

E-Male Matters

December 2013

The newsletter of the Men's Health Forum in Ireland

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Merry Christmas and a Happy New Year!
- from everyone in the Men's Health Forum in Ireland

Men's Health Week 2014 - A Date for Your Diary

You haven't even had your turkey yet, and already someone is talking about next year!!! Indeed, it seems like only yesterday when we were all hyped-up for Men's Health Week 2013, and now the next one is just around the corner ... [International Men's Health Week](#) (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 9th until Sunday 15th June 2014. The theme for 2014 will be '*Challenges and Choices*'. Why not put these dates into your diary, and start thinking about how your group could mark this week? More details will follow in the New Year. After all, we want you to enjoy your Christmas break first.

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All-Island Planning Group for Men's Health Week

Every year, the [Men's Health Forum in Ireland](#) (MHFI) convenes an all-island Planning Group for Men's Health Week in Ireland. Organisations are invited to attend a number of meetings (some face-to-face and some via video-conference between Dublin and Belfast) to discuss the week and help to shape it. The first meeting of this body will take place on Wednesday 29th January 2014, from 10.30am - 1.30pm, in the Diocesan Pastoral Centre, Dundalk, Co. Louth. If you would be interested in contributing to this meeting, please contact Colin Fowler by email: colin@mhfi.org

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'Man on a Mission' Posters

[Man Matters](#) has produced a series of six posters depicting a range of men's issues. This collection is titled 'Man on a Mission', and focuses upon getting healthy, getting active, learning, helping kids, getting involved and helping others. The posters are available for online downloading as JPG images (see: www.mhfi.org/news/340-man-on-a-mission-posters.html) or in hard copy - by contacting Siobhán Harding at Tel: 02890 329718 / Email: siobhan.harding@wea-ni.com

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Presentations from Alcohol Action Ireland's National Conference

The presentations offered by the panel of expert speakers at Alcohol Action Ireland's 'Facing the Fear: Alcohol and Mental Health in Ireland' conference are now available online at: www.alcoholireland.ie/home_news/facing-the-fear-speaker-presentations

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Corrymeela Winter Warmers

Would you like to spend some time together as a men's group, committee, faith group or community group? If so, you might wish to consider spending the day chatting by a warm fire at the [Corrymeela](#) Centre in Ballycastle, Co. Antrim. Lunch and a meeting space are available for £8 per person. This offer includes any mid-week days in December 2013 or January 2014. For more information, Email: shonabell@corrymeela.org or Tel: 028 2076 2626.

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My Health Apps

My Health Apps (www.myhealthapps.net) is a new website from Patient View which brings together a range of health related online apps and information.

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Starting a Conversation that could Save a Life

In mid-November 2013, New South Wales in Australia launched an online resource designed to support people who want to talk about suicide and to break down the barriers that prevent people from reaching out to one another. *Conversations Matter* is a practical online resource to support safe and effective community discussions about this issue. Visit the website at: www.conversationsmatter.com.au

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Choose Well Campaign

In Northern Ireland, there are a range of healthcare services available. However, it is important to choose the service which is most appropriate to your symptoms in order to get the right treatment in the right place. To help with this selection, a new online resource called 'Choose Well' has been created. You can visit it at: www.nidirect.gov.uk/choosewell

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

Events

All Right Lads?

You are invited to pencil Thursday 27th February 2014 into your diary - as this will be the date of a large-scale [Man Matters](#) conference titled 'All Right Lads?' This free event will take place in Crumlin Road Goal, Belfast. More details will be available soon. Contact Man Matters at Tel: 02890 329718 for more information.

