

# E-Male Matters

September 2013

The newsletter of the Men's Health Forum in Ireland

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## News

### Irish Heart Health Month - 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. To find out more about this campaign, visit: [www.irishheart.ie/iopen24/irish-heart-month-2013-t-8\\_201\\_1260.html](http://www.irishheart.ie/iopen24/irish-heart-month-2013-t-8_201_1260.html)

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### World Suicide Prevention Day

Tuesday 10<sup>th</sup> September 2013 is World Suicide Prevention Day. This day will be marked at Belfast City Hall from 4.30pm - 7.00pm with a family friendly event offering a wide range of activities which will engage children, youth and adults. The event is free of charge, and will involve live music, stilt walkers, craft activities, face painting, Segways, a climbing wall, BMX track, information stands and refreshments. Dame Mary Peters will be attending this event.

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### **Men Against Cancer Clinic**

Men Against Cancer (MAC) is a free self-referral clinic for males. It is supported by local businessmen and run by Belfast City Hospital Uro-oncology clinical nurse specialists. The clinic provides information on men's health; in particular urological cancers for investigations and early diagnosis. The service is designed to encourage men to take responsibility for their health by providing a relaxed and private environment where they can become better informed of health issues such as prostate and testicular cancer. Clinics are held on Tuesdays, from 5.30pm - 7.30pm, in Urology Day Care, Level 3, Belfast City Hospital Tower Block. Men who wish to attend can make an appointment by telephoning 02895 040786. The details which need to be provided when scheduling an appointment are full name, address, date of birth and GP's name.

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### **Run in the Dark for the Mark Pollock Trust**

In July 2010, blind adventure athlete Mark Pollock fell from a second story window. He cracked his skull, his chest and torso filled with blood, and his back was broken in three places. He had no feeling from the waist down. For six months after the accident, Mark lay in hospital. As his mind battled to accept reality and find positivity, his body was further hit with recurring infections. Mark lost three stone and, with it, he almost lost the will to go on. But he was not beaten. Mark's supporters created the Mark Pollock Trust and Run in the Dark to fund his ambition to walk again. Now Mark is using his body for research - as he walks in Ekso robotic legs and follows an aggressive physical therapy programme. You are invited to help raise money for the Mark Pollock Trust and Wings for Life - the global spinal injury research charity - by entering this year's 'Run in the Dark'. This will take place on Wednesday 13<sup>th</sup> November 2013, at 7.30pm, in Dublin, Cork and Belfast. There are both 5K and 10K runs on offer. For more information, visit: [www.runinthedark.org](http://www.runinthedark.org)

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## Events

### **Building the Case for Men's Health in the West**

The [Western Health and Social Care Trust](#) (WHSCT) Health Improvement Department will be running a conference in Derry / Londonderry on Friday 11<sup>th</sup> 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/WHSCTOctober2013.pdf](http://www.mhfi.org/WHSCTOctober2013.pdf)

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### **Down but not out: Youth Depression and Suicide**

The [National Children's Bureau NI](#) (NCB NI), [Public Health Agency](#) (PHA) and [Northern Ireland Association for Mental Health](#) (NIAMH) invite you to a seminar titled: 'Down but not out: Youth Depression and Suicide'. This event will focus upon the promotion of positive mental and emotional wellbeing among young people, and the guest speaker is Ian Manion (PhD, CPsych), Executive Director, Ontario Centre of Excellence for Child and Youth Mental Health. This seminar will take place on Thursday 3<sup>rd</sup> October 2013, from 10.30am - 1.00pm, in NCB's offices at Albany House, 73-75 Great Victoria Street, Belfast. To register, contact Owen Whitford at Email: [owhitford@ncb.org.uk](mailto:owhitford@ncb.org.uk) by Friday 27<sup>th</sup> September.

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## Technology for Well-Being Conference

If you are in the technology, mental health, suicide prevention, education, community or voluntary sectors this event may be for you. [ReachOut.com](http://reachout.com) (an initiative of [Inspire Ireland](http://inspireireland.com)) is hosting an international Technology for Well-Being conference on the 25<sup>th</sup> and 26<sup>th</sup> of September 2013 in Dublin. This conference is being supported by the [Health Service Executive](http://healthserviceexecutive.com) and the [National Office for Suicide Prevention](http://nationalofficeforsuicideprevention.com). It will begin with an evening interactive panel discussion on technology and mental health (held in the Lighthouse Cinema). This will feature leading experts in the field, and will be followed by a networking event and reception. A full day conference will follow on the Thursday, which will feature plenary talks, parallel presentation sessions, a hypothetical scenario panel discussion, and opportunities to network, interact, engage and learn. For more detail, visit: <http://ie.reachout.com/about/programme>

