

# E-Male Matters

June 2013

The newsletter of the Men's Health Forum in Ireland

## MEN'S HEALTH WEEK 2013 SPECIAL

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## News

### Men's Health Week 2013 has Begun!

Monday 10<sup>th</sup> June 2013 marks the start of [International Men's Health Week](#) (MHW). This week will run until Sunday 16<sup>th</sup> June. The theme in 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. To find out more about this week and how you can get involved, visit: [www.mhfi.org/mhw/mhw-2013.html](http://www.mhfi.org/mhw/mhw-2013.html) Alternatively, download the MHW 2013 Briefing Paper at: [www.mhfi.org/mhw2013briefing.pdf](http://www.mhfi.org/mhw2013briefing.pdf)

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## Put up a Poster for Men's Health Week 2013

Even if you don't do anything else to support [Men's Health Week](#) (MHW) this year, you can at least put up a poster to let everyone know when it's taking place! To highlight MHW 2013, a new poster features Michael Glover from the [Man Matters](#) project in Northern Ireland. The message on this poster is very simple: *Turn Words into Actions!* The posters are free, and are available in A<sub>3</sub> size hard copy as well as in a range of electronic formats (from the Men's Health Forum in Ireland website). You can find details of how to get copies of these posters at: [www.mhfi.org/mhw/mhw-2013.html](http://www.mhfi.org/mhw/mhw-2013.html)

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## Publicise your Men's Health Week Event

Every year there are hundreds (possibly even thousands) of events throughout Ireland to celebrate Men's Health Week. Some of these are well publicised, but most are only known about by a few people! This year, the [Men's Health Forum in Ireland](#) (MHFI) has a document on its website to promote the details of any activities or events that are being held throughout Ireland during [Men's Health Week 2013](#). This will help everyone to find out what is happening during the week, where it will take place, and how to join in. It will also give some recognition and publicity to all those groups across Ireland that are doing something for and with men. Your activity might be health checks, or a conference, or a launch, or a game, or a seminar, or a competition, or a workshop, or a lunch, or a course, or a display, or a health fair ... Whatever it is, if you would like to have the details included on this site, please complete and submit a MHW Event Form on the MHFI website at: [www.mhfi.org/mhw/submit-an-event.html](http://www.mhfi.org/mhw/submit-an-event.html)

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## Free and Easy Ways to Mark Men's Health Week 2013

Absolutely everyone can do something to support and celebrate [Men's Health Week](#) (MHW) 2013. The focus for this year (i.e. *Action Men - Turning Words into Actions*) lends itself to a wide range of ways to mark this occasion. However, you don't have to stick rigidly to this particular topic. Anything which encourages men and boys to lead healthier lifestyles, to be more aware of preventable health problems, and to seek early detection and treatment for health difficulties will be very welcome. Even if you can't plan something big, there are still simple and easy ways to get involved. These include ...

- Putting a [MHW poster](#) (or two) up in your workplace / meeting space / community centre / local shop / bar / waiting room / home ...
- Promoting the week on your website - using a copy of the [MHW logo](#) or [web banner](#).
- Linking to the Men's Health Forum in Ireland's web page devoted to Men's Health Week 2013 ([www.mhfi.org/mhw/mhw-2013.html](http://www.mhfi.org/mhw/mhw-2013.html)) from your own website, Facebook page or other social networking site.
- Sending an email to everyone in your contacts list to tell them about Men's Health Week, and asking them to forward the message to all their contacts.
- Becoming a fan of the Men's Health Forum in Ireland's Facebook page ([www.facebook.com/MensHealthForumIreland](http://www.facebook.com/MensHealthForumIreland)) and sending this link to your friends.
- Inserting the MHW logo into your outgoing emails during this week.
- Including information on MHW in your mailouts / newsletters.
- Telling others about what is happening in your area during MHW by posting details on the MHFI website (use the form at: [www.mhfi.org/mhw/submit-an-event.html](http://www.mhfi.org/mhw/submit-an-event.html)).
- Making the MHW logo your computer desktop 'wallpaper' during this week.
- Reminding your colleagues to follow all the latest MHW news on Twitter ([www.twitter.com/MensHealthIRL](http://www.twitter.com/MensHealthIRL)).
- Encouraging the men you know to get involved in some of the activities taking place during MHW 2013 ...

