

E-Male Matters

August 2013

The newsletter of the Men's Health Forum in Ireland

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News

Call for Abstracts: Technology for Well-Being Conference

[Inspire Ireland](#) is hosting an international Technology for Well-Being conference on the 25th and 26th of September 2013 in Dublin. They are now calling for abstracts from researchers, service providers and students who wish to contribute to this event. Abstracts - of no more than 250 words - should be sent to research@inspireireland.ie by Friday 23rd August 2013. This will be a cross-sectoral conference, attended by a broad mix of service providers, policy makers, health managers, the technology sector, researchers, and interested members of the public. For more information, visit: www.mhfi.org/inspireconference2013.pdf

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Launch of 'Message of Hope' Booklet

On Thursday 8th August 2013, from 12.00pm to 2.00pm, [East Belfast Community Development Agency](#) (EBCDA) will be launching their 'Message of Hope' suicide prevention booklet. This will take place in the East Belfast Network Centre, 55 Templemore Avenue, Belfast BT5 4FP. Copies of the booklet will be available, and service providers working in the fields of suicide prevention and emotional wellbeing will have information stands at the event. Everyone is welcome. Register with Jean at EBCDA on Tel: 028 9045 1512 or Email: jean@ebcda.org

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The Fats of Life

Most men and women in their forties and fifties in Ireland do not know the fats of life! This September, the [Irish Heart Foundation's](#) Heart Month campaign 'The Fats of Life' is all about fat and cholesterol. Different fats in the food we eat affect the lipids, or fats, in our blood i.e. cholesterol. In turn, having a healthy cholesterol is vital to preventing heart attack or stroke - still the leading causes of death in Ireland. Only 18% of Irish adults have healthy cholesterol levels without the use of cholesterol-lowering medication. If you would like to be added to the mailing list or to get more information on this campaign, contact Ellen McMeel at Email: heartmonth@irishheart.ie

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Sharing Parental Rights - Extending Flexibility at Work

The [Department for Employment and Learning](#) in Northern Ireland is inviting submissions to a public consultation on a range of proposed measures designed to give parents greater flexibility over their shared childcare arrangements. The proposals consist of a system of shared parental leave and pay that will enable mothers and adopters to retain a closer connection to the workplace, while affording those who share parental responsibility the opportunity to take a more active role with their new baby or adopted child during the crucial first year following the birth or adoption. This consultation will close on Friday 23rd August 2013. See www.delni.gov.uk/index/consultation-zone/working-parents-rights.htm for full details.

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TV Programme on Fathers of the Bride

Are you the father of a bride-to-be? Are you afraid of speaking in public? Is your daughter getting married this year? ... [Tyrone Productions](#) are offering fathers-of-the-bride a unique opportunity to overcome their fear of public speaking as part of a new television programme. If you are interested in finding out more, please contact Gary at Tel: 0044 7729 720876 / 01 8894900 or Email: secretsspeech@tyrone-productions.ie

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Erection: The User's Guide

Erectile Dysfunction (ED) is a very common male health problem. Most cases are caused by cardiovascular disease, diabetes, neurological problems and urological surgery. ED is now known to be an early warning sign of coronary artery disease - making it essential that the condition is accurately diagnosed and treated. However, because of the embarrassing nature of the condition, many men delay seeking help. On average, men wait 2.5 years before seeing a doctor. Despite the significance of ED, men often find it difficult to access clear, independent and authoritative information about the symptoms, causes and treatments. 'Erection: The User's Guide' - written by international expert on the subject Dr Ronald Virag - seeks to fill this gap. Aimed at the man-in-the-street and also non-specialist doctors, the book provides essential and accessible information on how erections work, what can go wrong with them, and how any problems can be effectively treated. The eBook format also makes it possible for men to read it discreetly. For more information see: www.mhfi.org/ronaldvirag.pdf

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Events

Supporting Health Research and Evaluation in the Community and Voluntary Sector

Evidence-informed action to tackle health inequalities and the social determinants of health requires active participation of the community and voluntary sector in research and evaluation, and engagement with public funders. This workshop (co-hosted by the [Institute of Public Health](#), [Community Development and Health Network](#) and [Community Evaluation Northern Ireland](#)) will provide an opportunity to discuss the role of the community and voluntary sector, and begin to plan for the support it needs to participate in research and evaluation in Northern Ireland. It will be of particular interest to anyone with a focus on tackling health inequalities. The workshop will take place on Thursday 5th September 2013 in Farset International, Springfield Road, Belfast BT12 7DW. To find out more, contact Leah Friend by email at: leah.friend@publichealth.ie

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Networking with Elected Representatives to Tackle Health Inequalities

The [Community Development and Health Network](#) (CDHN) invites you to a networking event with the Stormont Outreach Team and members of the Northern Ireland Executive. This will take place in the All-Saints Parish Centre, Ballymena, Co. Antrim on Thursday 3rd October 2013. This event will: provide an opportunity to engage with MLAs; help to increase knowledge of Northern Ireland Assembly structures; develop skills and confidence in engaging with elected representatives on issues relating to health inequalities. To register, contact Caroline McNulty at Email: carolinemcnulty@cdhn.org or Tel: 02830 264606.

