

E-Male Matters

August 2018

The newsletter of the Men's Health Forum in Ireland

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News

SSaMs: Sports Students as Mentors to Improve Educational Attainment among Boys

The 'SSaMs' (Sports Students as Mentors) Project is an exciting new initiative which aims to prevent early school leaving and to improve educational attainment among boys through the mentoring capabilities of sports students. The National Centre for Men's Health in the Institute of Technology Carlow is working alongside the University of Gloucestershire (UK), University of Thessaly (Greece), Palacký University (Czech Republic), University of Murcia (Spain) and CESIE (Italy) to develop gender-sensitive resources for use within Higher Education Institutes. These will: (a) enhance the knowledge of undergraduate sports students with regard to working with young males; and (b) enable sport students to provide mentoring support in future vocational settings involving work with young males to motivate them to stay at school. To find out more, visit: www.sportsmentors.eu

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Building the Community-Pharmacy Partnership Funding

Building the Community-Pharmacy Partnership (BCPP) in Northern Ireland is a collaboration between the [Community Development and Health Network](#) and the [Health and Social Care Board](#) - with strategic direction offered by a multi-agency Steering Group. The programme aims to promote and support communities to work in partnership with local pharmacists to address health and wellbeing needs using a community development approach by: increasing skills; encouraging community activity and self-help; expanding understanding of health issues; supporting local people to play a key role in promoting health. Applications are now being invited for the Level 2 funding scheme. For more details see: www.cdhn.org/level-2-application

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GSK IMPACT Awards 2019

GSK's IMPACT Awards reward charities that are doing excellent work to improve people's health. Organisations must: be at least three years old; work in a health-related field in the UK; have an income between £80,000 and £2.5 million. Up to 20 awards will be made ranging from £3,000 to £40,000, plus free training valued at up to £6,000. Organisations will also have a film made, receive help with press and publicity, and be given a set of promotional materials. The closing date for applications is Thursday 20th September 2018. To apply, or to view previous winners' films, visit: www.kingsfund.org.uk/gskimpactawards

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UK Boys to be Vaccinated against HPV

On the 24th of July 2018, Ministers at the Department of Health and Social Care accepted the advice of the government's vaccination advisory committee (JCVI) that the national HPV vaccination programme should be extended to include adolescent boys in England. During the preceding week, Health Ministers in Wales and Scotland confirmed that they would be introducing vaccinations for boys. This means that, each year, around 400,000 boys can be protected against HPV infection and the diseases that it causes, including cancer. It brings the UK into line with around 20 other countries that already vaccinate boys or which plan to do so soon. [HPV Action](#) is now calling for: (i) immediate confirmation that boys in Northern Ireland will also be vaccinated; (ii) the early publication of an implementation plan for a national rollout; (iii) a catch-up programme for boys which parallels that available for girls; (iv) the production of information materials targeted at boys, their parents and teachers; and (v) a national campaign which seeks to maximise vaccine uptake in both sexes. Find out more at: www.hpvaction.org

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Drink Less - your heart will love you for it

Nearly one million people in Ireland have high blood pressure - a major cause of heart attack or stroke - and last year almost 9,000 people died from cardiovascular disease. However, high blood pressure usually comes with an even bigger problem - a lack of symptoms. Raised blood pressure is one of the most common alcohol-related health problems, but many people don't realise they have it. You can look after your heart and reduce your risk of heart disease and stroke by drinking less alcohol and getting your blood pressure checked regularly. Find out more at: <http://askaboutalcohol.ie/health/effects-on-the-body/heart-health>

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A Connected Island - An Ireland Free from Loneliness

On Wednesday 13th June 2018, The Loneliness Taskforce launched a report recommending that Government take action on loneliness and social isolation in Ireland. In this document, they highlight that loneliness is the public health crisis of this generation, and the report seeks to spark a nationwide conversation about this issue. The report is titled '*A Connected Island - An Ireland Free From Loneliness*', and it can be accessed online at:

<https://lonelinesstaskforce.files.wordpress.com/2018/06/loneliness-taskforce-a-connected-island-an-ireland-free-from-loneliness.pdf>

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Mental Health Services: Family, Carer and Supporter Guide

