

# E-Male Matters

March 2017

The newsletter of the Men's Health Forum in Ireland

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## News

### Men's Health Week 2017 - Are You Ready For It? ...

An all-island Planning Group has been meeting. Posters and postcards are being prepared as we speak. An updated 'Man Manual' is being designed. Ideas for action are being formulated. Events are slowly taking shape ... Yes, you've guessed it - it's almost time for Men's Health Week 2017!

This year, [International Men's Health Week](#) (MHW) will run from Monday 12<sup>th</sup> until Sunday 18<sup>th</sup> June. Groups throughout Ireland will be joining with other European countries - as well as the USA, Australia, Canada, New Zealand and a number of other places worldwide - to mark this occasion.

Each year, there is also a specific focus. During 2017, the theme for the island of Ireland is: **'It's all about HIM'**, and the key question is: **'How are you doing?'**

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 / activities; encourage the early detection and treatment of health difficulties in males. However, any events and activities to celebrate this occasion are very welcome. Have you started to plan something for this week yet? ...

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## Men's Health Workers Receive President's Community Fellowship Award at DIT

Saturday 25<sup>th</sup> February 2017 was a special day for men's health. On this day, Finian Murray (Men's Health Development Officer, [Health Promotion and Improvement, HSE](#)), Niamh Farrell (Manager, [Amen](#)) and Colin Fowler (Director of Operations, [Men's Health Forum in Ireland](#)) were three of the four recipients of [Dublin Institute of Technology's 'President's Community Fellowship Award'](#) for the years 2016-2018. They were nominated for this award by staff from the [Students Learning with Communities](#) initiative within DIT. This was in recognition of the outstanding contribution that all three made to students and staff in DIT through collaboration on community-based learning and research projects over the last number of years. Congratulations to all the recipients!

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## Wanted: Men who have Experience of Caring for Someone with Cancer

Do you know what it's like to go through the cancer journey with a family member or close friend? Would you like to use your experience of caring for someone suffering with cancer to help others who could benefit from your story? The [School of Nursing and Midwifery](#) at Queen's University Belfast want to create a website which can be used for sharing and accessing information about: what it is like to care for someone with cancer; tips and techniques on how to manage the caring experience; supporting your own health and wellbeing while caring for someone with cancer; links to support available to help to manage the caring role. As part of this work, they would like the help of people (especially men) with experience (past or present) of looking after someone to advise on the proposed website content and/or to be filmed talking about what it is like to care for someone with cancer. For more information, contact Theresa McShane at Email: [t.mcshane@qub.ac.uk](mailto:t.mcshane@qub.ac.uk) | Tel: 02890 975854 | Mob: 0044 775 3451059.

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## See Change's Green Ribbon Campaign 2017

[Green Ribbon](#) month kicks off on 1<sup>st</sup> May 2017. [See Change](#) is asking everyone to wear a green ribbon to support the movement to spark a national conversation about mental health in Ireland's boardrooms, break-rooms, chat rooms, clubhouses, arts venues and around kitchen tables. Are you thinking about getting your community talking about mental health for Green Ribbon month? This year, half a million ribbons are available free of charge. Orders will be accepted for 50 or more, with individual ribbons available from Irish Rail stations and all Boots stores throughout May. Order your ribbons at: <http://bit.ly/1JtOnuv>

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## Pathways to Being Well - a Mental Health Guide for Ethnic Minorities in Ireland

[Cairde](#) has just published '[Pathways to Being Well - a Mental Health Guide for Ethnic Minorities in Ireland](#)'. This resource provides information on how to look after yourself in Ireland, and highlights the services available if you need support. It is available in eight languages (English, Arabic, Chinese, French, Lithuanian, Polish, Romanian and Russian) in both electronic and printed formats. The booklet was developed in consultation with a wide range of stakeholders to ensure that its content and visual presentation meets the needs of the target communities. To order hard copies of the booklet, Email: [mentalhealth@cairde.ie](mailto:mentalhealth@cairde.ie)

