Library (Thursday 13th June, 11.00am - 1.00pm: to celebrate Men's Health Week 2013), and Holywood Library (Thursday 12th September, 11.00am - 1.00pm). For further information, ask at any library or Tel: 028 9039 5980 / Email: healthinmind@librariesni.org.uk / Visit: www.yourhealthinmind.org.uk The Health in Mind Partnership is funded under the Big Lottery Fund's Live and Learn Programme to reduce the stigma attached to mental illness through information, learning and reading.

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Free Counselling Sessions for Men

Helplink's (www.helplink.ie) national online or by phone counselling service is offering 14 free counselling sessions to men to mark International Men's Health Week 2013. They are giving away two sessions a day throughout the week. All you have to do is email counselling@helplink.ie with your name and a phone number, quoting 'IMH Week', and they will offer session dates and times during that week for you to choose from.

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

Events

Violence Against Women - What Can Men Do?

In association with the Irish Presidency of the Council of the European Union, the [Men's Development Network](#) is organising a 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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Launch of the New Community Food Initiative Programme 2013 - 2015

You are invited to the launch of the new all-island Community Food Initiative Programme 2013 - 2015. This will take place on Thursday 11th April 2013, from 10.00am - 1.30pm, in the Northern Ireland Council for Voluntary Action (NICVA), 61 Duncairn Gardens, Belfast. The main aim of the programme is to positively influence the eating habits of families in low-income communities. The event will also share key learning from the previous Demonstration Programme of Community Food Initiatives 2010 - 2012 to inform best practice and ensure sustainability of Community Food Initiatives. This event will be of particular interest to those running or developing a community food initiative and those committed to tackling food poverty in Ireland. For more information, contact Georgina Buffini from Healthy Food for All at Tel: 00353 86 1526569 or Email: gbuffini@healthyfoodforall.com

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ARK Seminar on Adolescent Male School-Life Experiences

The next [ARK](#) seminar, 'Taking Boys Seriously: A five year longitudinal study of adolescent male school-life experiences' takes place on Tuesday 23rd April 2013. Ken Harland and Sam McCready ([University of Ulster](#)) and Michael McKenna ([YouthAction NI](#)) will present the findings of their study of 378 adolescent boys, aged 11-16, from across Northern Ireland. The longitudinal aspect of the research will help participants to understand the reasons why certain boys may not achieve more successful educational outcomes. The study offers recommendations and suggestions for pragmatic and cost neutral ways for teachers, practitioners and policymakers to help boys make better connections between school and their wider social, emotional and developmental needs. The seminar will be held in NICVA, 61 Duncairn Gardens, Belfast, from Noon to 1.00pm, and will be followed by a sandwich lunch. Everyone is welcome, and the seminar is free. However, places must be booked in advance by emailing info@ark.ac.uk or calling 028 7167 5513.

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A Perfect Vision for Mental Health 20/20

EUFAMI is the European Federation of Associations of Families of People with Mental Illness, and is based in Leuven, Belgium. EUFAMI works and lobbies on behalf of millions of family members who care for relatives who are affected by severe mental illness. EUFAMI is working with Shine to organise a conference on Friday 24th May 2013, in the Radisson Blu Hotel, Dublin Airport. This European-wide event will attract between 150 and 200 delegates (together with many of their partners and families), from approximately 28 countries. The theme of the conference is: 'A Perfect Vision for Mental Health 20/20'. It will explore best practice in how families interact with mental health services, their role in the care and treatment of their relatives living in the community, and policy making in Europe. Further information and registration details can be found at: www.eufami.org

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What Determines the Food Choices we Make?

A key challenge for those working to improve the diet of people living on the island of Ireland, is to understand what underpins the food choices they make. On Wednesday 24th April 2013 (from 1.30pm - 4.00pm), the Institute of Public Health in Ireland, the HRB Centre for Health and Diet Research, and the Centre of Excellence for Public Health (Northern Ireland) are jointly hosting a workshop to look at these challenges, and to explore individual food choices from quite different perspectives. The workshop will present findings from two recent studies of food choices (one based on a health economics approach and the other using food life stories), and will explore how we might use these two approaches to gain greater understanding of individual food choices. This event will take place in the Royal Irish Academy, 19 Dawson Street, Dublin 2. To register your interest in attending, contact Suzanne Kirk in Dublin at Tel: 01 478 6300 / Email: suzanne.kirk@publichealth.ie or Leah Friend in Belfast at Tel: 028 9064 8494 / Email: leah.friend@publichealth.ie

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Training

Jest for the Health of It - Using Humour to Promote Health

The Health Service Executive Health Promotion Department Dublin / North East invites you to participate in their 'Jest for the Health of It - Using Humour to Promote Health' workshop. This will take place on Tuesday 23rd April 2013, from 9.30am to 1.00pm, in the Regional Education Centre, St. Brigid's Complex, Kells Road, Ardee, Co. Louth. The aim of the workshop is to provide participants with the knowledge and skills to introduce humour into health courses and presentations - with a view to making the experience more entertaining and health messages more memorable. In the words of Virginia Trooper: *'It's not what's taught, but what's caught. If we can get our students' mouths open for laughter, we can slip in a little food for thought!'* Upon completion of the training, participants will have: explored the different theories of humour; gained an understanding of the health benefits of laughter; acquired a basic understanding of joke structure; participated in a punchline challenge; acquired practical skills in formulating health promotion in a humorous way. The training is An Bord Altranais Category 1 approved, and will be delivered by Finian Murray, Men's Health Development Officer, HSE (stand-up comic in his personal time). To book a place on this free training, contact Finian on Tel: 00353 (0)87 2038790 or Email: finian.murray@hse.ie

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Website Design Workshop

Would you like to develop a website for your men's group, Men's Shed or simply advertise your support services for men? ... If the answer is 'yes', then [Man Matters](#) is running a free four day workshop to teach you how to design your own website. At the end of the training, participants will be able to produce their own self-managed website. Applicants must have a basic understanding of IT (i.e. they should know how to use a mouse, a keyboard, and how to access emails and the Internet). It is also desirable that participants understand the basics of word processing, have knowledge of computer filing systems (using folders, copying and moving files etc.), and an understanding of internet protocols (e.g. what a domain name is and what a web address means). The course is free to men and women who work with men's groups, as well as to anyone who has completed a course under the Man Matters programme. The training will take place in Lurgan, Co. Armagh, on consecutive Fridays: 12th, 19th, 26th April and 3rd May 2013. To book a place on this course, contact Michael Glover on Tel: 02890 329718 or visit: www.wea-ni.com/seminar

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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. It offers the chance to link grass roots practice with operational, strategic and policy working. 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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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 ...

[Male baldness 'indicates heart risk'](#)

[Male brain changes that may underlie transition from aggressive to parental behaviour](#)

[Male bowel cancer on the increase, says Cancer Research UK](#)

[Hyper-masculinity encouraged by aggressive advertising](#)

[European men lag behind in life expectancy](#)

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Next Edition

The next edition of E-Male Matters will be released in May 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 May edition is Thursday 25th April 2013.

E-Male Matters is also available online at:
www.mhfi.org/newsletters/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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