

# E-Male Matters

February 2016

The newsletter of the Men's Health Forum in Ireland

## Quick links to articles in this edition ...

### NEWS

[Men's Health Week 2016 - Date for your Diary](#)  
[All-Island Planning Group for Men's Health Week](#)  
['Weight-Mate' App Launched](#)  
[Community Health Champions Video](#)  
[Online Lung Health Checker](#)  
[Calling Men Aged 50+](#)

### TRAINING

[Family Mediation Training](#)  
[Connecting with Young Men Workshop in Limerick](#)

### WEB LINKS

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

### EVENTS

[Back to Basics - Put a Spring in your Step](#)  
[Sport, Recovery and Mental Fitness](#)  
[Knowledge 4 Health Conference 2016](#)  
[Dads' Big Day Out!](#)  
[Lunch with Martin O'Neill](#)  
[Northern Ireland's First Mental Health Summit](#)  
[Belfast Men's Health Group Information Morning](#)

### RESEARCH

[Supporting Dads Survey](#)  
[Boys, Young Men and Violence](#)

### NEXT EDITION

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

## News

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

Have you got your new diary for 2016 yet? ... If 'yes', that's great. If 'no', then rush down to your local Pound / Euro Shop and pick-up a reduced price one as soon as possible - because there's a date that you need to get into it! [International Men's Health Week](#) (MHW) always begins on the Monday before Father's Day and ends on Father's Day itself. This year, it will run from **Monday 13<sup>th</sup> until Sunday 19<sup>th</sup> June 2016**. MHW is celebrated in most European countries, as well as in the USA, Canada, 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 focus. This year, the theme for the island of Ireland is: *'Men United - for health and wellbeing'*. In a similar vein to the Summer of Sport (Euro Football Finals and Olympics), the key question that we all need to ask is: *'Are we winning?'* So, why not put these dates into your new diary, and start thinking about how your group / workplace / church / community / sports club ... could do something to mark this week?

[Back to Top](#)

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

Would you like to help to shape [Men's Health Week](#) (MHW) this year? If 'yes', then why not contribute to the second all-island Planning Group for MHW 2016? Every year, the [Men's Health Forum in Ireland](#) (MHFI) hosts a number of meetings (some face-to-face and some via video-conference between Dublin and Belfast) to discuss the week and develop ideas. The second meeting of this body will take place on the morning of Thursday 25<sup>th</sup> February in Dundalk, Co. Louth. If you would be interested in contributing to the planning process, contact Colin Fowler at: [colin@mhfi.org](mailto:colin@mhfi.org) As space is very limited, prior booking is essential.



[Back to Top](#)

## 'Weight-Mate' App

In January 2016, Minister for Health Leo Varadkar launched safefood's '[Weight-Mate](#)' App. This App aims to help adults to lose weight in a healthy way through goal setting, planning to eat healthy, balanced meals, and regular exercise. The App monitors exercise and nutrition goals, and motivates the user to accomplish these goals. It features over 400 recipes developed by [safefood's](#) nutritionists to cater for individual weight loss needs. There is also a 'Groups' feature - for communities, workplace groups, families or friends to work together to achieve their goals. 'Weight-Mate' is free to download for iPhone and Android. For more details, visit: [www.safefood.eu/Healthy-Eating/Weight-Loss/weight-mate.aspx](http://www.safefood.eu/Healthy-Eating/Weight-Loss/weight-mate.aspx)

[Back to Top](#)

## Community Health Champions Video

The [Community Development and Health Network](#) recently launched their new 'Community Health Champions' animation and video. You can view these at: [www.dropbox.com/s/6feulexzbilxc1e/Community%20Health%20Champions%20-%20FINAL%203.mov?dl=0](http://www.dropbox.com/s/6feulexzbilxc1e/Community%20Health%20Champions%20-%20FINAL%203.mov?dl=0) (video) and [www.dropbox.com/s/c8ucz5pat8qgtou/CDHN%20Animation%20-%20FINAL%201%2020.mov?dl=0](http://www.dropbox.com/s/c8ucz5pat8qgtou/CDHN%20Animation%20-%20FINAL%201%2020.mov?dl=0) (animation).

