

# E-Male Matters

February 2014

The newsletter of the Men's Health Forum in Ireland

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## News

### Men's Health Week 2014

Have you got your new diary for 2014 yet? ... If 'yes', that's great. If 'no', then rush down to your local Pound / Euro Shop and pick-up a reduced price one as soon as possible - because there's a date you need to get into it! [International Men's Health Week](#) (MHW) is only a few months away. It always begins on the Monday before Father's Day and ends on Father's Day itself. This coming year, it will run from Monday 9<sup>th</sup> until Sunday 15<sup>th</sup> June 2014. MHW is celebrated in most European countries, as well as in the USA, Australia, New Zealand and a number of other places worldwide. 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 / activities; encourage the early detection and treatment of health difficulties in males. Each year, there is also a specific theme. This year, the island of Ireland will focus upon '*Challenges, Choices and Celebrations*'. This calls upon everyone to stop just talking about men's health and to do something positive and practical to help to improve it. Why not put these dates into your new diary, and start thinking about how your group could mark this week?

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

## Parental Separation: A Father's Guide

Parental separation is a painful process for most people. It is common for fathers to feel shocked, lonely, sad or angry because the relationship with their partner has ended and they may be living apart from their children. This short leaflet (produced by [Man Matters](#)) offers practical information, advice and signposting to dads both during and after a family separation. Copies can be downloaded at: [www.mhfi.org/ManMattersFathersGuide.pdf](http://www.mhfi.org/ManMattersFathersGuide.pdf)

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## Online Petition calling for the Introduction of HPV Vaccination for Boys

HPV (Human Papillomavirus) is very common, and most men and women get HPV at some time in their lives. HPV usually never causes any health problems but, for some people, infection with HPV can lead to the development of certain cancers (cervical, vulval, vaginal, penile, anal, head and neck) as well as genital warts. About 5% of all cancers are caused by HPV infection. HPV vaccination at the age of 12/13 can significantly reduce the risk of developing disease, and vaccinating both sexes provides the highest level of protection. Currently, in the UK, only girls are vaccinated through a national programme, which is generally delivered in schools. This online petition calls upon the UK government to consider including boys in the vaccination programme. The petition has been organised by [HPV Action](#) - a partnership of 25 patient and professional organisations who all believe that both boys and girls should be vaccinated. Find out more at [www.hpvaction.org/what-you-can-do.html](http://www.hpvaction.org/what-you-can-do.html)

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## ARK Ageing Programme

Applications are invited for two [DEL](#) funded PhD studentships at the [University of Ulster](#). These will focus upon: Peace Processes, Peace Building and Older People (<http://research.ulster.ac.uk/info/researchopp/Conflict%20studies.html>) and Adult Social Care Policy and Older People (<http://research.ulster.ac.uk/info/researchopp/Social%20Policy.html>). The closing date for receipt of completed applications is 28<sup>th</sup> February 2014.

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# Events

## 'All Right Lads?' Conference

You are invited to apply for a free place at the 'All Right Lads?' conference which will be held on Thursday 27<sup>th</sup> February 2014 in Crumlin Road Gaol, Belfast BT14 6ST. This will be a large-scale half-day event (9.30am - 1.00pm) comprising a number of guest speakers and four parallel sessions. These sessions will focus upon Working with Fathers, Men's Health Training, Men and Education, and Men's Development Work. At the end of the conference, there will also be an opportunity for attendees to take a tour of the Gaol, and to have a personal health check conducted. Full details and a booking form can be accessed at: [www.wea-ni.com/index.php?option=com\\_seminar&Itemid=376](http://www.wea-ni.com/index.php?option=com_seminar&Itemid=376)

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## Men and the Five Ways to Wellbeing

The Southern Area Men's Health Steering Group invites you to 'Men and the Five Ways to Wellbeing'. This will take place on Friday 7<sup>th</sup> March 2014, in Dromantine Retreat and Conference Centre, Newry, Co. Down. The aim of this free seminar is to increase awareness of the Five Ways to Wellbeing as a tool to improve men's health. The event will begin at 9.30am and finish with lunch at 1.00pm. For more information and a booking form visit: [www.mhfi.org/SAMH2014.pdf](http://www.mhfi.org/SAMH2014.pdf)