For more ideas, download a copy of our paper on what you can do to mark MHW 2013 at: [www.mhfi.org/mhw2013celebrateit.pdf](http://www.mhfi.org/mhw2013celebrateit.pdf)

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### **Keep up-to-date on Facebook and Twitter**

To keep everyone up-to-date with the latest news on [Men's Health Week \(MHW\) 2013](#) - as well as more general developments in the field of men's work - visit Facebook ([www.facebook.com/MensHealthForumIreland](http://www.facebook.com/MensHealthForumIreland)) and Twitter ([www.twitter.com/MensHealthIRL](http://www.twitter.com/MensHealthIRL)). Better still, why not become a regular Fan / Follower of these sites?

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### **Join in a Men's Health Week 2013 Event**

There are loads of events and activities taking place across the whole island of Ireland. Keep an eye on your local paper; listen to your local radio station; look out for posters; check out the Men's Health Forum in Ireland (MHFI) website at [www.mhfi.org/mhw2013events.pdf](http://www.mhfi.org/mhw2013events.pdf) for a list of SOME of the things taking place. These include:

#### *Throughout the whole of Men's Health Week ...*

- Active Lives after Cancer [Belfast]
- A Touchy Subject: Men and Eating Disorders [All Ireland]
- Focus on Male Carers [Republic of Ireland]
- Free Counselling Sessions for Men [All Ireland]
- Letterkenny Men's Health Week Celebrations [Letterkenny, Co. Donegal]
- Lewis Fertility Testing - £50 off SpermComet Test [All Ireland]
- Looking after your Mental Health and Preventing Depression [All Ireland]
- Men's Food and Health Behaviour [All Ireland]

#### *Monday 10th June 2013 ...*

- Action Cancer - Action Man [Belfast]
- Real Health Advice for Real Men [Coleraine, Co. Derry / Londonderry]

#### *Tuesday 11th June 2013 ...*

- Launch of 'A Report on the Excess Burden of Cancer among Men in the Republic of Ireland' [Dublin]
- Men's Health Exhibition [Enniscorthy, Co. Wexford]
- Men's Health Talk [Belfast]
- Men's Lunch [Dublin]
- Have You Got The Balls? [Claremorris, Co. Mayo]

#### *Wednesday 12th June 2013 ...*

- Men's Health Fair [Navan, Co. Meath]
- Men's Health MOT [Derry]

#### *Thursday 13th June 2013 ...*

- Action Cancer - Action Man [Belfast]
- Belfast City Hall Men's Health Event [Belfast]
- From Policy to Practice: Profiling the Impact of Ireland's National Men's Health Policy [Dublin]
- Health in Mind ... The ONE Book [Coleraine, Co. Derry / Londonderry]
- Walk to Swiss Cottage [Cahir, Co. Tipperary]

#### Friday 14th June 2013 ...

- Healthy Men [Derry / Londonderry]
- Men's Health Awareness Event [Belmullet, Co Mayo]
- Top Tips for Looking after Yourself [Belfast]

#### Saturday 15th June 2013 ...

- Daddy Bear's Picnic [Craigavon, Co. Armagh]
- Healthy Men [Derry / Londonderry]
- Sure Start Fathers' Day [Belfast]
- Trip to Glendalough [Dublin to Co. Wicklow]

#### Sunday 16th June 2013 ...

- Men Together - Men to the Centre [Hill of Uisneach, Co. Westmeath]

#### Just after Men's Health Week 2013 ...

- Real Health Advice for Real Men [Ballymena, Antrim and Ballymoney in Co. Antrim, and Magherafelt, Co. Derry / Londonderry]
- Action Cancer - Action Man [Derry / Londonderry, Belfast, and Ballymena]

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## Events

### **From Policy to Practice: Profiling the Impact of Ireland's National Men's Health Policy**

To celebrate Men's Health Week 2013, the [Health Service Executive](#) (HSE) and [Men's Health Forum in Ireland](#) (MHFI) invite you to 'From Policy to Practice: Profiling the Impact of Ireland's National Men's Health Policy'. This event will take place on Thursday 13<sup>th</sup> June 2013, in Dr Steevens' Hospital, Dublin 8, from 10.00am - 4.00pm. The aim of this free event is to profile the key outputs in the area of men's health in Ireland that have been delivered since the publication of the Men's Health Policy and Five Year Action Plan in 2009, and to set priorities for key policy areas in men's health in the future. The programme will involve keynote addresses from two leading experts in men's health (Noel Richardson and Kate Hunt), workshops on a range of men's health topics, and poster presentations from a diverse spectrum of organisations on the island of Ireland who work in the field of men's health and well-being. For more detail on the programme and the application process, see: [www.mhfi.org/dublin2013invitation.pdf](http://www.mhfi.org/dublin2013invitation.pdf) Please note that there are only a few places still remaining for this event.

