

E-Male Matters

June 2017

The newsletter of the Men's Health Forum in Ireland

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Men's Health Week 2017

Men's Health Week is not just for June!

[International Men's Health Week](#) (MHW) may be over, but the key question that it posed - *'how are you doing?'* - remains relevant to everyone. MHW offers an opportunity to focus upon the health needs of men and boys each year. However, it is also a launch pad to do something different in the longer-term that can make a positive difference to the lives of males. So, remember, MHW is not just for June.

You can catch-up with all that happened this year at: www.mhfi.org/mhw/mhw-2017.html



Marcella Corcoran Kennedy, Minister of State for Health Promotion in the Republic of Ireland, met some members of the all-island Men's Health Week Planning Group to launch the final countdown to MHW 2017

‘Challenges and Choices’ Man Manual Sold Out

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. During [Men’s Health Week 2017](#), a free, 32 page, Man Manual was distributed by the [Men’s Health Forum in Ireland](#). This posed ten simple and practical health challenges to men and, to meet every challenge, it offered three choices. All of the 12,200 hard copies of this publication available this year were snapped-up within a few weeks of their release. However, if you missed out, and would like to see what it looks like / contains, check out the online preview copy at: www.mhfi.org/challenges2017.pdf The publication of this booklet was only possible due to 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, and the author - Dr Ian Banks.

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Did you Organise a Men’s Health Week Event / Activity?

Every year there are hundreds 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) had a section on its website to promote the details of any activities or events that were being held throughout Ireland during the week (see: www.mhfi.org/mhw2017events.pdf) However, a lot of the activities which took place are still not recorded, and it would be great to flag them up. It’s not too late to complete and submit a MHW Event Form at: www.mhfi.org/mhw/promote-an-event.html Other submission options are also available at: www.mhfi.org/mhw/mhw-2017.html#TellOthers

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Follow Current Men’s Health Work Developments Online

Throughout Men’s Health Week, everyone was kept up-to-date with the latest news and developments in the field of men’s work via Facebook (www.facebook.com/MensHealthWeek) and Twitter (www.twitter.com/MensHealthIRL). However, these social media outlets exist all year round, and seek to highlight what is happening on the island of Ireland and further afield.

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News

Spot Cancer Early - Manual for Men

The [Irish Cancer Society](#) (ICS) has just launched their all-new ‘Spot Cancer Early - Manual for Men’. Electronic copies can be downloaded from: www.cancer.ie/menshealth Hard copies are also available from ICS Daffodil Centres and Boots stores in the Republic of Ireland.

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Why do Men Join a Group or Programme?

Have you ever wondered why men would want to join a group / programme and what things help to keep them involved? If so, you might want to have a look at five new videos made by the [Men’s Health Forum in Ireland](#) which highlight examples of effective practice with men. These clips focus upon: (1) Men on the Move Project in Dungarvan, Co. Waterford; (2) Mojo Project in Tallaght, Dublin; (3) Kilcock Men’s Shed in Co. Kildare; (4) Men About The Town (MATT) in Newry, Co. Down; (5) The Larkin Centre in North Inner City Dublin. All of these short videos give a sense of why men wanted to join the projects and what they get from being there. They can be viewed online at: www.youtube.com/channel/UCukqjWhGpp1SlnJklo-0VvA/videos

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Youth Mental Health Signposting Tool

One of the key findings from the Mental Health Needs Assessment carried out by the National Youth Health Programme in 2015, was the need to support organisations, practitioners and young people in Ireland to access appropriate mental health services. In response to this need, a Youth Mental Health Signposting tool was developed. It provides information on available youth mental health services, training programmes, community supports and children's rights. See what it looks like at: www.youthhealth.ie/signposts

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Awareness Campaign to Combat Prescription Medicine Abuse

The [Health and Social Care Board](#) and the [Public Health Agency](#) in Northern Ireland have launched a campaign to raise awareness of the dangers of misusing prescription medication. It is estimated that the misuse of prescription medication such as Tramadol, Diazepam and anti-depressants was responsible for 27 times more deaths than illicit drugs such as cocaine in 2015. Joe Brogan, Head of Pharmacy, Health and Social Care Board said: *'We have one of the highest rates of deaths in Northern Ireland as a result of prescription medicine abuse. We want people to understand that while prescription medicine can be beneficial when prescribed correctly, it can cause serious harm and, sadly, as we have seen recently, death when misused, abused or mixed with other drugs or alcohol'*. This will, predominantly, be a social media campaign, targeting not just young people but also parents to raise greater awareness about the dangers of misusing medicine. A video explaining the issues is available at <https://business.facebook.com/healthandsocialcareboard/videos/1888910497989989>

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Videos Make Sense of Mental Health