[Back to Top](#)

## Online Lung Health Checker

The [Irish Cancer Society](#) recently launched their Lung Cancer Awareness Campaign. As part of this, they have developed an online Lung Health Checker which helps the user to find out how healthy their lungs are and to learn more about the symptoms of lung cancer. But why is this needed? ... Well, lung cancer is the leading cause of cancer death; 64% of lung cancer patients were diagnosed at an advanced stage; with early detection, patients can have more effective treatment options. To have a look at the checker, visit: [www.cancer.ie/lung/checker](http://www.cancer.ie/lung/checker)

[Back to Top](#)

## Calling Men Aged 50+

If you're aged 50+ why not join [Volunteer Now](#) for a free bus trip with a difference, and spend a morning visiting a community allotment and a Men's Shed in Belfast. Each participant will also receive a goody bag, and the outing will end with a three course lunch. There will be four trips: North Belfast (Tuesday 1<sup>st</sup> March), East Belfast (Tuesday 8<sup>th</sup> March), South Belfast (Tuesday 15<sup>th</sup> March) and West Belfast (Tuesday 22<sup>nd</sup> March). Places are limited, and will be allocated on a first-come basis. For more information / to book a place, contact Deirdre Murphy on Tel: 02890 232020.

[Back to Top](#)

## Events

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

Sometimes we over-complicate health promotion messages. This free seminar (organised by the Southern Area Men's Health Group) seeks to bring us 'back to basics', and to look at some of the obvious natural starting points for improving men's health i.e. physical activity, eating well, looking after your head, having a laugh ... It will take place on the morning of Friday 4<sup>th</sup> March 2016, in the Tommy Makem Arts and Community Centre, Keady, Co. Armagh.

Participants will: hear from Professor Niall Moyna, Head of School of Health and Human Performance at Dublin City University; get valuable insights into healthy eating and looking after your emotional wellbeing; have the opportunity to try Spin, Taekwondo and Chi Me; witness the power of laughter; be offered health checks; get a great lunch. The Southern Area Men's Health Steering Group is a partnership comprised of the [Public Health Agency](#), [YouthAction NI](#), the [Men's Health Forum in Ireland](#), [Southern Health and Social Care Trust](#), [Men's Advisory Project](#), [Cancer Focus NI](#), and the [Closing the Gap Project](#) within Armagh, Banbridge and Craigavon Borough Council. Put a spring in your step by contacting Leo Foy on Tel: 02837 414557 | Email: [leo.foy@hscni.net](mailto:leo.foy@hscni.net) for further information and a booking form.

[Back to Top](#)

### **Conference on Sport, Recovery and Mental Fitness**

[State of Mind Ireland](#) invites you to a free conference which will focus upon Sport, Recovery and Mental Fitness. This event will take place on Thursday 18<sup>th</sup> February 2016, in the Titanic Centre Belfast, and is the first State of Mind Ireland conference in Northern Ireland. State of Mind Ireland is a partnership between University College Cork (UCC), the Centre for Recovery and Social Inclusion and the Health Service Executive. It seeks to raise public awareness of mental health issues and positive coping strategies - utilising social media to show how to access help and to build community resilience via participation in sport, recreation and creative cultural activities. Speakers will include Dr Sharon McDonnell and Barry McGale (University of Manchester), Fionnbar and Elma Walsh (Live Life Campaign, State of Mind UK and Ireland), Dr Phil Cooper and Danny Sculthorpe (Experts by Experience), and Dr Wesley O'Brien (All-Island All Active and UCC). To register your interest to attend, email: [susan.lawlor@mail.com](mailto:susan.lawlor@mail.com) To find out more about State of Mind, visit: [www.stateofmindireland.com](http://www.stateofmindireland.com)

