

# E-Male Matters

April 2016

The newsletter of the Men's Health Forum in Ireland

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## Men's Health Week 2016

### The Final Countdown to Men's Health Week 2016 has begun

We're nearly there. The clock is ticking ... it won't be long now until [International Men's Health Week](#) (MHW). This year, it will run from Monday 13<sup>th</sup> until Sunday 19<sup>th</sup> June 2016. The theme in Ireland will focus upon **'Men United - for Health and Wellbeing'**, and the key question is: **'are we winning?'** If the answer is 'no', then it's time to join with other people to do something positive and practical about it!

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.

However, any events, activities and actions to mark this occasion are very welcome.

To find out more about the week, visit: [www.mhfi.org/mhw/mhw-2016.html](http://www.mhfi.org/mhw/mhw-2016.html)

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## **The Men's Health Week 2016 Toolbox for Action**

Not everybody knows about [Men's Health Week](#) (MHW), what it hopes to do, why it needs to happen, or how they can get involved. That's why there is a MHW 2016 'Toolbox for Action'. This useful resource can be downloaded at: [www.mhfi.org/mhw2016toolbox.pdf](http://www.mhfi.org/mhw2016toolbox.pdf)

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## **Men's Health Week 2016 Posters Now Available**

Even if you don't do anything else to support [Men's Health Week](#) (MHW) this year, you can at least put up a poster to let everyone know when it's taking place! Given the forthcoming Euro 2016 competition which begins in June, we are delighted that Martin O'Neill (Republic of Ireland Team Manager) and Michael O'Neill (Northern Ireland Team Manager) have generously agreed to be the 'face' of Men's Health Week 2016 in Ireland by starring in a nationwide poster campaign. The posters are free, and are available in both A<sub>3</sub> and A<sub>4</sub> size hard copy as well as in a range of electronic formats (from the Men's Health Forum in Ireland website). You can find details of how to get copies of these posters at:

[www.mhfi.org/mhw/mhw-2016.html#Poster](http://www.mhfi.org/mhw/mhw-2016.html#Poster)

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## **Men's Health Week 2016 Postcards are ready to go**

If you don't have space to put up a Men's Health Week poster in your workplace, college, community centre, church, shop, pharmacy, Men's Shed ... why not leave some of the new postcards lying around or, better still, give / send some of them to the men you know? The front of the postcard is a smaller version of the poster image, and the back has a pre-written message and a space for an address. These postcards are only available in hard copy, and details of how to order them can be found at: [www.mhfi.org/mhw/mhw-2016.html#Postcard](http://www.mhfi.org/mhw/mhw-2016.html#Postcard)

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## **'Challenges and Choices' Man Manual**

There's no denying that the state of men's health on the island of Ireland is often poor. However, there are things which can be done to change this situation and men, themselves, can play a key role in doing this. A free, 32 page, Man Manual (based upon the 'Haynes Manual' model) is being distributed by the [Men's Health Forum in Ireland](#) to mark [Men's Health Week 2016](#). This poses ten simple and practical health challenges to men and, to meet every challenge, it offers three choices. All 10,000 copies of this manual were snapped-up within a few weeks last year - so, if you would like some copies to distribute to the men you know / work with, get in touch soon! The content of the 2016 edition has been updated. You can see what this year's version looks like / find out how to order copies at: [www.mhfi.org/mhw/mhw-2016.html#Challenges](http://www.mhfi.org/mhw/mhw-2016.html#Challenges) The publication of this booklet has only been possible because of the generous support given by the [Public Health Agency](#) in Northern Ireland, the Health Promotion and Improvement Department within the [Health Service Executive](#) in the Republic of Ireland, the [Irish Pharmacy Union](#) and the author - Dr Ian Banks.

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## **Publicise your Men's Health Week Event**

Every year there are hundreds (possibly even thousands) of events throughout Ireland to celebrate Men's Health Week (MHW). Some of these are well publicised, but most are only known about by a few people! This year, the [Men's Health Forum in Ireland](#) (MHFI) will have a section on its website to promote the details of any activities or events that are being held throughout Ireland during [Men's Health Week 2016](#). This will help everyone to find out what is happening during the week, where it will take place, and how to join in. It will also give some recognition and publicity to all those groups across Ireland that are doing something for and with men. Your activity might be health checks, or a conference, or a launch, or a game, or a

seminar, or a competition, or a workshop, or a lunch, or a course, or a drama, or a display, or a health fair ... Whatever it is, if you would like to have the details included on this website, please complete and submit a MHW Event Form at: [www.mhfi.org/mhw/promote-an-event.html](http://www.mhfi.org/mhw/promote-an-event.html)  
Other submission options are available at: [www.mhfi.org/mhw/mhw-2016.html#TellOthers](http://www.mhfi.org/mhw/mhw-2016.html#TellOthers)

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### What can I do to mark Men's Health Week 2016?

