

E-Male Matters

March 2015

The newsletter of the Men's Health Forum in Ireland

Quick links to articles in this edition ...

NEWS

[Men's Health: Creating Culture Change](#)

[Men's Health Symposium in Dublin](#)

[Videos: Importance of Fathers to Children's Lives](#)

[Submissions on Public Health Alcohol Bill](#)

[Men and Eating Disorders](#)

[Anti-Cyberbullying eBook Launched](#)

[Men and Nature](#)

[Dementia Elevator](#)

EVENTS

[Safe Spaces and Places for Men](#)

WEB LINKS

[Men's Issues on the Web](#)

TRAINING

[WHSCT Health Improvement Training Brochure](#)

[HIV and STIs Workshop](#)

RESEARCH

[MSM Internet Survey Ireland \(MISI\) 2015](#)

[Health Inequalities in Northern Ireland](#)

[Young Men and Violence Survey](#)

[Irish Study on Fertility in Men](#)

[Identity of Young Men in Post-Conflict NI](#)

NEXT EDITION

[Submit an Article for the Next Issue](#)

News

Men's Health: Creating Culture Change

It hasn't gone away you know! ... Throughout the island of Ireland, planning is now underway for [International Men's Health Week](#) (MHW) 2015. MHW always begins on the Monday before Father's Day and ends on Father's Day itself. This year, it will run from Monday 15th until Sunday 21st June 2015. 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 '**Creating Culture Change**'. This calls upon everyone to stop just talking about men's health and to do something positive and practical to help to improve it as '**it's time for a new script**'. An Ireland-wide inter-agency Planning Group has been working together to plan the week and to design posters / postcards for it. These will be available by the beginning of May. In the meantime, why not put these dates into your diary, and start thinking about how your group / workplace / church / sports club ... could mark MHW 2015?

[Back to Top](#)

Men's Health Symposium in Dublin

You are invited to apply for a place on a Men's Health Symposium which will be held in Dr Steeven's Hospital, Dublin, on Wednesday 15th April 2015. The aim of this event is to launch / disseminate a report on the review of Ireland's National Men's Health Policy, and to consider the implications of this report in the context of 'Healthy Ireland' and future men's health work. This symposium will also showcase recent outputs in men's health work that can inform ongoing and future initiatives. To see a copy of the programme, visit: www.mhfi.org/symposium2015.pdf For an application form, email: susan.broderick@hse.ie



[Back to Top](#)

The Importance of Fathers in Children's Lives - Video of Presentations

[Improving Children's Lives](#), in association with [Parenting NI](#), [Family Mediation NI](#) and the [Men's Health Forum in Ireland](#), recently hosted a seminar on 'The Importance of Fathers in Children's Lives: Outcomes, Evidence and Rights into Practice'. This took place on Thursday 12th February 2015 in Queen's University Belfast. The proceedings were videoed, and these recordings are now available on the Improving Children's Lives website at: www.improvingchildrenslives.org/Resources/Videos

[Back to Top](#)

Health Committee Invites Submissions on Public Health Alcohol Bill

Individuals and organisations concerned about alcohol harm are being invited to make their voice heard on the Public Health Alcohol Bill in Ireland. The Bill sets out to provide for health labelling of alcohol products, minimum unit pricing, regulation of marketing and advertising of alcohol, and enforcement powers for Environmental Health Officers. For further information on the Bill, visit [Alcohol Action Ireland's](#) campaign page - www.alcoholireland.ie/campaigns/bill - where you can also write to your local public representatives about this important issue in just three easy steps.

