

# E-Male Matters

**December 2015**

The newsletter of the Men's Health Forum in Ireland

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## News

### Men's Health Week 2016 - A Date for Your Diary

Yes, it's that time again ... The turkey isn't even in the oven yet, and already someone is talking about next year!!! It seems like only yesterday when we were all hyped-up for Men's Health Week 2015, and now the next one is just around the corner ... [International Men's Health Week](#) (MHW) always begins on the Monday before Father's Day and ends on Father's Day itself. This coming year, it will run from Monday 13<sup>th</sup> until Sunday 19<sup>th</sup> June. The theme for 2016 is: *'Men United - for health and wellbeing'*. Why not put these dates into your diary, and start thinking about how your group could mark this week? More details will follow in the New Year. After all, we want you to enjoy your Christmas break first.

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## All-Island Planning Group for Men's Health Week

Every year, the [Men's Health Forum in Ireland](#) (MHFI) convenes an all-island Planning Group for [Men's Health Week](#). Organisations are invited to attend a number of meetings (some face-to-face and some via video-conference between Dublin and Belfast) to discuss the week and help to shape it. The first meeting of this body will take place on Monday 18<sup>th</sup> January 2016, from 10.30am - 1.45pm (including lunch), in Dundalk, Co. Louth. If you would be interested in contributing to the planning process, email Colin Fowler at: [colin@mhfi.org](mailto:colin@mhfi.org)

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## Global Action on Men's Health

[Global Action on Men's Health](#) (GAMH), a major international public health initiative, is seeking new members. Both organisations and individuals are very welcome. The Men's Health Forum in Ireland was one of GAMH's founding members. Globally, the gap between male and female life expectancy and healthy life expectancy has widened in the last 40 years. The male:female life expectancy 'gap' is expected to get even bigger by 2030. International public health organisations, including the World Health Organisation (WHO), have not identified this as an issue or taken any significant steps to address the problem. Men are almost entirely absent from global public health policy. GAMH exists to address this inequality. Members benefit from: shared intelligence about developments in men's health in individual countries and globally, provided via a regular members' eBulletin; an opportunity to share information and network with other GAMH members; a profile on the GAMH website; an opportunity to support and contribute to GAMH initiatives and projects; early alerts about GAMH events and registration at discounted rates. More information about membership can be found at: [www.gamh.org/membership](http://www.gamh.org/membership) For any other queries, email: [office@gamh.org](mailto:office@gamh.org)

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## Dementia Coping Skills for Families and Carers

The [Dementia Elevator](#) team has produced a free, online, Dementia Coping Skills for Families and Carers programme. This can be accessed at: [www.elevator-carers-coping-skills.com](http://www.elevator-carers-coping-skills.com) While this programme is, primarily, focused upon the needs of families and carers of a person with dementia, the content will be very beneficial to anyone who wishes to learn more about supporting a person with dementia and their family.

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## National Men's Health Policies: Can They Help?

Despite the many serious health problems facing men, few countries have national strategies to deal with these issues. Ireland, however, was the first country in the world to adopt such a strategy, and the National Men's Health Policy 2008-2013 was a significant development in the relatively short history of 'men's health'. In an article published in 'Trends in Urology and Men's Health', Peter Baker reviews this development in Ireland, and looks at how effective these policies have proved to be in some other countries. To read his article, visit:

[www.trendsinmenshealth.com/wp-content/uploads/sites/13/2015/11/Mens-Health-Policy.pdf](http://www.trendsinmenshealth.com/wp-content/uploads/sites/13/2015/11/Mens-Health-Policy.pdf)

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# Events

## Masculinities, Violence and (Post-)Conflict Conference

The Transitional Justice Institute (TJI) and the International Conflict Research Institute (INCORE) at Ulster University are organising a one-day postgraduate conference on 'Masculinities, Violence and (Post-)Conflict'. This will be held on Thursday 14<sup>th</sup> January 2016

in Belfast. This student-led event will offer academic presentations, peer discussion, networking opportunities, and expert feedback in a supportive environment. For more information, visit: [www.ulster.ac.uk/ulster-life/events/transitional-justice-institute/masculinities-violence-and-post-conflict](http://www.ulster.ac.uk/ulster-life/events/transitional-justice-institute/masculinities-violence-and-post-conflict) or contact Philipp Schulz ([Schulz-P@email.ulster.ac.uk](mailto:Schulz-P@email.ulster.ac.uk)) / Seamus Campbell ([Campbell-S25@email.ulster.ac.uk](mailto:Campbell-S25@email.ulster.ac.uk)).

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### **Back to Basics - Put a Spring in your Step**

The Southern Area Men's Health Group invites you to put a date in your diary for their annual men's health event. This year, the theme will be 'Back to Basics - Put a Spring in your Step', and it will take place on Friday 4<sup>th</sup> March 2016. Further details will be available soon.

