

E-Male Matters

April 2014

The newsletter of the Men's Health Forum in Ireland

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News

Are you ready for it? ...

An all-island Planning Group has been meeting. Posters are being printed as we speak. Logos are being designed. Ideas for action are being formulated. Events are slowly taking shape ... Yes, you've guessed it - it's almost time for Men's Health Week 2014!

This year, [International Men's Health Week](#) (MHW) will run from Monday 9th until Sunday 15th June 2014. Groups throughout Ireland will be joining with other European countries - as well as the USA, Australia, New Zealand and a number of other places worldwide - to mark this occasion. Each year, there is a specific theme. This year, the island of Ireland will focus upon **'Men's Health: Challenges, Choices and Celebrations'**. This calls upon everyone to stop just talking about men's health, to do something positive and practical to help to improve it, and to celebrate men and boys in our communities.

As always, 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 and activities; encourage the early detection and treatment of health difficulties in males. Therefore, any events and activities to celebrate this occasion are very welcome. Have you started to plan something for this week yet? If so, why don't you tell other people about it by completing and submitting a MHW Event Form on the [Men's Health Forum in Ireland](#) website at: www.mhfi.org/mhw/promote-an-event.html

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New Educational Resource: Sexual Risks and Capacities of Young People

[ARK](#) and [Brook NI](#) have developed a peer-led educational resource to address sexual risks among young people. The objective was to facilitate sexual capacity and confidence building with young people in Northern Ireland who are at the start of their sexual careers. The project was based on data from the [Young Life and Times Survey](#) on sexual grooming and sexual experiences. An online resource has been developed, which highlights information, definitions, research facts, and scenarios on sexual grooming, friendship, love and exploitation. To find out more, visit: www.ark.ac.uk/ylt/results/YLT-Brook-KE-project.html This project was co-funded by the [ESRC's Knowledge Exchange](#) programme.

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Armagh Men's Shed

Have you seen the new YouTube video about Armagh Men's Shed yet? If not, have a look at: www.youtube.com/watch?v=rob07xCUAYA

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Chief Medical Officer's Annual Report

Northern Ireland's Chief Medical Officer, Dr Michael McBride, highlights some of the biggest public health issues facing Northern Ireland in his annual report. Visit: www.nidirect.gov.uk/chief-medical-officers-annual-report to download a copy.

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Therapeutic Counselling for Men

Together For You is an innovative new project led by [Action Mental Health](#), in partnership with [Aware Defeat Depression](#), [CAUSE](#), [Cruse](#), [MindWise](#), [Nexus NI](#), [Praxis Care](#) and [Relate NI](#). It is funded by the [Big Lottery Fund](#) to deliver mental health and wellbeing services to a range of people throughout Northern Ireland. As part of this initiative, Relate NI provides free counselling to individuals and families with relationship issues in the areas of: partner / family; work; finance; alcohol / substance misuse. Relate NI is particularly keen to support men with any of these issues. For more information, Email: TFY@relateni.org or Tel: 028 9032 3454.

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Events

'No Man is an Island' Conference

Ennis Men's Shed is hosting a conference in the West County Hotel, Ennis, Co. Clare, on Friday 25th and Saturday 26th April 2014. The conference, titled 'No Man is an Island', will look at issues affecting men and their mental and physical well being. See:

www.facebook.com/EnnisMensShed

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Men's Policy Forum Meeting

The Men's Policy Forum provides an opportunity for a diverse range of individuals and organisations to network and share information in the field of men's work, as well as to collaboratively highlight and address the needs of men in Northern Ireland. The next meeting of the Forum will take place on Wednesday 21st May 2014, from 10.00am - Noon, in NICVA, 61 Duncairn Gardens, Belfast BT15 2GB. Everyone with an interest in men's work and issues is welcome. This meeting will focus on the Northern Ireland Gender Equality Strategy. For further details, or to register your attendance, see: www.nicva.org/events/mens-policy-forum-working-together-highlight-mens-issues-northern-ireland

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Call for Men's Health Information Stands at Belfast City Hall

For the past three years, Belfast Men's Health Group (BMHG) has hosted very successful events in Belfast City Hall during Men's Health Week. This year's event is scheduled for Wednesday 11th June 2014, from 11.00am to 2.00pm. BMHG is extending an invitation to organisations, projects and service providers to showcase the range of support and services they can offer to men across Belfast. This can range from benefits advice, to healthcare, to mental, physical and emotional wellbeing programmes, to educational opportunities ... On the day, there will also be a range of interactive opportunities for men, including health checks, taster complementary therapies, hair trimming, and physical activities such as spin bikes. If your organisation would like to have a stand to highlight your services, you need to register your interest before Monday 19th May 2014. All queries should be directed to Bryan Irwin, Cancer Lifeline, on Tel: 028 9035 1999 / Email: bryan@cancerlifeline.info

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Training

Let's Talk About ... Safer Sex

You are invited to apply for a place on a four day Training for Trainers Programme titled 'Let's Talk About ... Safer Sex'. This will take place on Thursday 1st May, Thursday 8th May, Thursday 15th May, and Friday 16th May 2014. Each day will last from 10.00am to 4.30pm, and the training will take place in [Dublin AIDS Alliance](#), 53 Parnell Square West, Dublin 1. The primary aim of the programme is to train youth and community workers to deliver HIV, hepatitis, and sexual health education programmes to the groups in their care. On completion of the training, each participant will also receive the newly published 'Let's Talk About ... Safer Sex' training resource. The cost of the training is €220, and the closing date for receipt of booking forms is Thursday 17th April 2014. Further information is available at:

www.dublinaidalliance.ie or Email: sue.carter@dublinaidalliance.ie

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Research

Engaging 'Hard to Reach' Men in Community Based Health Promotion

Paula Carroll, Lisa Kirwan and Barry Lambe from [Waterford Institute of Technology](#) have had an article published in the International Journal of Health Promotion and Education titled "*Engaging 'Hard to Reach' Men in Community Based Health Promotion*". This study sought to identify factors that can support men to connect to such programmes. The findings are at:

www.tandfonline.com/eprint/geQuUyA5P6Eapkwu5Yra/full#.UzQ8hpivmM8

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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, 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. Details of the survey can be found at: 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) that takes 10-15 minutes to complete. Participation is entirely voluntary, and participants are free to withdraw at any point. If you have any queries, or would like further information about this study, please Email: 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 that will be of use to both healthcare providers and users. You are invited to take part in this research by visiting: www.surveymonkey.com/s/Z2DYFYZ

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Web Links

Men's Issues on the Web ...

[Sperm DNA analysis to cut heartache and expense from the fertility journey](#)
[Higher risk of death from skin cancer among men living alone](#)
[Boys who started smoking before age 11 went on to have fatter sons](#)
[Link between poor sleep quality and cognitive decline in older men](#)
[Early depression predisposes young men to sedentary behavior as they age](#)
[Why autism is more common in males](#)
[High animal protein diet may reduce functional decline in older adults](#)
[Fifth of working fathers 'would rather look after baby'](#)

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Next Edition

The next edition of E-Male Matters will be released in May 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 May edition is Tuesday 22nd April 2014.

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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