

E-Male Matters

October 2017

The newsletter of the Men's Health Forum in Ireland

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News

Listening to the People's Voice

The [Patient and Client Council](#) (PCC) was created on 1st April 2009 as an independent voice for patients, clients, carers and communities in Northern Ireland. It has four statutory functions: (1) listen and act on people's views; (2) encourage people to get involved; (3) help people make a complaint; (4) promote advice and information. Over the past seven years, the PCC has engaged with tens of thousands of people on a wide range of health and social care-related issues through surveys, face-to-face interviews, workshops and contact with the general public at events. The PCC has also enabled service users to work in partnership with Health and Social Care to co-design and deliver meaningful service improvement in such areas as mental health and learning disability, chronic pain and rare diseases, as well as specific conditions such as fibromyalgia, ME, Stage IV endometriosis and recurrent miscarriage. For more information, visit: www.patientclientcouncil.hscni.net

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Coping with the Pressures of Farming

'Coping with the Pressures of Farming' was launched at the National Ploughing Championships 2017 by [Mental Health Ireland](#) and [Teagasc](#). Staying well mentally is just as important as staying well physically. Dealing with stress and strain, and the ups and downs of life, are part and parcel of daily living. However, sometimes situations can lead to feelings of being unable to cope. On such occasions, being able to reach out to someone to talk to and get advice from can make all the difference to sorting out the problem. This publication has been researched and collated to address the many and varied issues that contribute to stress

when not properly handled. Part 1 addresses the essential requirement to manage farming effectively and efficiently. Part 2 looks at mental health and wellbeing, with an emphasis on the more common mental health issues that can impact on day-to-day living. To access a copy of this booklet, visit: www.mentalhealthireland.ie/wp-content/uploads/2017/09/Coping-with-the-pressures-of-farming-1.pdf

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Peer Mentoring for People Facing Cancer

Are you living with a cancer diagnosis? Would you or a family member benefit from someone to support you through your journey? ... If so, [Action Cancer](#) can provide a free Peer Mentoring service - available to both the patient and their family - throughout Northern Ireland. Trained volunteers, who have all come through their own personal cancer experience, offer a listening ear, support and guidance for your journey. For further information, contact Jane Gilmore at Email: jgilmore@actioncancer.org | Tel: 02890 803356.

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Events

'Suicide Prevention - What Works?' Conference

[Contact NI](#) will be holding their 7th Suicide Prevention - What Works? conference on Thursday 16th November 2017 in the Titanic Centre, Belfast. This year's event will reflect upon '*Stories Seldom Told ... Voices Seldom Heard*' in the campaign to safeguard against suicide as a preventable harm. For further details and/or to book a place, visit:

<https://getinvited.to/suicideprevention/contact-suicide-prevention-what-works-conference>

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Date for your Diary: 23rd Annual Regional Sexual Health Conference 2017

The Belfast Health and Social Care Trust Sexual Health Training Team's 23rd Annual Regional Conference will take place on Wednesday 22nd November 2017, from 9.00am - 5.00pm, in the Titanic Centre, Belfast. This year's event will focus upon inequalities in health for women, and will bring together a wide range of experts to present up-to-date research and projects from throughout the UK and Ireland. To book a place or to find out more, Email:

shealth.team@belfasttrust.hscni.net or Tel: 02895 047028.

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Head and Neck Cancer Conference 2017

You are invited to a two day conference focusing upon head and neck cancer. This will take place on Tuesday 7th and Wednesday 8th November 2017 in Blackpool, England. Day 1 will target health professionals and Day 2 is for patients and carers. For full details, see:

www.yourcancerjourney.org.uk/conference

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Schools Can, Schools Do - Healthy Eating and Physical Activity

You are invited to a workshop hosted by the All-Island Obesity Action Forum supported by [safefood](#). This event, titled '*Schools Can, Schools Do - Healthy Eating and Physical Activity*', will take place on Tuesday 14th November 2017, in the Gibson Hotel, Dublin, from 9.30am - 1.30pm. The event will focus on the school as a setting for promoting a healthy weight in children, and will welcome a range of national and international expert speakers on childhood obesity. For more details, see: www.safefood.eu/Professional/Events/All-island-Obesity-Action-Forum-Schools-can,-scho.aspx