[Back to Top](#)

### **Knowledge 4 Health Conference 2016**

This all-island conference will explore innovative and practical ways of providing knowledge support for the implementation of two public health frameworks: '*Healthy Ireland: A Framework for Improved Health & Wellbeing 2013-2025*' in the Republic of Ireland, and '*Making Life Better - A Whole System Strategic Framework for Public Health 2013-2023*' in Northern Ireland. The event is being co-hosted by the [Institute of Public Health in Ireland](#) and the [Department of Health](#) (Republic of Ireland). It will take place on Wednesday 25<sup>th</sup> May, in the Royal Hospital Kilmainham, Dublin, from 10.00am - 4.00pm. You are invited to find out more / register for this free event by visiting: [www.knowledge4health.net](http://www.knowledge4health.net)

[Back to Top](#)

### **Dads' Big Day Out!**

Fathers and their children are invited to a '*Dads' Big Day Out*' on Saturday 9<sup>th</sup> April 2016 in Gosford Forest Park, Markethill, Co. Armagh. This event is part of the work of Dads Direct, has been funded by The Big Lottery, and is being coordinated by Sure Start projects in the Southern Health and Social Care Trust area. There'll be lots of activities on offer, and it's all free for dads and their kids. For more information, contact Conor McArdle, Sure Start South Armagh, at: [conorm@surestartsa.org](mailto:conorm@surestartsa.org)

[Back to Top](#)

### **Lunch with Martin O'Neill**

[AWARE](#) is hosting an exclusive lunch and question-and-answer session with Republic of Ireland Manager and former Northern Ireland Team Captain, Martin O'Neill. This will take place on Thursday 10<sup>th</sup> March 2016, in The Everglades Hotel, Derry / Londonderry, from 1.00pm - 4.00pm. To find out more, visit: [www.aware-ni.org/events/lunch-and-q-a-with-martin-o-neill.html](http://www.aware-ni.org/events/lunch-and-q-a-with-martin-o-neill.html)

[Back to Top](#)

### **Northern Ireland's First Mental Health Summit**

On Wednesday 24<sup>th</sup> February 2016, [Action Mental Health](#) (AMH) will be hosting Northern Ireland's first Mental Health Summit. This event will focus on the future of mental health services, and will provide delegates with the opportunity to influence the Mental Health Strategy in Northern Ireland. The DHSSPS has committed to considering the implementation of proposals developed at the Summit in advance of the forthcoming Programme for Government. Attendees will be participants in workshop-style interactive group discussion. AMH is looking for participants who will voice opinions, raise hard questions, and contribute to a working document which will be submitted to both the Minister for Health and his Department. This Summit will take place in the Stormont Hotel, Belfast, and will run from 10.00am - 3.30pm. To book a place, Email: [events@amh.org.uk](mailto:events@amh.org.uk)

[Back to Top](#)

### **Belfast Men's Health Group Information Morning**

Belfast Men's Health Group invites you to their first event of 2016 - a chance for service providers and users to find out about both the [Abdominal Aortic Aneurysm \(AAA\) screening programme](#) and Physical Activity Referral Pathways for men. This session will take place on Thursday 25<sup>th</sup> February 2016, from 10.00am to Noon, in the Maureen Sheehan Centre, Belfast. Refreshments will be provided and there will be stands promoting the work of the AAA and Pathways programmes. Places are limited, and must be booked by contacting Kevin Kennedy at: [kennedy.kevin31@gmail.com](mailto:kennedy.kevin31@gmail.com)

[Back to Top](#)

