

E-Male Matters

August 2015

The newsletter of the Men's Health Forum in Ireland

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News

Connecting for Life: Strategy to Reduce Suicide 2015 - 2020

'Connecting for Life' - Ireland's national strategy to reduce suicide - was launched on Wednesday 24th June 2015. The development of the strategy was a collaborative and inclusive process which involved a public consultation process. 272 submissions were received from members of the public, service users and their families, professional bodies, and community of interest organisations. A copy of the strategy can be downloaded from: www.hse.ie/eng/services/list/4/Mental_Health_Services/NOSP/preventionstrategy/connectingforlife.pdf

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Regional Traveller Men's Health Coordinator

[Pavee Point Traveller and Roma Centre](#) invites applications for the post of full-time Regional Traveller Men's Health Coordinator - funded by the Traveller Health Unit, Eastern Region. Full details of the Job Specification for this position are available online at: www.mhfi.org/travellercoordinator.pdf It is desirable that applicants will have a full clean driving license. The closing date for receipt of applications is Thursday 6th August 2015. Only applications using the Pavee Point standard Job Application Form will be considered. These can be obtained from Lee Davis or Nurul Amin at Tel: 01 8780255.

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Are you a More Than Once a Night Man?

Frequent urination is one of several urinary problems that are common in men as they become older. For some men, problems urinating could be a sign that they have a prostate problem - usually an enlarged prostate. Enlargement of the prostate gland can be a factor, and is medically referred to as Benign Prostatic Hyperplasia (BPH). Comedian Brendan Grace recently launched the 'More Than Once a Night Man' awareness campaign which is aimed at men aged over 50. This initiative is supported by GSK, and encourages men to see their doctor if they visit the bathroom more than once during the night. A BPH booklet and questionnaire has also been produced to help to inform men about this condition. These can be accessed at: www.morethanonceanight.ie

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Turn2Me Support for Men

Traditionally, men in Ireland often 'shy' away from engaging with others (be that family, friends, colleagues and health professionals) when it comes to confronting and talking about their mental health. With the proliferation of technology in recent years, it appears that men are not only more comfortable about using this but may, indeed, become positively uninhibited when doing so to communicate about their own mental health needs. [Turn2Me](#) has noticed an increase in men attending its service - from one in five to, approximately, one in four. This is a very positive sign. Turn2me operates a three tier strategy whereby men can: help themselves; engage with their peers to discuss any presenting issues; engage with a trained mental health professional. Men are drawn to this service because of the ease with which they can engage with it through Smart Phones and other devices - it is instantly accessible, and mental health support is at their fingertips. The relative anonymity that men can have is important to some of them, as is the fact that no matter where the user is located they can interact with the service. Find out more at: www.turn2me.org

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Trees of Hope

Having lost loved ones to suicide, Noeleen Fulham wanted to create a focal point in her community that people in the same position as herself could see daily, and which would help them to remember their family and friends. One day she saw an advert from the Tree Council of Ireland asking people to plant and register a tree. She decided to donate one, and called it the 'Tree of Hope' - planted as a reminder to anyone affected by a suicide, or living with mental health issues, that they are in our thoughts and that support is available. With her husband and two friends, she went on to turn the plantings into public events. There are now 77 Trees of Hope across Ireland - with many more planned. Most of the trees are visited regularly, with people adding flowers and messages to them. Visiting these sites can help the person to take time out to remember their loved ones. To find out more, see: www.facebook.com/TreesofHope

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Events

Launch of 'The Dad Factor'

The Dads Direct group in Northern Ireland (comprised of [Contact Centres](#), [Family Mediation NI](#), [Home-Start NI](#), [Men's Health Forum in Ireland](#), [Parenting NI](#), [Relate NI](#) and [Sure Starts](#)) will be launching their new briefing paper titled 'The Dad Factor - the positive impact of dads on their children's lives' on Monday 21st September 2015, at 11.00am, in The Long Gallery, Stormont. To register your interest in attending this launch, email: sharon@parentingni.org

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Roundtable on Gender Equality Policy Priorities

The [Equality Commission for Northern Ireland](#) (ECNI) is currently refining gender equality policy priorities and recommendations, and is seeking the views of stakeholders to help to shape and inform them. The proposed priorities cover a number of areas including tackling gender stereotypes, education, employment, care, health, sport, gender law reform, and the necessary architecture for delivering equality. In advance of a bigger, more general engagement event, they are holding a small Roundtable (Wednesday 2nd September 2015, in Equality House, Belfast, from Noon - 2.00pm) to set out their proposals and to hear men's perspectives. You are invited to attend. For space / catering arrangements, it is important to book a place with Liz Law from ECNI (Email: llaw@equalityni.org or Tel: 028 9050 0573) and to let her know if you require any reasonable adjustments or have any dietary requirements.

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Transformations in Youth Mental Health

The Association of Child and Adolescent Mental Health Special Interest Group in Youth Mental Health, in association with St. Patrick's Mental Health Services, is delighted to announce that registration for their 5th Annual Research Conference on Youth Mental Health is now open. This is a multi-disciplinary conference (to be held on Friday 19th September 2015 in Dublin) which will be of interest to anyone working with, or developing services for, adolescents and young adults. The theme for this year's conference is transforming how we think about, and respond to, young people's mental health needs. The conference will showcase new research, interventions and service developments of relevance to the mental health of young people in the 12-25 year age range. Enquiries about the conference can be made to Helen Coughlan at: helencoughlan@rcsi.ie

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Technology for Wellbeing Conference 2015: Call for Abstracts

[ReachOut Ireland](#) is hosting the 3rd annual Technology for Wellbeing International Conference on Thursday 12th November 2015 in The Marker Hotel, Dublin. They are now calling for abstracts from interested researchers, service providers and students. Abstracts of no more than 250 words should be sent to derek@reachout.com by Friday 4th September 2015. Conference topics will include: innovation in technology and mental health; social media and mental health; suicide prevention and the internet; mental health promotion / public messaging online; national policy in technology and mental health; good practice in the safe delivery of online mental health services; crisis response protocols; technology, cybersafety and young people; youth participation and engagement with online interventions.