[Back to Top](#)

Men and Eating Disorders

When we think of eating disorders, we often imagine a young girl who believes she is overweight while her weight continues to drop to unhealthy levels and she is visibly emaciated. Or we may think of a young woman who runs to the toilet to force herself to be sick after every meal to keep her weight down while she indulges in her favourite foods. However, eating disorders come in many forms and can affect anyone - male or female, young or old, big or small, rich or poor. Eating disorders do not discriminate! [The Laurence Trust](#) seeks to provide information and support to men living with eating disorders, and to help families to support their loved ones. For more information, visit: www.thelaurencetrust.co.uk

[Back to Top](#)

Anti-Cyberbullying eBook Launched by Dundalk Outcomers

A new anti-cyberbullying support for lesbian, gay, bisexual and transgender (LGB&T) young people has been launched through International Youth Exchange. Dundalk Outcomers LGB&T support service and Accept LGB&T Cyprus have launched their new eBook 'Towards Anti-Cyberbullying: an eBook for LGBT young people'. This unique support for young LGBT people was developed and created by collaboration between a group of LGB&T and non-LGB&T through an intensive two week Erasmus plus exchange programme. The eBook features sections on 'Ways and types of cyberbullying', 'What to do if you are cyberbullied', and 'How to protect yourself online'. It is available for free downloading at: www.lgbtCB.org

[Back to Top](#)

Men and Nature

Many men prefer to talk about their issues 'shoulder to shoulder' in a more natural or outdoor setting compared to that of an indoor therapy room. The Ecopsychology and Ecotherapy Association of Ireland (eeai) is an all-Ireland association which promotes the vast healing capacity of nature, and provides information for people who would prefer to meet with a professional Counselling Psychotherapist in a natural outdoor setting. To learn more about Ecotherapy and Ecopsychology, and how our inspiring Irish natural resources may benefit your health, check out: www.walkinniu.ie The eeai welcomes any questions, comments or suggestions at: www.eeai.ie

[Back to Top](#)

Dementia Elevator

Dementia Elevator is a programme based in [Dublin City University](#). Dementia Elevator is currently working in partnership with the HSE to up-skill individuals, communities and health care services in the area of dementia. They are interested in highlighting the issue of dementia among men by approaching the topic positively - focusing on a person's abilities rather than their disabilities, and looking at ways we can all help people with dementia to stay involved in communities. Throughout this work, they have met with men who have dementia, who are carers of a spouse with dementia, and some who are worried about memory loss or are fearful of going to the GP or even talking about it to family or friends. They have also spoken to members of various clubs who worry when a member is diagnosed with dementia, and wonder if this member should keep attending and 'what is the right thing to do'. A short awareness video has been developed to help to open up a conversation about dementia. This is available online, and is accompanied by a resource pack for group delivery:

www.dementiaelevator.ie/training-programmes/dementia-awareness-training/level-1-general-dementia-awareness

[Back to Top](#)

Events

'Safe Spaces and Places for Men' Seminar

The [Southern Area Men's Health Steering Group](#) wishes to announce the date of their Annual Men's Health Seminar for 2015. This will take place on Friday 27th March 2015, from 9.30am - 1.30pm, in [Ranfurly Arts and Visitors Centre](#), Dungannon, Co. Tyrone. The theme for this year's event will be: *'Safe Spaces and Places for Men'*. More details will be available soon. In the meantime, register your interest with Frances Haughey by emailing:

F.Haughey@sqehc.com

[Back to Top](#)

Training

Western Health and Social Care Trust Health Improvement Training Brochure

The Western Health and Social Care Trust's Health Improvement training brochure for April - September 2015 is now available online at: www.mhfi.org/WHSCTraining2015.pdf

[Back to Top](#)

HIV and STIs Workshop

The aim of this workshop is to provide participants with basic up-to-date information on HIV and Sexually Transmitted Infections (STIs). It will be of benefit to people working in the voluntary, youth, and community sectors who may deal with these issues in the workplace. The workshop will take place on Tuesday 14th April 2015, from 10.00am to 4.30pm, in the Dublin AIDS Alliance. Further information on this training (and booking forms) is available at: www.dublinaid alliance.ie/index.php?page=training or by emailing: niamh.fingleton@dublinaid alliance.ie