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### **Real Health Advice for Real Men**

You are invited to attend men's health events which are being run across the Northern Health and Social Care Trust area. These will take place in June to coincide with Men's Health Week, are free, and will be strictly male only. Each session will offer health advice and fun activities in a male friendly environment. On every evening, there will be a talk by Conor McCafferty of Zest, followed by a hearty supper. See [www.mhfi.org/realhealthadvice.pdf](http://www.mhfi.org/realhealthadvice.pdf) for a list of dates, times and venues. If you require any further information on the events in Coleraine, Ballymena or Ballymoney contact Amanda Pollock at Tel: 0774 0282650. For the Antrim event, contact Michelle Wilson at Tel: 02894 478645. For the Magherafelt event, contact Denise Doherty at Tel: 02879 634865.

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## Action Man Campaign

[Action Cancer](http://www.actioncancer.org/Campaigns/Action-Man.aspx) is offering 700 free MOT health checks for men across Northern Ireland as part of its 'Action Man' campaign in June to encourage men to 'Get a Grip' on their health. The health checks incorporate a number of assessments including blood pressure, cholesterol, blood glucose, facial skin analysis, peak flow measurements and body composition analysis, as well as lifestyle advice and information on male specific cancers. These checks do not diagnose cancer, but aim to increase awareness of current health and the importance of early detection. The checks will be available from Action Cancer House in Belfast, at four Regional Men's Health Clinics (Enniskillen, Kilkeel, Derry / Londonderry and Ballymena), and onboard the Action Cancer Big Bus. For more information, Tel: 028 9080 3344 or visit [www.actioncancer.org/Campaigns/Action-Man.aspx](http://www.actioncancer.org/Campaigns/Action-Man.aspx)

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## Have you got the Balls?

To mark Men's Health Week, you are invited to a men's health evening for males from across the Mayo region. There'll be music (Hermitage Green from Limerick), comedy (Joe Rooney of Father Ted fame and Daniel Dowling), speakers (Gerry Duffy from Mullingar - who has done 10 'Iron Man' triathlons in 10 days, and 32 marathons in 32 days) and special guests. Hopefully, it'll get everyone motivated to get off the couch and make some positive change. All proceeds from the evening will go to 'On the Road Again' and Claremorris Men's Shed. For more information, contact HealthWest Community Pharmacy at Tel: 094 93 64712 or visit: [www.healthwest.ie/yougottheballs](http://www.healthwest.ie/yougottheballs)

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## Childhood Obesity Workshop

This free workshop is being hosted by the All-Island Obesity Action Forum, supported by Safefood and the Association for the Study of Obesity on the island of Ireland. It will take place on Tuesday 25<sup>th</sup> June 2013, from 10.00am - 1.30pm, in the Stormont Hotel, Belfast. The event will focus on key learning to date, practical advice on how to approach childhood obesity at a community level, and key areas to tackle. For more information, Email: [events@safefood.eu](mailto:events@safefood.eu) or Tel: 0800 085 1683(NI) / 1850 40 4567 (RoI).

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## Men Together - Men to the Centre

At 1.00pm on Father's Day (Sunday 16<sup>th</sup> June 2013), men and boys from the entire island of Ireland will assemble at the foot of the Hill of Uisneach - the exact geographical centre of Ireland. Together, elders and boys will walk in a spirit of care, solidarity and brotherhood for the wellbeing of all males from all parts of Ireland. This will be a celebration of maleness; one that is thoroughly inclusive and non-hierarchical. With no flags, no fliers, no selling, no preaching, just togetherness as we walk the small, gentle climb to the very centre of Ireland. This will be an historic occasion - one that is unique in the culture of health and wellbeing of men and boys. For more information, contact John Cantwell at Tel: 01 6704905 or Email: [john@slianchroi.ie](mailto:john@slianchroi.ie)

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# Training

## Top Tips for Looking after Yourself

To mark Men's Health Week 2013, Belfast Men's Health Group (BMHG) and the [Belfast Health and Social Care Trust](#) would like to invite you to a training session titled: 'Top Tips for Looking after Yourself'. Stress can affect anyone. It doesn't just make you feel bad - it can

also be bad for your health. The good news is that there are steps you can take to deal with it. This workshop outlines practical ways for you to start dealing with stress and to stop it building up in the future. This free programme will be delivered on Friday 14<sup>th</sup> June 2013, from 10.00am - 1.00pm, in Clady Villa, Knockbracken Healthcare Park, Belfast. If you are interested in attending, contact Paul O’Kane via email at: [paul.okane@belfasttrust.hscni.net](mailto:paul.okane@belfasttrust.hscni.net) Please note that places are limited.