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Institute of Public Health: Open Conference

The second [Institute of Public Health](#) (IPH) Open Conference will be held on Tuesday 8th October 2013 in Croke Park, Dublin. This all-island free 'Open Conference' is unique. The programme is suggested and developed by the participants, and gives everyone an opportunity to offer to present on a topic of their choice. IPH is now accepting proposals for presentations. The deadline for submission is Friday 16th August 2013. Following this date, all registered participants will vote for the presentations they would like to hear at the Conference. After voting, the presentations will be ranked according to popularity, and those ranked highest will form the programme for the Conference. The programme will give an opportunity for 24 papers to be delivered, and attendees can choose which papers to attend. This will enable participants to develop a conference programme to suit their needs. For more detail, visit: www.iphopenconference.com

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Building the Case for Men's Health in the West

The [Western Health and Social Care Trust](#) (WHSC) Health Improvement Department will be running a conference in Derry / Londonderry on Friday 11th October 2013 to explore the need for increasing men's health initiatives in their catchment area as well as the opportunities for doing so. Keynote speakers will include Dr Paul Darragh (Chairperson of the British Medical Association's Northern Ireland Council) and Professor Rory O'Connor (University of Glasgow, and President Elect of the International Academy of Suicide Research). For more information, visit: www.mhfi.org/WHSCtoOctober2013.pdf

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Training

12 Week Men's Health and Lifestyle Programme

Are you male? Do you live in the Keady area of Co. Armagh? ... If so, you may be interested in a new, free, 12 week Men's Health and Lifestyle Programme. Participants will benefit from: regular health, lifestyle and physical activity sessions; dedicated staff to support them with their goals; free access to facilities at Keady Recreation Centre; and health checks. The programme will begin on Tuesday 24th September 2013, but applications must be received before Noon on Monday 9th September. See www.mhfi.org/keady12weeks.pdf for more information and details on how to apply.

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Train to be a Family Mediator

Would you like to learn the skills of Mediation? Would you like to make a difference to families? ... A trained mediator is able to offer alternatives to those in conflict, and to assist them to find agreement instead of reverting to a Court process or more destructive techniques. [Family Mediation NI](http://www.mhfi.org/familymediation2013.pdf) (FMNI) will be delivering a Family Mediation Foundation Training Course in Northern Ireland commencing in September 2013. This course is approved by the College of Mediators (UK), and the Mediators' Institute of Ireland. It also complies with the European Union Directive on mediation. To find out more about this course (which will consist of 12 days intensive training and approximately 20 hours of reading and preparation), visit: www.mhfi.org/familymediation2013.pdf

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Pathways to Health Level 2 Training

Pathways to Health Level 2 Training (coordinated by the [Community Development and Health Network](#)) is designed for people who engage with communities to address a range of social issues. It focuses upon the importance of participation and empowerment when working with individuals and communities to identify and tackle the root causes of inequalities. The next course will be held in Ballymena, Co. Antrim, and will take place during September and October 2013. Applications are now being invited. Visit [www.cdhn.org/pages/index.asp?title=Pathways to Health Level 2 Training Dates](http://www.cdhn.org/pages/index.asp?title=Pathways%20to%20Health%20Level%20Training%20Dates) for details of the content, training dates, and how to register your interest.

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Research

Irish Men more at Risk of Getting and Dying from Cancer

During June 2013, the [Irish Cancer Society](#) (ICS) launched 'A Report on the Excess Burden of Cancer among Men in the Republic of Ireland' to mark Men's Health Week 2013. This report shows that men are at greater risk of getting cancer and dying from it than women. ICS commissioned the Centre for Men's Health in the Institute of Technology Carlow and the National Cancer Registry of Ireland to produce this landmark document. It is the first of its kind to look at cancer incidence and mortality from a gender perspective in Ireland. The full report and an executive summary can be downloaded from: www.cancer.ie/content/irish-men-more-risk-getting-and-dying-cancer-women

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Fathers Work Survey

As part of its work with the [Man Matters](#) Project, [Parenting NI](#) will be facilitating three seminars for practitioners working with fathers in Northern Ireland. To ensure that the seminars address the issues of most relevance, you are invited to complete an online survey about your experience in this field. It will only take a few minutes to submit your answers at: www.surveymonkey.com/s/NQ88GFP The responses received will help to shape the focus and content of the seminars. For further information, contact Pauline Martin on Tel: 028 9031 0891 or Email: pauline@parentingni.org

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Web Links

Men's Issues on the Web ...

[Breakfast linked to 'healthy heart' in men](#)
[Key role in HPV prevention played by vaccination of boys](#)
['Quiet epidemic' of male cancer in UK](#)
[Gang membership tied to mental health problems](#)
[Workers building healthier outlook thanks to wellbeing project](#)
[Dads who are caregivers often treated disrespectfully at work](#)
[Risk factors for suicide mapped](#)
[Testicular cancer survival rates 'soaring' in UK](#)

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Next Edition

The next edition of E-Male Matters will be released in September 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 September edition is Thursday 29th August 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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