[Back to Top](#)

Research

MSM Internet Survey Ireland (MISI) 2015

The HSE has launched a major survey of men who have sex with men (MSM) in Ireland. The MSM Internet Survey Ireland (MISI) 2015 aims to identify the sexual health and HIV prevention needs of MSM living in Ireland. The survey went live on 1st March at www.misi.ie and will be open for participation until the 31st May 2015. MISI 2015 is a cross-sectoral partnership of statutory organisations, NGOs and voluntary organisations working in the area of HIV prevention and sexual health; consisting of the HSE's Gay Men's Health Service (GMHS), Health Protection Surveillance Centre (HPSC), Crisis Pregnancy Programme (CPP), and the Gay Health Network (GHN). The project is supported by an advisory group of international experts. The partnership is urging as many men as possible to participate in the survey and to contribute to the future planning of HIV prevention and sexual health services and promotion.

[Back to Top](#)

Health Inequalities in Northern Ireland

A report by the Department of Health, Social Services and Public Safety presents health inequalities at the new Local Government District level, as well as continuing to report on the five Health and Social Care Trusts. It is titled 'Health Inequalities: NI Health & Social Care Inequalities Monitoring System - Sub-regional 2015', and is available for free downloading as a Portable Document Format (PDF) file at: www.dhsspsni.gov.uk/hscims-sri-hsct-2015.pdf

[Back to Top](#)

Young Men and Violence Survey

[YouthAction Northern Ireland's](#) Young Men and Violence Peer Research Groups in South Armagh and East Belfast are developing a study which focuses on young men and violence. They are seeking as many young men aged 14 - 25 years as possible to complete their short, anonymous, online survey at: www.surveymonkey.com/s/PLZGFYX

[Back to Top](#)

Study Shows pre-Conceive Combined with Nutritional Advice Improves Fertility for Men

More than eight out of ten Irish men tested as part of Europe's first ever clinical study on the impact of nutritional supplements on fertility showed improvements in their sperm motility as well as reduced cell damage to their sperm. The clinical study on pre-Conceive, and the effect on both male and female fertility parameters, showed that progressive motility - which measures sperm cells swimming in the right direction - was greatly improved when the supplement was taken over a 90 day period. The study also showed reduced cellular damage to sperm cells throughout the testing period. For further information see:

www.pillarhealthcare.ie

[Back to Top](#)

'We Missed out on the Troubles': Understanding the Identity of Young Men in Post-Conflict Northern Ireland

A post-graduate student from the United States is conducting research for a project that addresses issues regarding young men in Northern Ireland today. The project focuses on understanding how young men's social and political identities have been influenced by their experiences of living in Northern Ireland during the 1990s transitional period. Furthermore, the project examines how these experiences have impacted not only young men's mental health and behaviour, but also their perceptions of masculinity. The researcher is looking to interview men who are between the ages of 27-38, and who were not only born in Northern Ireland, but also lived in Northern Ireland during the 1990s - particularly between 1994 to 1998. Research will be conducted throughout March until 30th April 2015. To participate, contact Jenna Lada at email: jl238309@ohio.edu

[Back to Top](#)

Web Links

Men's Issues on the Web ...

[Men and masculinity: An emerging theme in gender and health research](#)
[Gap in life expectancy in Ireland across different socio-economic groups](#)
[Air pollution linked to increased risk of suicide](#)
[Men's health - a problem hidden in plain sight?](#)
[Are attractive men more selfish?](#)
[Tobacco 'kills two in three smokers'](#)
[Parenting and depression study: Fathers are at risk, too](#)
[Rountable on men's use of primary care in Northern Ireland](#)

[Back to Top](#)

Next Edition

The next edition of 'E-Male Matters' will be released in April 2015. 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 April edition is Friday 27th March 2015.

[Back to Top](#)

E-Male Matters is also available online at:
www.mhfi.org/newsletters/about-e-male-matters.html