

E-Male Matters

August 2017

The newsletter of the Men's Health Forum in Ireland

Quick links to articles in this edition ...

NEWS

[Launch of 'Spanner in the Works?' Website](#)
[Tennessee Men's Health Report Card 2017](#)
[Spot Cancer Early - Manual for Men](#)
[Youth Mental Health Signposting Tool](#)
[Videos Make Sense of Mental Health](#)
[HeadsUpGuys](#)

EVENTS

[National HIV Conference 2017](#)
[Date for your Diary: Suicide Prevention Conference](#)

WEB LINKS

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

TRAINING

[Get Your Mojo Back!](#)
[Level 3: Working in Community Mental Health](#)
[Advanced Facilitation Skills for Health & Wellbeing](#)
[Family Mediation Foundation Training Programme](#)

RESEARCH

[Creative Media and Reduction of Male Suicide Risk](#)
[Suicide amongst Construction Workers in Australia](#)

NEXT EDITION

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

News

Launch of 'Spanner in the Works?' Website

On Thursday 20th July 2017, the [Irish Men's Sheds Association](#) officially launched their new men's health website called 'Spanner in the Works?' This offers information on every aspect of the male body - from head to toe - as well as signposting to local sources of advice and support. You can check it out at: www.malehealth.ie

[Back to Top](#)

Tennessee Men's Health Report Card 2017

The goal of the [Tennessee Men's Health Report Card](#) is to monitor the health and wellbeing of men in Tennessee, USA, and to inform strategies to improve the health of men in the state. Following the 2010, 2012 and 2014 editions, this fourth edition of the Report Card continues to distinguish Tennessee as the only state in the USA that has regularly published such a document to guide the planning, implementation and evaluation of programmes and policies to improve men's health. The 2017 Report Card presents data collected by the Tennessee Department of Health and the U.S. Census Bureau. Wouldn't it be great to have a similar progress monitoring tool on the island of Ireland? ...

[Back to Top](#)

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.

[Back to Top](#)

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

[Back to Top](#)

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

[Back to Top](#)

HeadsUpGuys

HeadsUpGuys is a resource for supporting men in their fight against depression by providing tips, tools, information about professional services, and stories of success. It was developed through the support of the Movember Foundation and is based at the University of British Columbia, Canada. Check it out at: www.headsupguys.org

[Back to Top](#)

Events

National HIV Conference 2017

In this, their 30th Anniversary Year, [HIV Ireland](#) will be running a conference which will explore the history of HIV, stigma and social inclusion within the areas of addiction, homelessness, sex work, the LGBT community, the migrant community and, specifically, people living with HIV in Ireland since 1987. They will also be launching Ireland's first National HIV Stigma Survey since 2007. The conference is titled 'HIV, Social Inclusion, Stigma and Social Policy', and will take place on Thursday 28th September 2017, in the Smock Alley Theatre, Dublin.

[Back to Top](#)

Date for your Diary - Suicide Prevention Conference

Contact will be holding their 7th 'Suicide Prevention - What Works?' conference on Thursday 16th November 2017 in the Titanic Centre Belfast. More details will soon be available at: www.contactni.com

[Back to Top](#)

Training

Get Your Mojo Back!

Mojo is a 12 week training programme - developed by a collective of organisations - to reduce the high levels of male suicide in Ireland. In the programme, men learn to build their mental and physical fitness, while developing the ability to engage with local services, set goals and develop a life plan. The next Mojo programme for South Dublin will start on 20th September 2017 (with registration on 13th September). The target group is men who have been directly affected by the recession and employment issues, and who are: 18 years or older; motivated to change; keen to get their Mojo back; willing to participate in a 12 week programme (2 mornings per week); able to take personal responsibility. Participation on this course does not affect social welfare benefits. To find out more, call Catherine Mooney on Tel: 087 1471152 or 01 4649300 | Email: catherine.mooney@sdcpartnership.ie | Visit: www.mojo-programme.org

[Back to Top](#)

Level 3 Certificate in Working in Community Mental Health

This 30 week City and Guilds accredited course will begin in October 2017, and take place in the [North West Regional College](#), Strand Road, Derry / Londonderry on Wednesdays from 5.30pm - 9.30pm. The focus of the qualification is on working with adults, aged 18 - 65 years, who are in contact with mental health care and support services. The course will provide an opportunity for individuals to reflect upon their own experience as practitioners in order to enhance their practice, skills and knowledge in the area of mental health care. Elements covered will include: mental wellbeing; mental health promotion; mental health problems; interventions; the legal, policy and service framework in mental health; care, support, planning and risk management; effective communication and building relationships; enabling service users and carers to manage change; effective team and joint working. For further information, contact Margaret McChrystal at Tel: 02871 276173 | Email: Margaret.McChrystal@nwrc.ac.uk

[Back to Top](#)

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

[Back to Top](#)

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

[Back to Top](#)

Research

PhD Opportunity: Creative Media as a Vehicle for Reduction of Suicide Risk in Men

Suicide disproportionately affects men, who are less likely to access support through traditional routes. Increasingly, imaginative initiatives are being developed to support vulnerable men at risk of suicide. One approach is the use of creative media such as moving image arts. This PhD study (within the [School of Nursing and Midwifery in Queen's University Belfast](#)) will gather interdisciplinary expertise to examine the theoretical potential for creative media interventions which can increase mental health literacy, improve resilience, and reduce the risk of suicide in men in the United Kingdom and Canada. For more information on this initiative, visit: www.qub.ac.uk/Study/PostgraduateStudy/FundingandScholarships/Doctoral-Training-Centres/spark/Creativemediasavevehicleforreductionofsuicideriskinmen See: www.qub.ac.uk/Study/PostgraduateStudy/FundingandScholarships/Doctoral-Training-Centres/spark for details of how to apply. The closing date for applications is Friday 11th August 2017.

[Back to Top](#)

Male Suicide among Construction Workers in Australia: A Qualitative Analysis of the Major Stressors Precipitating Death

Suicide rates among those employed in male-dominated professions such as construction are elevated compared to other occupational groups. To date, research has been mainly quantitative and has been unable to identify the complex range of risk and protective factors that surround these suicides. This study used a national coronial database to qualitatively study suicide among male construction workers in Australia. It found that the risk factors included work-related issues such as job insecurity, transient working conditions and fear of legal prosecution in relation to debt and conduct at work. Substance issues, alcohol use and mental health issues were also prominent, as were family breakdown and the lack of access to children. The findings from the study are available online at:

www.bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-017-4500-8

[Back to Top](#)

Web Links

Men's Issues on the Web ...

[Surprising ways your partner can affect your health](#)

[Too much sugar may harm men's mental health](#)

[Signs and symptoms of cancer for men \(and women\) from Macmillan](#)

[Sperm count more than halved in Western men](#)

[Study provides new insights into male pattern baldness](#)

[What men fear most \[video\]](#)

[Children of older fathers likely to be 'geeks'](#)

[Estimated 1m people in Ireland at risk from high blood pressure](#)

[Back to Top](#)

Next Edition

The next edition of 'E-Male Matters' will be released in September 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 September edition is Thursday 31st August 2017.

[Back to Top](#)

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



SPANNER IN THE WORKS?®

IRISH MEN'S **SHEDS** ASSOCIATION
menssheds.ie

HOME ABOUT CHECKUP RESOURCES CONTACT

WHEN WAS YOUR LAST SERVICE?

Knowing when to have your car checked is no different than keeping your body in peak condition.

Visit the 'Spanner in the Works?' Website at: www.malehealth.ie