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## Please Talk

Have you heard about 'Please Talk'? ... Please Talk is Ireland's student-led mental health movement in third level institutions. If students experience problems at home, college, or in their private lives, they can visit [www.pleasetalk.org](http://www.pleasetalk.org) where they can find support services either on-campus (by selecting their college) or off-campus through [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) Please Talk was first launched in January 2007 in response to the deaths of a number of

students by suicide in University College Dublin. It is supported by the Health Service Executive through the [National Office for Suicide Prevention](#). Please Talk urges students to understand that talking is a strength not a weakness and, if they're experiencing problems while at college, there are people there who they can talk to.

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## Events

### **Men Who Care - Who Cares For Men?**

Most men act as a carer at some stage in their life. However, many of these men don't see themselves as 'carers'. Instead, they often describe their role as simply one aspect of being a good father, husband, son, brother, friend ... This can, however, often leave these men as a hidden, statistic - unaware of the support which is available to them. To rectify this situation, the [Southern Area Men's Health Group](#) Annual Seminar for 2017 will focus upon 'Men Who Care ... Who Cares For Men?' This free event will explore: the valuable role that male carers play; what it's like to be a male carer; support available to male carers; how these carers can have their voice heard; ways to help men to care for themselves. The seminar will take place on Friday 31<sup>st</sup> March 2017, from 9.30am - 1.30pm, in Brownlow Community Hub, Craigavon, Co. Armagh. To register for a place, email: [donna@youthaction.org](mailto:donna@youthaction.org)

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### **'Heroes of Hope' Exhibition**

This year, over 3,400 men in Ireland will hear the words: '*you have prostate cancer*'. However, for most, such a diagnosis does not mark the end of their journey. Thanks to early detection and advances in treatment, there are over 26,000 prostate cancer survivors in Ireland today. Over 90% of men diagnosed with the disease will survive. While coping with cancer treatment can be difficult, the [Marie Keating Foundation](#) is shining a light on these stories of prostate cancer survival to give hope and support to men affected by the disease. The '[Heroes of Hope](#)' exhibition shares the experience of 15 different men who have survived this cancer. These men have one thing in common: they are living proof that while being diagnosed with prostate cancer will change your life, there is life after it. The exhibition has now moved to the Aviva Stadium and will be there until the end of March 2017. It is in an outdoor area of the stadium, beside Lansdowne Road West, at the DART underpass. This area is permanently open and accessible for visits at anytime. The exhibition will be on display here during the Six Nations rugby matches as well as during two soccer internationals.

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## Training

### **Short Wellness Tools Programme**

The Mojo Project will be running a 'Short Wellness Tools Programme' for men living in South Dublin who feel that they are in distress. This programme will run for six weeks from 21<sup>st</sup> March - 25<sup>th</sup> April 2017 in St Dominic's Contact Centre, Tallaght, Dublin 24. It will take place every Tuesday from 10.00am until 1.00pm. The programme will focus on: mindfulness; meditation; therapy through art / creative writing / poetry; mediums of expressions to de-stress. For further information or to book a place, contact Catherine Mooney at Tel: 01 4649300 or Email: [catherine.mooney@sdcpartnership.ie](mailto:catherine.mooney@sdcpartnership.ie)

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## Getting ManPowered

[ManPowered](#) is an innovative healthy lifestyle project - recently launched by [Cancer Focus Northern Ireland](#) - that aims to improve the health outcomes of local men who have low risk prostate cancer. In Northern Ireland, over 1,000 men are diagnosed with prostate cancer every year, making it the most common form of cancer in males. ManPowered will begin in the greater Belfast region, and will later move out into the Western, Southern and South Eastern Trust areas. This lifestyle project is being offered to men who are having their prostate monitored by their GP (i.e. 'under active surveillance'). The programme is tailored to men's needs and interests, and includes a range of physical activities, cookery classes as part of a healthy eating regime, health checks, lifestyle goals, music and social activities to improve social connections and mental health. The year-long project is being funded by the Burdett Trust for Nursing and will run throughout 2017. If you'd like to find out more, contact Maresa McGettigan on Tel: 02890 680743 or Email: [maresamcgettigan@cancerfocusni.org](mailto:maresamcgettigan@cancerfocusni.org)