Absolutely everyone can do something to support and celebrate [Men's Health Week](#) (MHW) 2016. The focus for this year (i.e. *'Men United - for Health and Wellbeing'*) lends itself to a wide range of ways to mark this occasion. However, you don't have to stick rigidly to this particular topic. Anything which encourages men and boys to lead healthier lifestyles, to be more aware of preventable health problems, and to seek early detection and treatment for health difficulties will be very welcome. You might have time, energy and resources to plan something big. However, even if you can't, there are still simple and easy ways to get involved. These could include, for example ...

- Putting-up a poster and/or sending the postcards to people you know.
- Advertising MHW on your own website.
- Creating a link from your website to the MHW 2016 web page ([www.mhfi.org/mhw/mhw-2016.html](http://www.mhfi.org/mhw/mhw-2016.html)).
- Sending an email to everyone in your contacts list about Men's Health Week and asking them to forward the message.
- Inserting the MHW logo ([www.mhfi.org/mhw/mhw-image-pack.html](http://www.mhfi.org/mhw/mhw-image-pack.html)) into your outgoing emails.
- Becoming a fan of the Men's Health Week in Ireland's Facebook page ([www.facebook.com/MensHealthWeek](http://www.facebook.com/MensHealthWeek)) and sending the link to all your friends.
- Including information about MHW in your mailouts / newsletters.
- Telling others about what is happening in your area during MHW by posting details on the MHW website ([www.mhfi.org/mhw/promote-an-event.html](http://www.mhfi.org/mhw/promote-an-event.html)).
- Reminding your colleagues to follow all the latest MHW news on Twitter ([www.twitter.com/MensHealthIRL](http://www.twitter.com/MensHealthIRL)).
- Tweeting about MHW 2016, and including #MHW2016 in your tweet.
- Encouraging the men you know to get involved in some of the activities taking place around the country ...

Doing one or more of these simple (and cost-free) things would contribute hugely to MHW 2016!

For even more ideas, download a copy of our paper on what you can do to mark MHW 2016 at: [www.mhfi.org/mhw2016celebrateit.pdf](http://www.mhfi.org/mhw2016celebrateit.pdf)

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### Follow Men's Health Week on Facebook and Twitter

To keep everyone up-to-date with the latest news on [Men's Health Week \(MHW\) 2016](#) - as well as more general developments in the field of men's work - you can pretend that you're young, hip and cool, and visit Facebook and Twitter. To find out more, see: [www.facebook.com/MensHealthWeek](http://www.facebook.com/MensHealthWeek) and [www.twitter.com/MensHealthIRL](http://www.twitter.com/MensHealthIRL)  
However, as all social networkers know, pages such as these are no use unless they have a lot of Fans / Followers. That's where your help is needed! ... Please visit the pages, click on the 'LIKE' button for Facebook and 'FOLLOW' button for Twitter, and send the link to all your friends. If you're really into it, please Tweet about MHW 2016, and include the hashtag #MHW2016 in your message.



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## News

### Men's Health Toolkit by Foundation 49

Have you seen the 'Men's Health Toolkit' produced by Foundation 49 in Australia? ... If not, you might want to have a look at it: [www.49.com.au/assets/Resources/F49-Toolkit-2015.pdf](http://www.49.com.au/assets/Resources/F49-Toolkit-2015.pdf)

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## Events

### 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 2016, 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)

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### Networking and Information Sharing Session for the Youth and Community Sector

You are invited to a networking and information sharing session for the youth and community work sector which will be held in [Waterford Institute of Technology's](#) School of Health Sciences, on Thursday 19<sup>th</sup> May 2016, from 3.30pm - 5.30pm (refreshments 3.30pm | workshop 4.00pm+). At this event, you will find out about: WIT's internationally accredited BA (Hons) Health Promotion; the new MA Facilitation Skills for Health and Wellbeing; support and trained student volunteers available; WIT's expertise in practice-based research / evaluation; networking opportunities. To register, send your contact details to: [emullan@wit.ie](mailto:emullan@wit.ie)

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### Public Health Annual Research and Practice Conference

The [Public Health Agency](#) and partners will be hosting the fourth Public Health Annual Research and Practice Conference on Wednesday 8<sup>th</sup> June 2016 in Riddel Hall, Stranmillis Road, Belfast. The theme for the conference is: '*An Ounce of Prevention is Worth a Pound of Cure*', and will consider the value of public health interventions in economic, social and environmental terms. Full details, and the booking form for the conference, are now available at: [www.publichealth.hscni.net/directorate-public-health/public-health-annual-research-and-practice-conference-8-june-2016](http://www.publichealth.hscni.net/directorate-public-health/public-health-annual-research-and-practice-conference-8-june-2016) Please note, the closing date is Friday 6<sup>th</sup> May 2016.

