

E-Male Matters

March 2018

The newsletter of the Men's Health Forum in Ireland

Quick links to articles in this edition ...

NEWS

[Men's Health Week 2018 Update](#)
[Men's Health Symposium Presentations](#)
[April is Bowel Cancer Awareness Month](#)
[Danderball Heads to Dublin](#)
[Jabs for the Boys](#)

RESEARCH

[Middle-Aged Men and Suicide in Ireland](#)
[Rapid Needs Assessment of Young Men's Health](#)
[Evaluating the 'Men on the Move' Programme](#)
[Fathers' Experience of Healthy Infant Growth](#)
[Men and Self-Care](#)
[Health Inequalities Annual Report 2018](#)
[Prostate Intraepithelial Neoplasia Patients](#)

EVENTS

[Launch of Cancer Caring Coping Website](#)
[Green Ribbon Campaign 2018](#)
[Belfast Men's Health Group Photo Exhibition](#)
[Male Psychology Conference 2018](#)
[Making the Healthier Choice the Easier Choice](#)

TRAINING

[Free Stop Smoking Course](#)

WEB LINKS

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

NEXT EDITION

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

News

Men's Health Week 2018 Update

[International Men's Health Week](#) (MHW) always begins on the Monday before Father's Day and ends on Father's Day itself. This coming year, it will run from Monday 11th until Sunday 17th June 2018.

Each year, there is a specific theme. During 2018, the theme for the island of Ireland will focus upon the famous words of Astronaut Neil Armstrong - the first man to walk on the moon - when he said: *'That's one small step for [a] man. One giant leap for mankind'*. The key question that everyone will be asked during MHW this year is: *'what's your one small step to improve men's health going to be?'*

Every year the Men's Health Forum in Ireland (MHFI) convenes an all-island Planning Group for MHW. Would you be interested in joining with others from across the island of Ireland to help to shape this week? This can be done in many ways - from participating in meetings to electronic communication. All input is very welcome, and helps to make the week stronger and more relevant.

The third meeting of the Planning Group will be held on the morning of Thursday 10th May 2018, in Dundalk, Co. Louth. However, even if you cannot make this meeting, your ongoing feedback on developments via email would still be very helpful. If you would be interested in being part of the planning process for 2018 (in any way), email Colin Fowler at: colin@mhfi.org

One way or the other, it's time to start thinking about how your group / workplace / church / community / sports club ... could do something to mark this week. MHW 2018 posters, postcards, Man Manuals, graphics, social media messages and giveaways are, currently, being developed and will be ready in early May. In the meantime, monitor progress and developments at: www.mhfi.org/mhw/mhw-2018.html

[Back to Top](#)

'Men in the Middle' Presentations Available Online

Unfortunately, all of the places at the recent Men's Health Symposium held on Thursday 15th March 2018 in Dr Steevens' Hospital, Dublin (which focused on the health and wellbeing needs of middle-aged men in Ireland) were allocated soon after the booking process opened. This left a lot of applicants feeling disappointed. To meet the requests from people who were not able to attend, all of the speakers' PowerPoint presentations are now available online at: www.mhfi.org/resources/men-s-health-symposium-2018.html It is also hoped to have video footage of some of the inputs available on this page soon.

[Back to Top](#)

April is Bowel Cancer Awareness Month

Bowel cancer is Ireland's second most common cancer and it affects more men than women. Despite this stark fact, men (only 36%) are much less likely to do a simple home screening test which aims to find bowel cancer at an early stage in people who have no symptoms. The test is free and available to men (and women) aged 60 to 69. Throughout Bowel Cancer Awareness Month (April), [BowelScreen](#) - the HSE National Bowel Screening Programme - will highlight the importance of bowel screening, and aims to encourage those eligible to register for the free test. People on the register will receive a home test in the post which is easy to use and non-invasive. The test only takes a minute, and can be done in the privacy of your own home. Results are usually back within four weeks. To find out more and register for the programme, visit www.bowelscreen.ie or call Freephone 1800 45 45 55.

[Back to Top](#)

Danderball Heads to Dublin

[Belfast Community Sports Development Network](#) (BCSDN) recently travelled to Dublin to take part in a Danderball tournament held at the Sport Ireland Indoor Arena. Through a working partnership with the Irish Football Association and Football Association of Ireland, they brought together four teams from the North and four teams from the South of Ireland to take part in this walking football tournament. See the video at: <https://vimeo.com/257500825>

[Back to Top](#)

Jabs for the Boys

A campaign was recently launched to address the pressing need for greater awareness about the human papillomavirus (HPV) and its potential impact on millions of men and boys in the United Kingdom every year. 'Jabs for the Boys' aims to improve public education about HPV and the HPV vaccination. This follows new research which points to a startling lack of knowledge about the infection. The initiative's website - www.jabsfortheboys.uk - seeks to boost public knowledge of HPV, while offering advice and guidance to the parents of boys, boys themselves, and adult men about the pros and cons of HPV vaccination.