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## **Queering the Family: Attitudes towards Lesbian and Gay Families and Relationships in Northern Ireland**

During February 2014, [ARK](#) will be hosting a seminar titled 'Queering the Family: Attitudes towards Lesbian and Gay Families and Relationships in Northern Ireland'. This event will take place in NICVA, 61 Duncairn Gardens, Belfast, from 12.00pm - 1.00pm, on Tuesday 25<sup>th</sup> February 2014. It will be followed by a sandwich lunch. Nicola Carr, Siobhan McAllister and Gail Neill will use data from the 2012 [Northern Ireland Life and Times Survey](#) to explore public attitudes within the context of broader discourses that often underpin policy discussions on 'the family'. Everyone is welcome, and the seminar is free. However, places must be booked by emailing [info@ark.ac.uk](mailto:info@ark.ac.uk) or phoning 028 7167 5513.

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## **'Owning the Shadow' Workshop**

From time to time, we all encounter people who seem to have a special talent for treading on our toes, getting up our noses, or really annoying us. However, not many of us take the trouble to ask ourselves why these people seem to have such power to provoke our irritation, dislike, anger, and maybe even hatred. If we did so, we might be surprised to discover that much of the answer lies in that part of ourselves that CJ Jung called our 'Shadow'. In Jung's vision, our shadow self is constructed from all those aspects of ourselves that we find so negative or shameful that we simply refuse to own or experience them. This is a residential workshop which will be held in the Waterville Lake Hotel, Waterville, Co. Kerry, from 15<sup>th</sup> - 21<sup>st</sup> February 2014. It is suitable for anyone with an interest in self-exploration or personal development. Although based on the Gestalt approach to psychotherapy, no previous experience of Gestalt is required or assumed. To request a more detailed brochure with a booking form or, for other queries, contact Fergus Lalor on Tel: 021 4505711 or Email: [fergus.lalor@upcmail.ie](mailto:fergus.lalor@upcmail.ie)

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# Training

## **Pathways to Health Level 3**

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. This training offers a chance to link grass roots practice with operational, strategic and policy work. It will provide participants with the opportunity to tackle health inequality in a unified way, underpinned by the principles and practice of community development. The Pathways to Health training is delivered as a series of master classes, one a fortnight, for 14 weeks. Each master class focuses on one of six main themes. For more information, visit: [www.cdh.n.org/pages/index.asp?title=Pathways to Health Level 3 - Armagh](http://www.cdh.n.org/pages/index.asp?title=Pathways_to_Health_Level_3_-_Armagh)

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# Research

## **Fathers, Separation and Co-Parenting**

On Thursday 23<sup>rd</sup> January 2014, [Man Matters](#) launched its third Policy Briefing Paper titled 'Fathers, Separation and Co-Parenting' in the Long Gallery at Stormont. This paper examines key issues relating to fathers who have separated, or are separating, from their children's mother. It provides a brief overview of what is known about the effects of separation on men,

the benefits to children of having actively involved fathers, fathers' experiences of separation, how they seek support, and how other countries have approached co-parenting. You can download a PDF version of this paper at: [www.mhfi.org/manmattersbriefing3.pdf](http://www.mhfi.org/manmattersbriefing3.pdf)

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### **Men's Health-Seeking Behaviour and Use of the Internet**

The Men's Health Forum in England and Wales, working in conjunction with Haringey Man MOT Project, has produced a report titled: 'A Review of the Literature: Men's Health-Seeking Behaviour and Use of the Internet'. Given the scope of the review, health-seeking behaviour was limited to reviewing four key areas, namely: the influence of masculinities; masculine capital; institutional social structures; and communication within medical consultations. The report can be accessed online at:

[www.menshealthforum.org.uk/sites/menshealthforum.org.uk/files/Men's\\_Health\\_Literature\\_Review\\_Dec2013\\_FINAL.pdf](http://www.menshealthforum.org.uk/sites/menshealthforum.org.uk/files/Men's_Health_Literature_Review_Dec2013_FINAL.pdf)

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### **Factsheet on Older Men in Northern Ireland**

'Older Men: Demography' is the latest factsheet in the [Men in Northern Ireland](#) (MiNI) series. Men in Northern Ireland is produced by [ARK](#) - a joint initiative between Queen's University Belfast and the University of Ulster. ARK makes material on the social and political life of Northern Ireland available to the widest audience. The MiNI series presents key statistics relating to demography, work, health, education, family life and caring responsibilities. The 'Older Men: Demography' factsheet can be downloaded, for free, as a PDF file at:

[www.ark.ac.uk/services/MINI9.pdf](http://www.ark.ac.uk/services/MINI9.pdf) This resource collates data from the Census of Population and mid-year population estimates.