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## Talk on Health and Vitality for Men

You are invited to a [free talk](#) on Friday 24<sup>th</sup> March 2017, from 7.30pm to 9.00pm, in the Holistic Centre of Ireland, 183 Rathmines Road Lower, Dublin. During this event, Kris Deva North will introduce techniques to increase vigour, improve stamina, prevent indiscriminate draining of the life force, and improve sexual health. Recent surveys have found that men in static jobs have lower libido and sperm count than those in active work, and even lower for men who spend a lot of time on computers and computer games. This is perfectly normal because blood and energy flow needs air and movement. The sages of ancient China said everyone is entitled to a hundred years of healthy life. The idea is that by keeping the body healthy we keep mind, soul and spirit healthy too. Kris is also facilitating a weekend Taoist Workshop for men in the same venue (25<sup>th</sup> and 26<sup>th</sup> March from 10.30am to 5.00pm) which will focus upon turning stress into vitality for peak performance and maximum enjoyment. Full information on this can be found at: [www.healing-tao.co.uk/ht\\_jadearrows\\_workshops\\_for\\_men.htm](http://www.healing-tao.co.uk/ht_jadearrows_workshops_for_men.htm)

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# Research

## Knowledge of Cancer Risk Factors in Irish Males

The number of cancers occurring worldwide is increasing. This is partly because populations are living longer, but also because of an increase in cancer causing behaviours. It is estimated that at least one third of all cancers could be prevented through adopting a healthy diet, staying active, and maintaining a healthy body weight. Researchers at University College Cork have compiled a set of questions relating to cancer risk factors. They are asking men in Ireland to complete this survey in order to better understand how much local males understand about cancer risk factors. This is important, as it will help health professionals and policy makers to develop better cancer awareness programmes in the future. To access / complete the survey, visit: [www.surveymonkey.com/r/C6MZJWQ](http://www.surveymonkey.com/r/C6MZJWQ)

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## Male Volunteers Over 40 Years of Age Needed for Glucose Response Study

A researcher from the [Institute of Food and Health in University College Dublin](#) (UCD) is carrying out a glucose response study in the male population. They are looking to recruit male volunteers who are overweight and over 40 years of age to help with this study. The volunteers will be invited to come to UCD on four separate occasions to consume a breakfast and a protein shot. Small blood samples will be taken so that the researcher can look at how

this protein can reduce blood sugar levels. The input of participants may help with the design a food product which could regulate blood sugars after a meal - which will be especially useful to anyone who is diabetic. For more information, contact Laura Keane on Tel: 01 7162851 / Email: [laura.keane.1@ucdconnect.ie](mailto:laura.keane.1@ucdconnect.ie)

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### Getting Dads Involved

[Parenting NI](#) seeks to ensure that parents are involved in the design and development of services for families. They are especially keen to improve understanding of what dads need and what they would benefit from. To meet this aim, they are conducting a survey, and are seeking fathers to participate in it. The questionnaire takes approximately 2-3 minutes to complete and responses will remain strictly confidential. To get involved, visit: <http://gettingdadsinvolved.questionpro.com>

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## Web Links

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

[Heavy drinking may raise cardiovascular risk by aging the arteries](#)  
[What are the benefits and risks of testosterone therapy? Studies investigate](#)  
[Genetic basis for male baldness identified in large-scale study](#)  
[Snow shovelling may increase risk of heart attack in men](#)  
[Male contraceptive proves effective as alternative to vasectomy](#)

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## Next Edition

The next edition of 'E-Male Matters' will be released in April 2017. 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 one paragraph / 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 April edition is Tuesday 28<sup>th</sup> March 2017.

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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