[Back to Top](#)

Events

Launch of Cancer Caring Coping Website

You are invited to the launch of the Cancer Caring Coping website. The website (www.cancercaringcoping.com) has been co-designed by families affected by cancer - including many men - to: provide real life experiences and examples of how to cope in the role of carer; provide tips and techniques; and signpost to available support. The official launch will take place on Thursday 19th April 2018, from 12.30pm - 2.00pm, in the Lecture Theatre, Postgraduate Centre, Belfast City Hospital. Light refreshments and lunch will be provided. If you would like to attend, please contact Dr Olinda Santin at Email: o.santin@qub.ac.uk | Tel: 02890 972292.

[Back to Top](#)

Green Ribbon Campaign 2018

[See Change](http://seechange.ie) is rolling out a month long national Green Ribbon Campaign to encourage people in Ireland to “Say ‘No’ to Mental Health Stigma” this May. Stigma is a barrier to recovery for many people dealing with mental health issues, but you can help to put a stop to it. 500,000 green ribbons will be distributed nationwide - free of charge - as a visual symbol to end the stigma surrounding mental health difficulties. You don’t need to be an expert to start talking about mental health or to have all the answers. Sometimes the most helpful thing you can do is to let someone know you are there for them and simply listen. Get involved in the campaign at: <https://seechange.ie/green-ribbon>

[Back to Top](#)

Belfast Men's Health Group Photographic Exhibition

To help to celebrate [Men's Health Week 2018](#), [Belfast Men's Health Group](#) recently ran a Photographic Competition. In our day-to-day conversations, we often use the term ‘real man’. At best, this is associated with the ‘traditional’ male roles of provider and protector. However, at worst it is about negative things such as violence, risk-taking and self-destructive behaviours. This competition sought to challenge both of these views, and to use photographs to explore the many sides to men and their lives. Contributors were asked to take a photo which explores the diverse faces / roles / identities / activities of men, and to submit images which clearly visualise the phrase ‘*A real man is ...*’. To find out more, see: www.mhfi.org/BMHGphoto2018.pdf The images are, currently, being judged and the exhibition will be launched in Belfast City Hall during Men’s Health Week in June this year.

[Back to Top](#)

Male Psychology Conference 2018

The list of conference speakers and posters for the 5th Annual Male Psychology Conference has just been announced. This event will take place on Friday 22nd and Saturday 23rd June 2018, and is being held in University College London. Full details are available at: www.malepsychology.org.uk/the-conference-2018

[Back to Top](#)

Nudge, Nudge - Making the Healthier Choice the Easier Choice

This event will focus on ‘nudging’ as a behaviour change concept to encourage positive behaviours in relation to health and wellbeing and promoting a healthy weight. Presentations will explore the ‘nudge concept’ and include practical examples. It will be of interest to a broad range of sectors, and will take place on Tuesday 12th June 2018, from 10.00am - 1.30pm, in Belfast. For more details or to book a place, visit: www.safefood.eu/Professional/Events/All-island-Obesity-Action-Forum-Nudge-nudge.aspx

[Back to Top](#)

Training

Free Stop Smoking Course

Are you (or someone you care about) a smoker? Would you be interested in a free six week course that will: provide support in a friendly atmosphere; help you to develop the skills to stop smoking; offer advice on stop smoking medications? ... If so, you are invited to join a course which will run every Monday, 14th May - 25th June 2018, from 5.30pm - 7.00pm. This will be held in the 1st Floor, Allied Therapy Suite, St. Vincent's University Hospital, Elm Park, Dublin 4. For more information or to book a place, Tel: 01 2214958 | Email: smokingservice@svuh.ie

[Back to Top](#)

Research

Middle-Aged Men and Suicide in Ireland

Thursday 15th March 2018 saw the launch of a '[Middle-Aged Men and Suicide in Ireland](#)' report at the '[Men in the Middle](#)' Men's Health Symposium in Dr Steevens' Hospital, Dublin. Over the past ten years, the suicide rate among middle-aged men (40-59 years old) in the Republic of Ireland has been the highest of all age bands. The self-harm rate among this age group has also increased in recent years. This worrying situation is compounded by the fact that, within this cohort of men, there are a number of specific 'at risk' groups for whom suicide and suicidal behaviour is more prevalent. This research - commissioned by the Men's Health Forum in Ireland (MHFI), funded by the National Office for Suicide Prevention, and undertaken by the National Centre for Men's Health in IT Carlow - explores the factors underpinning these statistics; with the aim of providing more effective and gender specific programmes, services, and resources to support men's mental health and wellbeing. The report is available for online downloading at: www.mhfi.org/MAMRMreport.pdf Hard copies of the Executive Summary can be ordered by emailing Colin Fowler at: colin@mhfi.org

[Back to Top](#)

Rapid Needs Assessment of Young Men's Health

The [National Youth Council of Ireland](#) is the umbrella organisation for all youth groups throughout the Republic of Ireland, servicing 380,000 young people. As preparation for Men's Health Week this year, their [National Youth Health Programme](#) has developed a short rapid needs assessment to get the opinions of youth workers on what young men are dealing with in terms of their health, and how they can be supported. The online survey can be accessed at: <https://www.surveymonkey.com/r/6PFW65L> If you work with young men, NYCI would love you to contribute.