The purpose of this Guide is to outline to family members, carers and supporters of service users the care they can expect for their relatives or friends when they use HSE Mental Health services. It also makes some suggestions as to how they can care for themselves when a relative or friend is unwell or feeling emotional distress. Access a copy online at:

www.healthpromotion.ie/hp-files/docs/HMT01164.pdf

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Training

'Engage' Training for Trainers in the WHSCT Area

In March this year, the [Western Health and Social Care Trust](#) (WHSCT) worked in partnership with [Men's Action Network](#) and the [Men's Health Forum in Ireland](#) to run an event in Derry / Londonderry titled '[Hope from Hopelessness](#)'. This focused upon men and mental health. To build upon the energy generated at this conference, the partners have arranged to run an 'Engage' Training for Trainers (TfT) programme between October and December 2018. 'Engage' was developed in the Republic of Ireland as part of the [National Men's Health Policy](#) in response to the growing demand from service providers for support to improve their engagement and work with men. The TfT will create a team of facilitators who understand why and how to engage more effectively with men of all ages, and who are willing to cascade their learning (via workshops) throughout the WHSCT catchment area during 2019. To be eligible for a place on this free training, you must: work (at least partially) within the WHSCT area; have regular contact with men; have the backing of your employer / organisation to participate; be an experienced group facilitator; be aware of men's health needs; be willing to participate in all elements of the programme (five days training, one follow-up day and the delivery at least three workshops afterwards). Applications are welcomed from both men and women, and from people working in the voluntary, community and statutory sectors. For more information, email Sonia Montgomery at: sonia.montgomery@westerntrust.hscni.net

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Breakthrough

Are you a man aged 18-30 years old? Do you have mild to moderate mental health issues? Are you interested in an opportunity to combine physical activity and personal development to help get your life back on track? ... If so, [Beacon of Light Counselling Centre](#) is currently taking names for the next 'Breakthrough' programme which will commence in mid-September 2018. Find out more at: www.beaconoflight.ie/break-through-programme

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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, or seek new employment opportunities? ... If so, you might consider the Master of Arts in Advanced Facilitation Skills for Promoting Health and Wellbeing - an innovative practice orientated programme which is the only one of its kind in the Republic of Ireland. It is designed to enhance personal growth and to advance the knowledge, skills, attitudes and competencies required for effective facilitation of health and wellbeing initiatives with groups, individuals and key populations. This is a full-time programme, but its delivery reflects the flexibility required for adult learners. It is delivered two days per month each semester (in Dublin) and entails three residential weekends throughout the year. For more information, see: www.wit.ie/courses/school/health_sciences/department_of_health_sport_exercise_studies/ma-in-advanced-facilitation-skills-for-promoting-health-and-well-being

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Developing an Integrated Employee Health and Wellbeing Programme

The Health and Safety Authority's strategy for 2016-2018 places an increased focus on work related health risks. Employers have a legal obligation to assess all workplace health risks which may cause illness, and to comply with health and safety general application regulations. This seminar - being held in Portlaoise on Thursday 20th September 2018 - will focus upon: developing a workplace health and wellbeing policy; conducting risk assessments on all workplace physical and behavioural risks; reducing stress and increasing personal resilience. For more details, visit: www.eapinstitute.com/documents/EmployeeHealthWellbeing2018.pdf

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Community-Based Men's Health and Lifestyle Programme

This free programme is open to all men and offers: weekly health information talks; physical activity sessions; dedicated staff to support you with your goals; health checks. It will run for ten weeks - every Thursday at 7.00pm, from 6th September - 8th November 2018. It will be held in Brownlow Community Hub, Craigavon, Co. Armagh. If you are interested in hearing more, contact Frances Haughey (Health Improvement Officer, Armagh City, Banbridge and Craigavon Borough Council) at Email: frances.haughey@armaghbanbridgecraigavon.gov.uk | Tel: 07500 772905.

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Research

Alcohol Market Review and Price Survey 2018

[Alcohol Action Ireland](#) has published the results of their Alcohol Market Review and Price Survey 2018. This reveals that alcohol is now so cheap that men in the Republic of Ireland can drink to the weekly low risk threshold for as little as €8.49, and highlights the urgent necessity to implement the [Public Health Alcohol Bill](#) - which includes Minimum Unit Pricing to ensure that the low cost of the strongest alcohol can be tackled. Find out more at: <http://alcoholireland.ie/alcohol-action-ireland-release-annual-alcohol-market-review-price-survey-2018>

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Hiding in Plain Sight: Men's Health and the Response of Global Organisations

Men's health is widely known to be problematic at the national and global levels. Recent WHO data shows that, in 2016, global male life expectancy at birth was a little under 70 years. Over 20 countries, mostly in Africa, had a male life expectancy below 60 years. This paper by [Global Action on Men's Health](#) highlights some of the key statistics and issues, as well as the benefits of taking action: http://gamh.org/wp-content/uploads/2018/06/Hiding-in-Plain-Sight.GAMH-report.june2018.final_.pdf

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Web Links

Men's Issues on the Web ...

[Glanbia rolls out 700 free heart health checks for farmers](#)

[Male Caregiving: Jack's Caregiver Coalition](#)

[Tips for a Migraine-Free Holiday](#)

[Is NI as hostile to same-sex relationships as people in the rest of the UK suspect?](#)

[Taking Care in the Sun](#)

[Briefs or boxer shorts? A new study settles the debate](#)

[Head Up Guys: Self Check Depression Screening Tool](#)

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Next Edition

The next edition of 'E-Male Matters' will be released in September 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 September edition is Friday 31st August 2018.

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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