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## Training

### **Free Connecting with Young Men Workshops**

One of the big questions of the age is: *'Are young men not interested in looking after their own health, or are we simply not offering them the right things in the right way? ...'* If you work in the Republic of Ireland, are curious about the answer to this question, and would like practical ideas to help your organisation to engage more effectively with young men, then you might be interested in a free one day workshop titled 'Connecting with Young Men'. This workshop has been developed by the [Men's Health Forum in Ireland](#) (MHFI) - funded by the HSE's [National Office for Suicide Prevention](#) - and is a new Unit within the highly regarded '[Engage' National Men's Health Training Programme](#). MHFI is, currently, looking for groups who would like to host this free workshop for their staff / volunteers / activists in January 2016. For more details, visit: [www.mhfi.org/ConnectingWorkshops.pdf](http://www.mhfi.org/ConnectingWorkshops.pdf)

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## Research

### **'I've learnt to deal with it' - Men's Attitudes Towards their Mental Health**

Following [International Men's Day](#) 2015, the [Priory Group](#) commissioned a survey of 1,000 men to uncover men's attitudes towards their own mental health, and found some surprising results. The key survey findings include: 77% of men polled have suffered with anxiety / stress / depression; the biggest pressures in men's life are work (32%), finance (31%) and health (23%); the majority of men claim their mental health is having a negative impact on their work performance, parenting ability and relationships; 40% of men polled said it would take thoughts of suicide or self-harm to compel them to seek professional help. For more on this survey, see: [www.priorygroup.com/blog/mental-health/-i-ve-learnt-to-deal-with-it---40-of-men-won-t-talk-to-anyone-about-their-mental-health](http://www.priorygroup.com/blog/mental-health/-i-ve-learnt-to-deal-with-it---40-of-men-won-t-talk-to-anyone-about-their-mental-health)

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## Men's Health Literacy and Cancer - Research Call

In 2014, the [National Adult Literacy Agency](#) (NALA) performed an audit on the services and information produced by the [Irish Cancer Society](#) (ICS). A number of recommendations were made. One suggested action was to conduct joint research on accessing and understanding cancer information for people with limited health literacy and numeracy - in order to inform the future development of risk reduction programmes within ICS. The aims of the health literacy and cancer research call are to understand: what facilitates men over 40 years of age, from lower socioeconomic groups, to engage with ICS; what are the barriers to these men engaging; how and where do they want to get cancer prevention information. The call is now open, and the deadline for submission is Wednesday 13<sup>th</sup> January 2016 at 5.00pm. For more information, see: [www.cancer.ie/research/funding/health-literacy-and-cancer-research-grant#sthash.iqW6iQAO.dpbs](http://www.cancer.ie/research/funding/health-literacy-and-cancer-research-grant#sthash.iqW6iQAO.dpbs)

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## Consultation on Draft Amendments to the Sex Discrimination (NI) Order 1976

The [Office of the First Minister and Deputy First Minister](#) has issued a consultation document setting out proposals to amend the Sex Discrimination (Northern Ireland) Order 1976. The proposed amendments are necessary to ensure that domestic law fully complies with Council Directive 2006/54/EC of 5<sup>th</sup> July 2006. This EU Directive implements the principle of equal opportunities and equal treatment of men and women in matters of employment and occupation. A copy of the consultation document can be obtained online at: [www.ofmdfmi.gov.uk/consultations/consultation-document-proposed-amendments-sex-discrimination-ni-order-1976](http://www.ofmdfmi.gov.uk/consultations/consultation-document-proposed-amendments-sex-discrimination-ni-order-1976)

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## 2021 Census Topic Consultation

The next census in Northern Ireland will be in 2021, and the [Northern Ireland Statistics and Research Agency](#) (NISRA) has organised a Census Topic Consultation that will form an integral part of the development process. Anyone can take part in this consultation process which closes at midnight on Thursday 17<sup>th</sup> December 2015. Users' feedback will inform the development of questions. NISRA is encouraging people to respond to this consultation online at: <https://consultations.nidirect.gov.uk/department-of-finance-and-personnel/2021-census-topic-consultation-ni>

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## Web Links

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

[Managing obesity in men](#)

[Mental health risk for new dads](#)

[Brent Pope: 'For years I felt that I was weak as a man if I showed emotion'](#)

[Pesticide exposure during teens linked to later-life sperm abnormalities](#)

[Man Up - Take Action](#)

[Call for laws giving fathers an equal role in raising children](#)

[Sins of the father could weigh on the next generation: RMIT study](#)

[Men's empathy can determine parenting skills](#)

[Text line a breakthrough in male suicide prevention](#)

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## Next Edition

The next edition of 'E-Male Matters' will be released in February 2016. Due to the Christmas holidays, there won't be a January edition. 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 February edition is Thursday 28<sup>th</sup> January 2016.

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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



Merry Christmas and a Happy New Year!  
- from everyone in the Men's Health Forum in Ireland