## Training

### **Family Mediation Training - Spring 2016**

[Family Mediation NI](#) (FMNI) is the lead service provider and training organisation for family mediation in Northern Ireland. This Spring, they are inviting eligible candidates (maximum 12 places) to apply for Stage One of the three-step comprehensive training route to accreditation as a Family Mediator recognised in the United Kingdom and Ireland. The mediation service offered by FMNI focuses on the needs of the children of separating couples. FMNI offers separating couples the opportunity to reach their own agreements during and after separation about their children, finances and living arrangements. This is widely accepted as a more sustainable outcome than one imposed on them by, for example, the Court process. FMNI also offers mediation for other intra-family disputes. The first step to becoming an accredited family mediator is to successfully complete the Foundation Training Programme (FTP). FMNI is approved by both The College of Mediators (UK) and The Mediators' Institute of Ireland (MII) to deliver a programme comprised of both generic mediation training and a specialist element for working with separating couples. FMNI is offering the twelve day FTP (Stage One) over six two-day modules in Belfast. For more information, see: [www.familymediationni.org.uk/training-careers/training](http://www.familymediationni.org.uk/training-careers/training)

[Back to Top](#)

## Connecting with Young Men Workshop in Limerick

[Limerick Sports Partnership](#) is inviting applications for free places on a 'Connecting with Young Men' workshop that they are hosting on Wednesday 24<sup>th</sup> February 2016, from 9.30am - 5.00pm, in the Woodlands House Hotel, Adare, Co. Limerick. The aim of this workshop is to assist a broad range of practitioners to effectively connect with young men on mental health and wellbeing issues. It focuses on the engagement process (i.e. WHY and HOW to build relationships with young men), rather than offering a new mental health programme (i.e. what to offer them). To book a place / get further details, contact Mairéad Fitzgerald, Sports Development Officer, Limerick Sports Partnership at Tel: 061 333600 or Email: [mfitzgerald@limericksports.ie](mailto:mfitzgerald@limericksports.ie)

[Back to Top](#)

## Research

### Supporting Dads Survey

Dads Direct is a group which aims to promote the value of actively engaged fathers in their children's lives. It is comprised of representatives from [Contact Centres](#), [Family Mediation NI](#), [Home-Start NI](#), [Men's Health Forum in Ireland](#), [Parenting NI](#), [Relate NI](#) and [Sure Starts](#). Dads Direct is conducting a short online survey which seeks the views of policy makers, service providers, family work practitioners and dedicated father-workers. The aim of this survey is to identify and collate information which can be used to inform and influence how fathers are supported in our society. The findings will help to provide evidence of need, as well as address gaps in policy, practice, training and research. The survey takes no longer than 10 minutes to complete, and the respondent will remain completely anonymous throughout. To take part, visit: [www.surveymonkey.co.uk/r/supportingdads](http://www.surveymonkey.co.uk/r/supportingdads)

[Back to Top](#)

### Boys, Young Men and Violence - Masculinities, Education and Practice

In this new book, which draws upon data collected over an 18 year period with more than 1000 boys, Dr Ken Harland and Prof Sam McCready (Community Youth Work, Ulster University) provide a revealing insight into the lives and development of young men. Examining the particular pressures that impact upon young men such as masculinity, marginalisation, male youth sub-culture, and what are acceptable and unacceptable levels of violence, they present the voices and experiences of men from a range of community backgrounds and cultural traditions in Northern Ireland. To find out more, see: <http://uir.ulster.ac.uk/32567>

[Back to Top](#)

## Web Links

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

[Domestic abuse: Men 'need more help', victims' organisation says](#)

[People aged 65 to 79 'happiest of all', study suggests](#)

[Aneurysm screening 'helps thousands'](#)

[Where new dads are encouraged to take months off work](#)

[Can exercise keep prostate cancer at bay?](#)

[Worth the paper they're written on? The potential role of national men's health policies](#)

[Back to Top](#)

## Next Edition

The next edition of 'E-Male Matters' will be released in March 2016. 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 March edition is Friday 26<sup>th</sup> February 2016.

[Back to Top](#)

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)

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