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### The History of the Troubles According to our Babies

'The History of the Troubles According to our Babies' is the title of the conference and Annual General Meeting of the Association for Infant Mental Health NI (AIMH NI). This event will explore and address the intergenerational impact of the Northern Ireland conflict on parents, families and infants. It will take place on Tuesday 7<sup>th</sup> June 2016, from 9.00am - 4.30pm, in Riddel Hall, Stranmillis Road, Belfast BT9 5EE. To register, email: [admin@surestartsb.org](mailto:admin@surestartsb.org) by 2<sup>nd</sup> June. There are a limited number of free delegate places at the conference for members of AIMH(NI). Non-members can request an invoice for the conference (£50.00) or apply to become a member through this email address.

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## Date for Your Diary - Mental Health and Wellbeing Summit

Ireland's inaugural 'Mental Health and Wellbeing Summit' is taking place in the Aviva Stadium on Friday 14<sup>th</sup> October 2016. This event is open to all sectors - from health practitioners, to the corporate sector, to the general public. The Summit will cover many topics over the course of the day through a series of talks and workshops. The speakers come from various areas of expertise including medical, psychological, sports, nutrition and personal experience. They include Prof Jim Lucey (Medical Director for St. Patrick's Mental Health Services), Dr Kara McGann (IBEC), and (probably the most well-known advocate for mental health currently) Bressie and the 'Ironmind Challenge' team. The day will also feature a panel of speakers who will discuss their own personal experiences and how they cope with mental health issues on a daily basis. Early Bird tickets are now on sale. For more information, visit:

[www.mentalhealthandwellbeingsummit.com](http://www.mentalhealthandwellbeingsummit.com) or contact [info@whitediamondevents.ie](mailto:info@whitediamondevents.ie)

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## Beating Prostate Cancer Roadshows

[Cancer Research UK](#) and the MRC Clinical Trials Unit at UCL are hosting a series of free events around the United Kingdom for men affected by prostate cancer and their loved ones. The events will provide an opportunity to hear from experts in the field, and to gain insight into recent developments in research which is improving the way the disease is treated. You are invited to attend an event in Belfast, on Tuesday 14<sup>th</sup> June 2016, from 6.00pm - 9.00pm, to hear how recent clinical trials are finding more effective ways to treat prostate cancer. To find out more and register for an event, visit: <http://po.st/1t4Bss> or call 0203 469 8777.

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# Training

## Gender and Health Workshop

Health professionals, youth and community workers, and frontline staff are invited to apply for a place on a '*Gender and Health Workshop*' which will take place on Tuesday 10<sup>th</sup> May 2016, from 9.15am - 4.30pm, in the Regional Education Centre, Ardee, Co. Louth. The aims of the workshop are to: explain the difference between sex and gender; explore how gender intersects with other determinants of health and can determine health status; identify how our own perceptions of gender roles can influence our attitudes and behaviours; describe roles and norms concerning masculinities and femininities; look at ways of working from a gender sensitive perspective to reduce inequity and improve health outcomes. This training is being facilitated by Finian Murray (Development Officer for Men's Health) and Rosemary O'Callaghan (Development Officer for Women's Health) from the HSE Dublin North East. For more details, contact Geralyn Nolan at Tel: 041 6850675 | Email: [geralyn.nolan@hse.ie](mailto:geralyn.nolan@hse.ie)

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## Master of Arts in Advanced Facilitation Skills for Promoting Health and Wellbeing

Do you want to become a highly skilled facilitator and advance within your chosen profession or seek new employment opportunities? ... The Master of Arts in Advanced Facilitation Skills for Promoting Health and Wellbeing is an innovative practice orientated programme - the only one of its kind in the Republic of Ireland. It is designed to: enhance personal growth and development; increase knowledge and skills; help participants reflect upon attitudes; improve the competencies required for effective facilitation of health and wellbeing programmes. The skills acquired on this programme are essential when engaging with men. This is a full-time course, and its delivery reflects the flexibility required for adult learners. The programme is delivered one evening per week, and over three Saturdays and three residential weekends throughout the year. For further information, contact the Course Leaders by email at:

[PCarroll@wit.ie](mailto:PCarroll@wit.ie) and [MLBarry@wit.ie](mailto:MLBarry@wit.ie)

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## Research

### **Moving Young Men from Disconnection / Isolation to Connection / Belonging**

There have been increasing calls for more gender-specific service provision to support young men's mental health and wellbeing. In Ireland, young men are the demographic group that are most likely to die by suicide, but among the least likely to seek help. A recent article in the American Journal of Men's Health by Billy Grace ([Institute of Technology Carlow](#)), Noel Richardson ([Institute of Technology Carlow](#)) and Paula Carroll ([Waterford Institute of Technology](#)) looks at service providers' perspectives on the factors that support or inhibit young men from engaging in services targeted at supporting their mental and emotional wellbeing. You can read the article online at: <http://jmh.sagepub.com/content/early/2016/02/24/1557988316634088.full.pdf?ijkey=OS4ueddKvwJz9fy&keytype=finite>

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### **Loneliness and Ageing**

Loneliness can have a significant impact on the physical and mental health of older people, and is of increasing concern for public health says a new report from the [Institute of Public Health in Ireland](#). The research suggests that approximately 10% of older people are affected by chronic or persistent loneliness. It also finds that loneliness amongst older people may be linked to depression, increased nursing home admission, decreased quality of life, and cognitive decline. To download a copy of the report, visit: [www.publichealth.ie/document/iph-report/loneliness-and-ageing-ireland-north-and-south](http://www.publichealth.ie/document/iph-report/loneliness-and-ageing-ireland-north-and-south)

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### **Older Men and Social Activity: A Scoping Review of Men's Sheds and other Gendered Interventions**

Finding ways of improving the health and wellbeing of older men is an important challenge for public health. This review aimed to assess evidence for the effects of Men's Sheds and other gendered social activities on older men, and to consider their effective components and theoretical frameworks. To find out more, visit: <http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=10262755>

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### **Research into the Experiences of Rural LGB&T People**

[The Rainbow Project](#) - the largest LGB&T support and advocacy organisation in Northern Ireland - recently launched a report titled '*OUTstanding in Your Field - the experiences of LGB&T people in rural areas of Northern Ireland*'. The research was supported by the [Department of Agriculture and Rural Development](#). Four hundred and ten LGB&T people responded to the survey. To download the report, visit: [www.rainbow-project.org/assets/publications/OUTstanding%20in%20your%20field.pdf](http://www.rainbow-project.org/assets/publications/OUTstanding%20in%20your%20field.pdf)

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## Web Links

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

['Tough guys' less likely to be honest with doctor](#)  
[Men's health: a global problem hiding in plain sight](#)

[Prostate cancer hormone therapy may increase risk of depression](#)  
[Hidden male carers find it harder to reach out](#)  
[Sperm 'switch' could lead to new fertility treatments](#)  
[Inside Northern Ireland's family courts](#)  
[Football training reduces the risk of disease in elderly men](#)  
[Male breast cancer patients still disadvantaged by lack of research say investigators](#)  
[This creative 'young men's shed' helps men express emotions they're told not to feel](#)

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## Next Edition

The next edition of 'E-Male Matters' will be released in late May 2016. Do you know of anything (research, events, resources, news etc.) affecting men and boys which should be included in it? ...

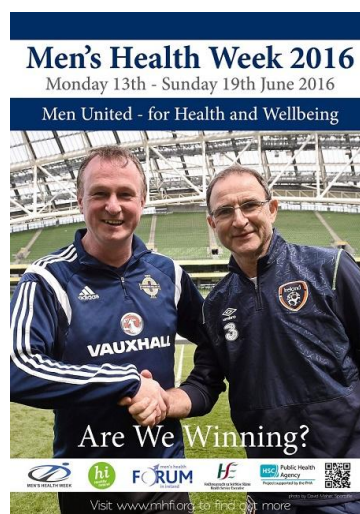
There's a simple template for all articles. Let us know (within 150 words) all the crucial details e.g. title, date, time, venue, short description, contact details for further information (name, telephone and/or email address), and web link (if available) for a fuller explanation. To keep the file size 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 May edition is Monday 16<sup>th</sup> May 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**



**Have you thought about how you might celebrate Men's Health Week 2016 yet? ...**