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Official Opening of Letterkenny Men's Shed by Australian Ambassador to Ireland

The Australian Ambassador to Ireland, Dr Ruth Adler, will officially open Letterkenny Men's Shed in the Old Laundry, St. Conal's Hospital, Letterkenny at 2.00pm on Wednesday 11th December 2014. The Shed has been developed by Letterkenny Community Development Project in association with the HSE West Stroke Medical Rehabilitation Unit and Acquired Brain Injury teams in Letterkenny. Men of all ages and abilities are invited to participate in this project. It offers members an opportunity to share the tools, skills and resources they need to work on projects of their own choosing, at their own pace, and in a safe, friendly and inclusive venue. The skills learned by the men in this project will enable them to play a more active role in their community, and will enhance their own health and wellbeing. The Letterkenny Shed is supported by the Department of Social Protection through their Community Employment Programme. All men in the Letterkenny area are welcome. Particular target groups include men with a neurological disability, as well as men who are unemployed, retired, or who just have some spare time on their hands. The Shed will be open on Mondays and Tuesdays from 9.00am to 5.00pm, and on Wednesdays from 9.00am to 1.00pm. For more information, contact Cathal Monaghan at Tel: 086 2270437 or 074 9120633 / Email: mensshedkenny@gmail.com

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Action Cancer Men's Health Clinic

[Action Cancer](#) is still running their Men's Health Clinic every Monday night from 5.00pm - 8.00pm. This offers tests for cholesterol and glucose, blood pressure, body composition, lung function and facial skin analysis, as well as advice on cancer awareness, lifestyle, diet and exercise. Men can book an appointment by phoning 02890 803344 or visiting www.actioncancer.org/Services/MOT-health-checks.aspx

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Training

Application Process now Open for 'Engage' Men's Health Training in Northern Ireland

Last year, a National Men's Health Training programme (called 'Engage') was rolled-out in the Republic of Ireland. Engage was developed in response to the growing demand from service providers for support to improve their engagement and work with men. The content is based upon evidence from academic and evaluation literature, the authors' practice experience, and an extensive 24 month pilot phase. During Spring 2014, a Training for Trainers programme will be delivered for the first time in Northern Ireland. Eighteen individuals will be selected to be part of the Engage Trainers' Team in Northern Ireland. They will be selected on the basis that they represent the broadest possible range of men's work experience, geographic locations, workplace settings and interest groups. On completion of the course, they will each be required to deliver sessions to front line practitioners. Applications are now being accepted for this programme, which is supported by Man Matters and underwritten by the Big Lottery Fund. A full overview of the programme is available at: www.mhfi.org/engagetraining2014.pdf while application forms can be accessed at: www.mhfi.org/engageapplication2014.doc Please note that the deadline for submission of applications is 5.00pm on Monday 6th January 2014.

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Money Management Education and Training from Citizens Advice NI

[Citizens Advice](#) has commenced a new initiative called 'CAB mymoney'. Citizens Advice knows that having the financial skills to make informed decisions at key life events can mean the difference between a secure future and a desperate struggle. In this programme, the aim is to help people to avoid a financial crisis, and to gain the knowledge, skills and confidence to make informed decisions around budgeting, borrowing, saving and banking. Citizens Advice has developed these training sessions for groups and individuals. It can be delivered direct to clients and service users, or run with staff to build their capability to support clients on money issues in the future. The sessions are fun, engaging and full of practical tips. Topics covered include: money management and budgeting skills; different bank accounts and choosing credit; dealing with debts; and money in the workplace. For more information, contact Aileen Hutton or Nichola MacDougall at Tel: 02890 231120 or Email: huttona@citizensadvice.co.uk / macdougalln@citizensadvice.co.uk

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Seminar on Risks of Employee Drug and Alcohol Use

An information sheet published by the [Health and Safety Authority](#) (HSA) in September 2011 outlines actions that employers should take to manage the risks posed by intoxicants (defined as drugs and alcohol) in the workplace. This document contains information on how employers should manage the situation where an employee reports for, or is on duty, under the influence of an intoxicant. Since the introduction of the Safety, Health and Welfare at Work Act

2005, the [EAP Institute](#) has been researching and developing a best practice training manual on workplace intoxicants which incorporates the requirements outlined in the information sheet published by the HSA. EAP is running two seminars which will outline workplace intoxicant policy development, safety critical risk assessments, managing reasonable suspicion, reasonable accommodation and intoxicant testing. These will be held on Thursday 6th February 2014 (Dublin) and Thursday 20th February 2014 (Limerick). Details and booking arrangements can be found at: www.eapinstitute.com/drugalcohol.asp