Suicide charity, [3Ts](#) (Turn the Tide of Suicide), recently launched a series of 'T-Time' videos which aim to destigmatise mental health and help with understanding and coping with specific mental health issues. The topics include: depression and low mood; anxiety and panic; self-harm; stress; knowing the signs of suicide. T-Time is a collaboration between 3Ts and YouTuber, [James Mitchell](#). It looks at mental health in a relaxed, informal way, as James explores each topic over a cup of tea with 3Ts' Mental Health Coordinator and Psychotherapist, Clare O'Brien. They are part of 3Ts' '3 Steps' campaign which aims to teach people to know the signs, know the words and know the supports when discussing mental health concerns. The videos set out simple steps to take in approaching these difficult topics, and are available at: www.3ts.ie/need-help/3steps-mental-health-videos

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Training

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

Do you want to become a highly skilled facilitator, advance within your chosen profession, and/or seek new employment opportunities? ... If so, you might consider applying for a place on the Master of Arts in Advanced Facilitation Skills for Promoting Health and Wellbeing. This is an innovative practice orientated programme; the only one of its kind nationally. It is designed to enhance personal growth and development to advance knowledge, skills, attitudes and competencies required for effective facilitation of health and wellbeing work with groups, individuals and key populations. The skills acquired on this programme are essential when engaging with men or working with men's groups. This is a full-time course, and its delivery reflects the flexibility required for adult learners. The programme is delivered in Dublin on one

Friday and Saturday per month per semester and three residential weekends dispersed across the three semesters from January 2018. For further information, visit www.wit.ie/wd591 or contact the Course Leaders via email: PCarroll@wit.ie | MLBarry@wit.ie

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Family Mediation Foundation Training Programme 2017

[Family Mediation Northern Ireland](#) is inviting applications for their Foundation Training Programme 2017. Family Mediation offers an alternative to conflict when families experience difficulties in relationships; particularly during or after separation and divorce. By managing conflict, and offering an independent and impartial process, it empowers (ex) partners to negotiate solutions which meet the needs of their family, especially those of their children. For full details, see: www.mhfi.org/familymediation2017.pdf

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Research

Fatherhood: The Impact of Fathers on Children's Mental Health

Fathers have a critical - yet poorly recognised - role in giving their children the best chance of good mental health throughout their lives according to a briefing paper published by the [Centre for Mental Health](#). 'Fatherhood', by Lorraine Khan, reviews evidence about the role of fathers in children's mental health. It finds evidence that fathers have a big influence on their children's mental health, yet few get any help or support to fulfil their potential as parents. See: www.centreformentalhealth.org.uk/briefing-50-fatherhood

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More Men Experience Job-Related Injuries Compared to Women

[EIGE's Gender Statistics Database](#) reveals that even though work-related accidents are not very common in the EU, the vast majority of them happen to men - who account for approximately 78% of victims. Explore more statistics on safety and wellbeing at work at: http://eige.europa.eu/gender-statistics/dgs/browse/ta/ta_wrk/ta_wrk_env/ta_wrk_env_safe

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Male Volunteers Aged 40+ Needed for Glucose Response Study

Are you heavier than your doctor recommends? [University College Dublin](#) (UCD) researchers are recruiting male volunteers who might be overweight, and who are over 40 years of age, to come to UCD on four separate occasions to consume a breakfast and a protein shot. Small blood samples will be taken so that they can look at how this protein can reduce your blood sugar levels. Your contribution to the study may help to design a food product that could regulate blood sugars after a meal. For more information, contact Laura Keane on Tel: 01 7162851 or Email: 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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Millions of Men, Young and Old, are Experiencing Loneliness but Suffering in Silence

Millions of men across the United Kingdom are hiding feelings of loneliness according to research released at the start of May 2017. This study found that an estimated eight million (35%) men feel lonely at least once a week whilst, for nearly three million (11%), it's a daily occurrence. More than one in ten men also say they are lonely, but would not admit it to anyone. The research, conducted for the [Jo Cox Commission on Loneliness](#) by Royal Voluntary Service, also reveals triggers to loneliness. To find out more, visit: www.royalvoluntaryservice.org.uk/news-and-events/news/new-research-on-behalf-of-jo-cox-commission-on-loneliness-suggests-millions-of-men-young-and-old-are-experiencing-loneliness-but-suffering-in-silence

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Web Links

Men's Issues on the Web ...

- [Long-term adverse outcomes from neonatal circumcision reported in a survey of men](#)
- [Finding sanctuary in Men's Sheds](#)
- [Young people and hidden homelessness](#) (video)
- [Breaking the stigma - a physician's perspective on self-care and recovery](#)
- [Fathers more responsive to toddler daughters than sons](#)
- [Take care in the sun - personal stories](#) (videos)
- [Why don't men go to the doctor?](#)
- [Overwhelming support from GPs and dentists for boys to receive the HPV vaccination](#)

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Next Edition

Due to the Summer holidays, the next edition of 'E-Male Matters' will be released in August 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 The submission deadline for the August edition is Thursday 27th July 2017.

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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