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### **Looking after your Mental Health and Preventing Depression**

[Aware Defeat Depression](#), and sister organisation [Aware](#), work to help people affected by depression, and the family and friends of those affected by depression. The primary focus is to support people through all stages of their recovery from their depression. Aware Defeat Depression in Northern Ireland and Aware in the Republic, facilitate support groups throughout the country. The purpose of these groups is to bring together people affected by depression, and to offer a unique opportunity to talk openly about depression and its impact. Both organisations also deliver free training and programmes which help people to understand the importance of depression and looking after their own mental health. Aware Defeat Depression runs the ‘Mood Matters’ programme - a series of depression awareness programmes which aim to promote knowledge and help individuals to develop an understanding of the importance of looking after their own mental health. Aware, in the South, delivers a ‘Life Skills’ programme which allows participants to learn how to manage their feelings when they feel stressed, worried or depressed. People will also learn simple and practical skills to help them cope with life’s challenges. Visit [www.aware-ni.org](http://www.aware-ni.org) and [www.aware.ie](http://www.aware.ie) for more details, and to find out how either organisation can help you.

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## Research

### **A Touchy Subject: Men and Eating Disorders**

Eating Disorders (EDs) and body image issues are, traditionally, thought of as something only women suffer from. However, research shows that the number of men with disorders such as Anorexia or Bulimia is growing rapidly in the UK and Ireland. EDs are no longer just for girls. Treatment and support is available across Northern Ireland and the Republic of Ireland. However, the stigma facing males suffering from these disorders creates massive barriers to men getting help. A study is being carried out in the [University of Ulster](#) to look at the barriers facing men of all ages regarding disordered eating, over-exercising, and body image issues. This research aims to give a voice to men on these issues. We want to talk to anyone working with men or with experience of these issues. For more information, contact Una Foye at Email: [foye-u@email.ulster.ac.uk](mailto:foye-u@email.ulster.ac.uk) or Tel: 02890 366291. For information on male EDs, visit [www.mengetedstoo.co.uk](http://www.mengetedstoo.co.uk) or contact EDANI on Tel: 02890 235959.

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### **The Experience of Being Gay in Contemporary Ireland**

Gerry Rodgers is a Doctoral researcher at Dublin City University. His research topic is the experience of being gay in contemporary Ireland. The aim of this research is to gain an understanding of issues which are of concern to gay men in Ireland today. While much has been written before - in particular about some of the historic challenges faced by sexual and gender minorities - surprisingly little research has been carried out on the subjective experience of being gay in contemporary contexts. This study is an invitation to hear the stories and experiences of gay men. Gerry will meet and interview (at a mutually agreed time

and location) each participant on a one-to-one basis. The interview will be audio recorded, and will last about 60 - 90 minutes. To participate in this study, you must be a gay man over 18 years old, and be ready and able to talk about your experiences. Participant identities and locations will be anonymised when transcribed and treated in confidence. Participation in this study will help to inform professional psychotherapy practice and lay persons about the lived experiences of being gay in contemporary Ireland. Contact Gerry at Tel: 087 3934466 or Email: [gerryrodgers1966@gmail.com](mailto:gerryrodgers1966@gmail.com) for more details.

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## Web Links

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

[Heart health of men with Type 2 diabetes improved by soccer training](#)

[Male victims of sex assault and the services they use](#)

[New alcohol, drugs and older people booklet](#)

[Website for men who wish to participate in a community devoted to foreskin restoration](#)

[Gender differences revealed for healthcare-associated infections](#)

[Just 12 minutes a week of high-intensity training improves fitness in inactive men](#)

[Using anabolic steroids may affect your future mental health](#)

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## Next Edition

The next edition of E-Male Matters will be released in August 2013. There will not be a July edition. 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 August edition is Monday 29<sup>th</sup> July 2013.

E-Male Matters is also available online at:

[www.mhfi.org/newsletters/about-e-male-matters.html](http://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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