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Research

Social Isolation and Older Men - Invitation to Tender

Age Partnership Belfast is a collaborative initiative between [Volunteer Now](#), [Engage with Age](#) and [North Belfast Senior Citizens' Forum](#). It supports a significant number of volunteer-led older persons' groups and forums across Belfast, as well as delivering a wide range of programmes which encourage older people to remain active, engaged with their communities, and central to influencing how services are delivered for them. One of the key areas of work is addressing social isolation among men aged 50+. The Partnership has established a Men's Working Group which would like to commission a review of the extent and impact of current community, voluntary, statutory or private sector services aimed at combating social isolation among men aged 50+ in the Belfast area. Tender information can be downloaded at www.volunteernow.co.uk/fs/doc/publications/men-50-research-tender.pdf and the closing date for receipt of proposals is 4.00pm on Thursday 12th December 2013. For further information, contact Frank Johnston at Email: frank.johnston@volunteernow.co.uk / Tel: 028 90 232020.

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Male Fertility Breakthrough

Nutritional supplements have been heralded as a new option for supporting and enhancing fertility. Mr Declan Keane, Senior Embryologist and Director of ReproMed Ireland, has teamed up with an Irish supplement company to bring a unique and exciting trial to Irish couples in need. Over the past few decades, research into nutritional supplements has shown some amazing results on male infertility. Several nutrients like Arginine, CoQ10, Zinc, Selenium and Omega 3 have been shown to significantly increase fertility markers. L-Arginine showed a massive 250% increase in sperm quantity and in motility. A study last year on Coenzyme Q10, showed improved sperm quality and had a significant improvement on prefab act rates. Nutritional intervention is a tried and tested method of improving fertility. Nutrients used at their researched dosages can improve all aspects of male fertility, even offering support for IVF. Find out more at: www.pillarhealthcare.ie/pre-conceive/our-clinical-study

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New Research on Non-Resident Fathers

[Modern Fatherhood](#) has just published a new report titled: '*What do we know about non-resident fathers?*' This report is from [NatCen Social Research](#), the [Thomas Coram Research Unit](#) and the [University of East Anglia](#), and was funded by the [Economic and Social Research Council](#) as part of the Secondary Data Analysis Initiative. The study uses data from the United Kingdom wide survey 'Understanding Society' - which provides a nationally representative sample of non-resident fathers. The report is available online at:

www.modernfatherhood.org/publications/what-do-we-know-about-non-resident-fathers

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Research on Traveller Men Receives Award

In November 2013, Fergal O'Brien from the [Southern Health and Social Care Trust](#) received a highly commended Research-led Management Award from the Permanent Health Secretary in Northern Ireland, Andrew McCormick. This was an acknowledgement for his research titled: 'Dying Fifteen Years Early - What can Traveller Men and Relevant Agencies do?' The award was sponsored by the Public Health Agency, the Institute of Health Care Management and ABPI. The report and video on this study can be accessed online at:

www.southerntrust.hscni.net/services/2185.htm

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Socio-economic Differentials in Male Mortality in Ireland: 1984-2008

The presence of pronounced inequalities in mortality and life expectancy across income, education and social groups is now well established. Research across a large number of developed and wealthy countries, including Ireland, has shown that those with fewer resources, less education, or a lower occupational class have higher Standardised Mortality Rates (SMRs) than more advantaged individuals. This study found that the differential in SMRs between professional and unskilled men, aged 15+, decreased between 1984 and the early 1990s, but then increased significantly thereafter - as the SMR for professional men continued to decrease, whilst that of unskilled men stabilised and then began to increase. See the online report at: www.esri.ie/publications/latest_working_papers/view/index.xml?id=3845

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Web Links

Men's Issues on the Web ...

[Hug for life - accessories with a simple message to help reduce suicide](#)

[Call on the European Parliament to adopt the White Ribbon Campaign](#)

[Middle-aged men have more reason to diet than women do, new study suggests](#)

[Online petition calling for HPV vaccination for boys to stop preventable cancers](#)

[Mobile health check-ups introduced for men](#)

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Next Edition

Due to the Christmas holidays, there will not be a January edition of E-Male Matters. The next newsletter will be released in February 2014. 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 February edition is Tuesday 28th January 2014.

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