

# E-Male Matters

March 2014

The newsletter of the Men's Health Forum in Ireland

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## News

### Men's Health: Challenges, Choices and Celebration

It hasn't gone away you know! ... Throughout the island of Ireland, planning is now underway for [International Men's Health Week](#) (MHW) 2014. MHW always begins on the Monday before Father's Day and ends on Father's Day itself. This 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, Ireland will focus upon '**Challenges, Choices and Celebration**'. This calls upon everyone to stop just talking about men's health and to do something positive and practical to help to improve it. An Ireland-wide inter-agency Planning Group has been working together to plan the week and design posters for it. These will be available by the end of April. In the meantime, why not put these dates into your diary, and start thinking about how your group could mark MHW 2014? Better still, let us know about your plans by submitting details at: [www.mhfi.org/mhw/promote-an-event.html](http://www.mhfi.org/mhw/promote-an-event.html)

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## **'All Right Lads?' Round-up**

The 'All Right Lads?' conference on Thursday 27<sup>th</sup> February 2014 in Crumlin Road Goal in Belfast attracted over 250 participants! This event was organised by [Man Matters](#), and included: opening remarks by the Junior Ministers in OFMDFM; international guest speakers; parallel sessions which focused upon Men's Health Training, Working with Fathers, Men and Education, and Men's Development Work; a Panel discussion; men's health checks; complementary therapies; free guided tours of Crumlin Road Gaol ... Even if you missed the event, you might want to keep an eye on the Man Matters website ([www.manmatters.org](http://www.manmatters.org)) which will soon be posting links to all the presentations made on the day.

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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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## **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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## **Foreskin Restoration Movement and the Harm Circumcision Causes**

Many men who have been circumcised are now learning more about this issue and how it has negatively affected their life. Indeed, a steadily increasing number of them are also learning how to restore their foreskin and to 'undo' their circumcision using non-surgical techniques. The Restoring Foreskin website ([www.restoringforeskin.org](http://www.restoringforeskin.org)) is an educational and support site offering a social network for men to share information and experiences. This resource was launched in 2009, and is a member-sponsored site. Visitors can access a 'Beginner's Guide', explore a list of the benefits of restoring the foreskin, and view general information on restoration methods and devices. There is also a calendar showing meetings of restoration groups. The Members' Only login area of the site contains more detailed information and access to a real-time chat room. Because of the nature of the discussions, membership is strictly limited to adults only. The online community also welcomes those who wish to advocate against routine infant circumcision.

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## **Building the Community-Pharmacy Partnership Funding Available**

The [Community Development and Health Network](#) (CDHN) has opened its latest round of funding for Building the Community-Pharmacy Partnership (BCPP). BCPP is about communities and pharmacists working in partnership to identify and tackle local health needs using a community development approach. The focus is on addressing health inequalities, and three levels of funding are available. For more information on this scheme, visit: [www.cdhn.org/pages/index.asp?title=Building\\_the\\_Community-Pharmacy\\_Partnership\\_latest\\_round\\_of\\_funding](http://www.cdhn.org/pages/index.asp?title=Building_the_Community-Pharmacy_Partnership_latest_round_of_funding)

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## Events

### **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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## 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.org/pages/index.asp?title=Pathways to Health Level 3 - Armagh](http://www.cdh.org/pages/index.asp?title=Pathways_to_Health_Level_3_-_Armagh)

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## Research

### **Partnership Process and Community-Based Health Promotion for Men**

Lisa Kirwan, Barry Lambe and Paula Carroll from [Waterford Institute of Technology](#) have written an article in the International Journal of Health Promotion and Education (Volume 51, Issue 2, pages 108-120) titled: 'An Investigation into the Partnership Process of Community Based Health Promotion for Men'. This can be accessed at:

[www.tandfonline.com/eprint/UgCmkcrgQrPuWKcH4PXu/full](http://www.tandfonline.com/eprint/UgCmkcrgQrPuWKcH4PXu/full)

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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: [www.surveymonkey.com/s/DZ5PZG7](http://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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## **Fathers, Separation and Co-Parenting**

[Man Matters](#) recently launched its third Policy Briefing Paper titled 'Fathers, Separation and Co-Parenting' 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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## **Emotionality in Men Living in Ireland**

You are invited to take part in an online survey that looks at how men in Ireland express and relate to their emotions. This study is being conducted by a PhD student in University College Dublin's Department of Psychology, and will explore the role of sexuality and psychological sex roles in how men express and relate to their emotions. The findings from this research will assist psychotherapists and counsellors when working with male clients. They will also contribute to academic knowledge in the area of masculinity and emotions within a therapeutic context. Participants remain anonymous and the questionnaire takes no more than ten minutes to complete. Full details of the survey can be found at:

[www.surveymonkey.com/s/MaleEmotionality](http://www.surveymonkey.com/s/MaleEmotionality)

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## **Study into Well-Being Variables and Disordered Eating Attitudes and Behaviours**

Researchers in the University of Ulster's School of Communication are, currently, recruiting participants to take part in a PhD study investigating well-being variables and disordered eating attitudes and behaviours. They are particularly interested in recruiting men from throughout Northern Ireland and the Republic of Ireland. The study is available as an online questionnaire ([https://ulstersocialsciences.az1.qualtrics.com/SE/?SID=SV\\_1LczDoW0EGGbnYp](https://ulstersocialsciences.az1.qualtrics.com/SE/?SID=SV_1LczDoW0EGGbnYp)) that takes 10-15 minutes to complete. Participation is entirely voluntary and participants are free to withdraw at any point. This study has been approved by the University of Ulster Research Ethics Committee (Ref: REC/13/0237). If you have any queries, or would like further information about this study, please Email: [foye-u@email.ulster.ac.uk](mailto:foye-u@email.ulster.ac.uk) or Tel: 02890 366291.

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## **Age, Gender and Trust in E-Health**

This online survey investigates the factors which influence users' trust of e-health websites. User trust in online interactions is a difficult concept to define. This study seeks to gain an understanding of the influence of both age and gender in this area. It is hoped to produce some generalizable conclusions about these factors that would be of use to both healthcare providers and users alike. You are invited to take part in this research by visiting:

[www.surveymonkey.com/s/Z2DYFYZ](http://www.surveymonkey.com/s/Z2DYFYZ)

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## **Not so Different: Teenage Attitudes across a Decade of Change in Northern Ireland**

Based on data collected by the Northern Ireland [Young Life and Times Survey](#) - the longest running annual cross-sectional attitude survey among any of the UK or Ireland's young people - this book is a resource for anyone interested in teenagers' attitudes and viewpoints over the last decade. Covering mental health, loneliness, play and leisure, sexual grooming and sexual exploitation, community relations, rights and democratic participation, and the positive contributions that 16 year olds make to society, it features contributions from academics and social policy makers who are all recognised experts in their fields. This new publication is edited by Dirk Schubotz and Paula Devine, and has the International Standard Book Number (ISBN): 978-1-905541-92-8.

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## Web Links

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

[Petition calling for the introduction of HPV vaccination for boys](#)

[Video intervention may increase skin cancer diagnosis in older men](#)

[How men age](#)

[Child health problems 'linked to father's age'](#)

[An important role in delayed language development played by gender and genes](#)

[Globally, cancer kills 50% more men than women](#)

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## Next Edition

The next edition of E-Male Matters will be released in April 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 April edition is Thursday 27<sup>th</sup> March 2014.

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**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**



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