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Training

Mini-Taster Mojo

Are you feeling like you have lost your Mojo? Have you been affected by employment issues? Are you feeling stressed? Are you: motivated to change; over 18; living in South County Dublin; able to participate in a programme for four weeks every Tuesday from 2.00pm - 4.00pm from 14th November until 5th December 2017? ... If so, this short programme (which will be held in Tus Nua, New Nangor Road, Clondalkin, Dublin 22) might be of interest to you. To find out more, contact: Catherine Mooney, [Mojo](#) Programme Manager, at Tel: 087 1471152

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Research

Women and Men in Ireland 2016

The [Central Statistics Office](#) recently published 'Women and Men in Ireland 2016' which presents over 70 indicators that identify important gender differences in the activities of men and women in the Republic of Ireland, as well as how these relate to the international situation. Headline figures include: Irish women are more likely to have a third-level qualification than men; the vast majority of those who look after home/family are women (although the number of men looking after home/family nearly doubled in the 10 years up to 2016); more than three quarters of the TDs in Dáil Éireann are men; four out of every five people committed to prison in 2014 were men; men work longer hours than women in paid employment and have a higher rate of employment ... To see a full overview of the findings, visit:

www.cso.ie/en/releasesandpublications/ep/p-wamii/womenandmeninireland2016

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Women and Men Report Similar Levels of Work-Family Conflicts

Contrary to public perception and many media accounts, women and men report similar levels of work / family conflicts - both in the form of work interfering with family and family interfering with work - according to research recently published by the [American Psychological Association](#). Researchers spent several years examining the findings from more than 350 studies, conducted over three decades, that included more than 250,000 participants from across the world. The results were published online in the Journal of Applied Psychology. To read more, visit: www.apa.org/news/press/releases/2017/07/work-family-conflicts.aspx

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Men's Experience of Caring for a Spouse / Partner who has a Chronic Long-Term Illness or Disability

The number of male family carers in Northern Ireland is rising and, currently, around 42% of family carers are male. [Ulster University](#) is conducting research into the experience of men who are at home looking after a spouse/partner who is living with a long-term illness or disability. The researcher, Anne Fee (PhD Student), is recruiting male participants for the current phase of the study which comprises one-to-one interviews about their experience of caring for their spouse/partner. Interviews will last around one hour, and will be conducted at home or in a local day centre. If necessary, expenses can be provided to arrange alternative care while the interview is taking place, and all participants will be offered a £20 voucher in recognition of their time. For further information about the study, or to register interest to be interviewed, contact Anne Fee at Tel: 0790 7579875, or Email: fee-a1@ulster.ac.uk

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Masculinities and Men's Illicit Recreational Drug Use

New research, published in the Irish Journal of Sociology, sheds light on men's use of illicit drugs. In Ireland, men are more likely than women to use illicit drugs, and more likely to develop drug problems and end up in drug treatment services. This reflects a similar global pattern - men tend to use drugs (such as cannabis, cocaine and ecstasy) more often than women. Yet little is known about why men begin taking drugs and what drug taking means to them. This study explores these questions. Find out more at:

<http://journals.sagepub.com/doi/10.1177/0791603517735772>

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Global Burden of Disease Study

The Global Burden of Disease Study (GBD) is the most comprehensive worldwide observational epidemiological study to date. It describes mortality and morbidity from major diseases, injuries and risk factors to health at global, national and regional levels. Examining trends from 1990 to the present, and making comparisons across populations, enables understanding of the changing health challenges facing people across the world in the 21st century. See the full story at: <http://thelancet.com/gbd>

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Web Links

Men's Issues on the Web ...

[My anxiety and me](#)

[A-fib strikes men a decade earlier than women](#)

[How straight millennials feel about 'bromance'](#)

[Regular sauna use could slash men's hypertension risk](#)

[Over 300 Irish deaths a year due to being overweight](#)

[Talking with teenage boys about porn, drink and suicide](#)

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Next Edition

The next edition of 'E-Male Matters' will be released in November 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 November edition is Tuesday 31st October 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