[Back to Top](#)

Evaluation of a Gender-Sensitive Physical Activity Programme for Inactive Men in Ireland

The excess burden of ill health, mortality and premature death experienced by many men, and poorer men in particular, across the developed world has prompted calls for the development of gender sensitised health related services for men. An emergent body of evidence indicates that successful public health work with men can be accomplished when it utilises elements with which men are familiar and secure. In particular, physical activity (PA) is proven to be a useful 'hook' to engage men. 'Men on the Move' (MoM) is a community-based PA programme designed to engage inactive men to improve their overall health and wellbeing. The MoM programme was delivered by practitioner partnerships in diverse communities and among

diverse groups of men under 'real world' conditions to assess both its efficacy and replicability, with a view to scaling-up the programme nationally for population-wide impact. The purpose of this paper is to detail the protocols used in the design, implementation and evaluation of the MoM programme. You can download it at: www.mhfi.org/MoMProtocolPaper.pdf

[Back to Top](#)

The Views and Experiences of Fathers on Healthy Infant Growth

Researchers at [NUI Galway](#) are recruiting parents of children in Ireland under two years of age to seek their views and experiences on healthy growth and how this could best be supported. The team is particularly keen to hear from fathers, as their views on these issues have not been captured to any great extent to date. The study will involve one interview with a member of the research team which will last about an hour. Interviews will be held at a time and a place that suits the participant. Fathers will be asked about their experiences and opinions on healthy growth in young children. All information will be kept confidential. This study is being undertaken by Marita Hennessy, a SPHeRE PhD scholar within the Health Behaviour Change Research Group at NUI Galway, funded by the Health Research Board. If you would like to participate, or would like more information, contact Marita at Tel: 089 2459405 | Email: m.hennessy11@nuigalway.ie Organisations can also get in touch with Marita if they are able to facilitate the recruitment of fathers, and posters and flyers are available for this purpose.

[Back to Top](#)

Men and Self-Care

[Global Action on Men's Health](#) (GAMH) has received funding from Sanofi to produce a report on self-care which looks at the beliefs, attitudes and behaviours of men and boys, examples of successful interventions by health and other organisations, the potential for improvement, and recommendations for action on research, policy and practice. Improving self-care has become an increasingly important issue in health policy and practice but, to date, the gender dimension has largely been overlooked. This project will take a global perspective, and draw on the experience and expertise of GAMH's members and others working in the field of men's and boys' health. The survey can be accessed at www.surveymonkey.co.uk/r/GAMH-men-and-selfcare and should take about 15-20 minutes to complete.

[Back to Top](#)

Health Inequalities Annual Report 2018

This publication (released 28th February 2018) presents a comprehensive analysis of health inequality gaps between the most and least deprived areas of Northern Ireland, and within Health and Social Care (HSC) Trust and Local Government District (LGD) areas. The report is accompanied by downloadable data tables which contain all figures, including urban and rural breakdowns. See: www.health-ni.gov.uk/publications/health-inequalities-annual-report-2018

[Back to Top](#)

First Large-Scale Survey of Prostate Intraepithelial Neoplasia Patients

Researchers at [Queen's University Belfast](#) are conducting the first large-scale survey of prostate intraepithelial neoplasia patients and individuals with other precancerous conditions to investigate the effect of being diagnosed and living with a precancerous condition. They are particularly interested to know more about how men feel about prostate intraepithelial neoplasia and the impact, if any, this has had on their life since diagnosis. The findings from this study will be used to inform future healthcare service provision for individuals with precancers and will be published in a scientific peer reviewed journal. To learn more about this study and to take part, visit: <http://go.qub.ac.uk/QUBPIP1> All responses to the survey will be anonymous, and it should take no longer than 15-20 minutes to complete.

[Back to Top](#)

Web Links

Men's Issues on the Web ...

[Any Mug's Cook Book \(for men\)](#)

[Alfy's running release](#)

[Equip GPs with mental health expertise #123GP](#)

[Protect our boys from HPV related cancers](#)

[Yoga-loving Kerry farmer](#)

[Too much TV may raise men's colorectal cancer risk](#)

[Back to Top](#)

Next Edition

The next edition of 'E-Male Matters' will be released in April 2018. 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 and no more than 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 April edition is Friday 20th April 2018.

[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