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### **Study of Male Attitudes to the HPV Vaccine and Condom Use**

Current clinical research has linked HPV (Human Papillomavirus - the world's most common sexually transmitted infection) to male cancers such as head and neck cancers, anal and penile cancer. Clinical evidence indicates that correct condom use, in addition to receiving the HPV vaccine, provides the greatest protection from HPV infections. The researchers in this study are interested in male attitudes and behaviours towards receiving the HPV vaccine and condom use. Males, who are between the age of 18 and 28 years, are invited to participate in an online survey which should take no longer than 20 minutes to complete. All responses will be anonymous. The co-investigator in this study is Serena Fitzgerald, a registered general nurse and PhD student from the School of Nursing and Midwifery, University College Cork. If you are willing to participate, please visit: <https://www.surveymonkey.com/s/DZ5PZG7> For further information on this research, email: [serena.fitzgerald@ucc.ie](mailto:serena.fitzgerald@ucc.ie)

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### **Research into Spirituality and Chronic Illness**

This study aims to explore spirituality in individuals with chronic illness (i.e. a long-term illness such as hypertension, cardiomyopathy, diabetes, arthritis etc.). The research is being conducted by Elizabeth Weathers, a nurse and PhD student in University College Cork, under the supervision of Professor Geraldine McCarthy, Emeritus Professor in the School of Nursing and Midwifery. Persons with a chronic illness, who are aged 18 years or older, are invited to participate in an online survey. The survey will take about 15 minutes to complete, and includes questions about connection with others, meaning in life, ability to adopt new perspectives in life, and some general questions e.g. age, gender etc. All responses will be anonymous. If you are willing to participate, please visit: [www.surveymonkey.com/s/MDSpS](http://www.surveymonkey.com/s/MDSpS) For further information, see: <http://elizawithers.wix.com/spirituality-study>

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## Services Just for Men? Insights from a National Study of the Well Men Services Pilots

Men continue to have a lower life expectancy in most countries compared to women. Explanations of this gendered health inequality tend to focus upon male risk taking, unhealthy lifestyle choices, and resistance to seeking help from health services. In the period 2005 - 2008, the Scottish Government funded a nationwide community health promotion programme aimed at improving men's health. This was called Well Men Service Pilots (WMS). This paper explores WMS programme users' perspectives and experiences of health help-seeking. The results challenge the commonly held notion of men as being disinterested in their health. Moreover, the respondents were largely ambivalent about the need for gender specific services. For a copy of this paper, visit: [www.biomedcentral.com/1471-2458/13/425](http://www.biomedcentral.com/1471-2458/13/425)

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## Real Health Advice for Men - Evaluation Report

In an effort to encourage men to turn their words into actions (the theme for Men's Health Week 2013), the Northern Area Community Networks - in partnership with the Public Health Agency, Zest Healing the Hurt, and a broad range of other health providers - staged five, free, male only events to help men access health services, support and advice. The evaluation report on this initiative is now available at: [www.mhfi.org/NorthernAreaEvaluation.pdf](http://www.mhfi.org/NorthernAreaEvaluation.pdf)

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## Web Links

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

[Football fans fitness study published in The Lancet](#)

[Male contraceptive pill may be available within ten years](#)

[Exercise link to avoiding dementia in men](#)

[Heavy drinking in middle age may speed men's mental decline](#)

[Men and women's brains are 'wired differently'](#)

[New protocol for active surveillance of men with early prostate cancer](#)

[The other gender divide: where men are losing out](#)

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## Next Edition

The next edition of E-Male Matters will be released in March 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](mailto:emalematters@mhfi.org) The submission deadline for the March edition is Thursday 27<sup>th</sup> February 2014.

**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