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Institute of Public Health Open Conference 2015

The 4th [Institute of Public Health](#) Open Conference will take place on Tuesday 13th October 2015 in Croke Park, Dublin. People from all sectors (e.g. statutory, academia, community, voluntary), North and South, are invited to submit proposals for oral presentations at this dynamic, informal, free public health event. These presentations should focus upon one of the core themes: cross-sectoral work on the social determinants of health; income inequalities and health - closing the gap; research and evidence strengthening policy and practice; excellence in leadership in public health; influencing the teenage years - impact for life. Proposals to present at the Conference should be submitted at www.iphopenconference.com by no later than Friday 14th August 2015. Following this date, all registered participants will vote for the presentations that they would like to hear at the Conference.

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Training

One Day Sexual Health Training

The [Irish Family Planning Association](http://www.ifpa.ie) (IFPA) is offering comprehensive one-day training on the basics of sexual and reproductive health. This training is recommended for health professionals, educators, carers, youth, social and community workers, or anyone who wants to know more about sexual and reproductive health. The course content includes: contraception; sexually transmitted infections; unplanned or crisis pregnancy; sexual health; healthy relationships; legislation and the age of consent. The next training takes place on Thursday 17th September 2015. To find out more, visit: www.ifpa.ie/Education-Training/Programmes/Sexual-Health

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Research

Promoting Mental Health and Wellbeing with Men and Boys

In May 2014, the Movember Foundation commissioned the [Centre for Men's Health](#) within Leeds Beckett University, in collaboration with the [Men's Health Forum England & Wales](#), to gather current research evidence and practical knowledge about the core elements that enable successful work with men and boys on mental health promotion, early intervention and stigma reduction. This process involved several stages of evidence gathering including: a literature review; a scoping of existing UK based projects; the establishment of an international 'investigative network' of experts; an in-depth examination of fifteen UK and Ireland based projects; an expert symposium. This information was then analysed to provide a view of what works, for which boys and men, in what contexts, and why. You can view the final report - 'Promoting Mental Health and Wellbeing with Men and Boys: What Works?' - at: www.mhfi.org/PromotingMentalHealth.pdf

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Gender Equality Statistics: 2015 Update

In May 2008, the [Office of the First Minister and Deputy First Minister](#) (OFMDFM) published 'Gender Equality Strategy: A Baseline Picture', which provided data on a wide range of indicators on gender differences in Northern Ireland. These indicators were selected to provide an overview of changes in the relative position of males and females across a range of policy areas, and to facilitate a review of the Gender Equality Strategy by providing a broad contextual picture and chart trends over time. Update reports were produced in June 2011, July 2013 and August 2014. This fifth report in the series was published in July 2015. As with the previous reports, time series data are presented (where available) in order to give the reader a better insight into the long-term trends of the statistical indicators. You can download a Portable Document Format (PDF) version of this report at: www.ofmdfmi.gov.uk/gender-equality-stats-update-2015.pdf

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Review of the Irish National Men's Health Policy

The findings from an independent review on the impact of Ireland's [National Men's Health Policy 2008-2013](#) (commissioned by the Department of Health / Health Services Executive) are now available. Copies of the report can be downloaded at: www.mhfi.org/policyreview2015.pdf

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Consultation on Model of Support for those Bereaved by Suicide

The [Public Health Agency](#) (PHA) is, currently, conducting a consultation on their proposed model of support for anyone bereaved by suicide. They are seeking feedback on this model. All responses must be received by 4.00pm on Friday 14th August 2015. Following the end of the consultation period, the PHA will consider all responses, and these will inform the development of the final model of support for those bereaved by suicide. The consultation documents can be accessed at: www.publichealth.hscni.net/consultation-support-model-those-bereaved-suicide-0

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Global Health and Wellbeing Survey

Are you 16 years of age or older? Do you currently live in Australia, Canada, New Zealand, the United Kingdom or the United States? ... If so, you are invited to participate in a pioneering global survey on health and wellbeing. The Young and Well Cooperative Research Centre and Brain & Mind Research Institute (University of Sydney) are conducting a research project to improve global understanding of health and wellbeing - with a particular focus on men's health. It will be used to inform education programmes within health and mental health sectors across each participating country and the world. The survey takes no longer than 30 minutes to complete, and can be accessed at: www.globalhwsurvey.com You can find full details on it at: www.globalhwsurvey.com/limesurvey/shared/PIS.pdf

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Web Links

Men's Issues on the Web ...

[The latest statistics on teenage births are missing a vital ingredient: fathers](#)
[Professor Harald zur Hausen, Nobel scientist, calls for HPV vaccination for boys](#)
[Prostate cancer twice as likely to kill black men as white men, study finds](#)
[National confidential inquiry into suicide and homicide by people with mental illness](#)
[Cancer overtakes cardiovascular disease as UK's number one killer among men](#)

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Next Edition

The next edition of 'E-Male Matters' will be released in September 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 September edition is Friday 28th August 2015.

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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