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## PIPS Newry and Mourne 3rd Annual 10K Run and 5K Walk

[PIPS Newry and Mourne](http://pipsnewryandmourne.com) are holding their 3rd Annual 10K Run and 5K Walk on Sunday 8<sup>th</sup> September 2013. Registration for the event can be completed online at: <https://www.activeglobal.com/running/newry-ireland/pips-newry-and-mourne-10k-run-5k-walk-2013>. Alternatively, call into the PIPS office at 30 Kilmorey Street, Newry, or Tel: 02830 266195 for more information. There will be a balloon release ceremony prior to the commencement of the 5K walk this year to remember loved ones, friends or colleagues who have died by suicide.

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## Networking with Elected Representatives to Tackle Health Inequalities

The [Community Development and Health Network](http://cdhn.org) (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 3<sup>rd</sup> 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](mailto:carolinemcnulty@cdhn.org) or Tel: 02830 264606.

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## Institute of Public Health: Open Conference

The second [Institute of Public Health](http://iphopenconference.com) (IPH) Open Conference will be held on Tuesday 8<sup>th</sup> October 2013 in Croke Park, Dublin. This all-island free 'Open Conference' is unique. The programme is suggested and developed by the participants, and provides an opportunity for 24 papers to be delivered. 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](http://www.iphopenconference.com)

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## Getting the Information you Need: Open Access in Health and Wellbeing

Open Access (OA) is the immediate, freely available, online access to research outputs. These outputs include peer-reviewed journal articles, conference papers and datasets of various types. The restrictions to use - commonly imposed by publisher copyright, patents or other mechanisms of control - do not apply. This seminar is part of Open Access Week - a global opportunity to learn more about the benefits of OA - and is being co-hosted by the Institute of Public Health and the Regional Library in Dr Steevens' Hospital. It will take place on Tuesday 22<sup>nd</sup> October 2013 in St. Patrick's University Hospital, Dublin. To register your interest, contact Louise Bradley at Email: [louise.bradley@publichealth.ie](mailto:louise.bradley@publichealth.ie) / Tel: 01 478 6307.

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## Addressing Sexual Health within the Primary Care Setting

You are invited to the 19th Annual Sexual Health Conference which will take place on Wednesday 20<sup>th</sup> November 2013, from 9.00am - 5.00pm, in Armagh City Hotel, 2 Friary Road, Armagh, Co. Armagh, BT60 4FR. This year's event will bring together a wide range of experts who will present up-to-date research and practice from throughout the UK and Ireland via keynote addresses and interactive workshops. There will be a focus upon: RQIA inspection into sexual health services; abortion; NI legislation and equality issues; genito-urinary medicine and primary care services; Sexual Assault Referral Centre NI; young people and consent. To get a booking form, Email: [shealth.team@belfasttrust.hscni.net](mailto:shealth.team@belfasttrust.hscni.net)

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## Healthy Food for all National Conference 2013

Food Poverty is a serious national policy concern. This multi-dimensional issue requires a cross-sectoral response. Healthy Food for All's inaugural conference (titled: 'Food Poverty: Local Solutions to a National Issue') will explore the main issues, consider the causal factors, and propose potential solutions. This event will take place on Wednesday 20<sup>th</sup> November 2013 in Dublin city centre. For more information, Tel: 01 5494643 / Email: [info@healthyfoodforall.com](mailto:info@healthyfoodforall.com)

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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 24<sup>th</sup> September 2013. See [www.mhfi.org/keady12weeks.pdf](http://www.mhfi.org/keady12weeks.pdf) for more information and details on how to apply.

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# Research

## Men and Cancer Factsheets

The [Western Health and Social Care Trust](#) Health Improvement Department has produced a series of factsheets which focus upon men and cancer. These look at [prostate cancer](#), [testicular cancer](#), [skin cancer](#) and [bowel cancer](#) (*click on each of the underlined links to access an online PDF copy of these materials*). These factsheets are clear, colourful, easy to read / understand, and can also be displayed as posters. Therefore, they will be useful to anyone who works with men.

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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](http://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](mailto:pauline@parentingni.org)

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## Web Links

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

[Melanoma: much higher death risk in men](#)

[Sorting out separation](#)

[High cholesterol riskier for middle-aged men than women](#)

[Men's average height up 11cm since 1870s](#)

[Give dads better rights says centre-left think tank](#)

[Stressful life events significantly raise the risk of falls in older men](#)

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## Next Edition

The next edition of E-Male Matters will be released in October 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](mailto:emalematters@mhfi.org) The submission deadline for the October edition is Friday 27<sup>th</sup> September 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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