

# E-Male Matters

## September 2018

The newsletter of the Men's Health Forum in Ireland

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## News

### START Now!

START is a five year public health awareness campaign from [safefood](#), the [HSE](#) and [Healthy Ireland](#). It is asking parents to reduce the amount of screen time their children have, encourage them to become more active, and get them on the way to a healthier diet and lifestyle. To support this process, a new website offers lots of simple and practical ideas on how to make 'daily wins' and to sustain any positive changes made. Fathers - and all males in a parenting role - can play a huge part in this development. To find out more, visit: [www.makeastart.ie](http://www.makeastart.ie)

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### Men - Choose the Right Tools for Your Teeth

Did you know that it's Mouth Cancer Awareness Day on Wednesday 19<sup>th</sup> September 2018? ... With links between gum disease, diabetes, cancer and cardiovascular disease, it has never been more important to take care of your teeth and gums. This checklist - from the [Dental Health Foundation Ireland](#) and the [Irish Men's Sheds Association](#) - offers practical tips on what you can do to improve your oral health: [www.mhfi.org/DentalHealth.pdf](http://www.mhfi.org/DentalHealth.pdf)

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### Chairs Can Kill

Are you aware that sitting down for long periods of time increases your risk of heart disease and stroke? ... Sitting for a long time is thought to slow the metabolism, which affects the body's ability to regulate blood sugar, blood pressure and break down body fat. A new survey by the [Irish Heart Foundation](#) revealed that the average person in Ireland sits for 7.3 hours a day. Find out more at: <https://irishheart.ie/campaigns/chairs-can-kill>

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## **Vacancy for a Public Health Development Officer (Policy)**

The [Institute of Public Health in Ireland](#) (IPH) promotes cooperation for public health on the island of Ireland. IPH is seeking to recruit a Public Health Policy Officer who will contribute to improving population health and reducing health inequalities across the island. This position will involve: working as part of an all-island policy team; policy design and development; policy reviews and evaluations; quantitative, qualitative and mixed method research projects; co-operation on the design, delivery and review of public health policies and programmes on the island of Ireland; working collaboratively with policy stakeholders on a North/South basis, across the UK and at European level. Applicants must submit their completed application form by 5.00pm on Monday 24<sup>th</sup> September 2018. Full details are available at: [www.publichealth.ie/jobs](http://www.publichealth.ie/jobs)

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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](http://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 20<sup>th</sup> September 2018. To apply, or to view previous winners' films, visit: [www.kingsfund.org.uk/gskimpactawards](http://www.kingsfund.org.uk/gskimpactawards)

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## **New Events Page on Malehealth.ie**

The [Irish Men's Sheds Association](#) is proud to announce the new 'Events' section on its dedicated men's health website: [www.malehealth.ie](http://www.malehealth.ie) Organisations running an event, workshop, programme, open day, talk etc. of interest to men can now register the details of it at: [www.malehealth.ie/events](http://www.malehealth.ie/events) Men of all ages can then log on to the site and search for events taking place at a location near them. Ten new health topics will be featured on the site soon. For further information, please visit the site or email: [wellbeing@menssheds.ie](mailto:wellbeing@menssheds.ie)

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## **Mouth, Head and Neck Cancers - What you should know**

Mouth, head and neck cancer is a term used to describe different types of cancer that can affect your lips, gums, cheeks, tongue, palate, tonsils, throat, salivary glands, sinuses, nose and voice box (larynx). They happen when normal cells grow in an abnormal way to form a mass of cells called a tumour in the tissues of your head or neck. These type of cancers are more common in men than women, so why not check out the [Irish Cancer Society's](#) information leaflet at: [www.mhfi.org/HeadCancers.pdf](http://www.mhfi.org/HeadCancers.pdf) for advice and guidance?

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# 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 19<sup>th</sup> September 2018. 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 2470464 or 01 4649300 | Email: [catherine.mooney@sdcpartnership.ie](mailto:catherine.mooney@sdcpartnership.ie) | Visit: [www.mojo.ngo](http://www.mojo.ngo)

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## '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 application information, email Sonia Montgomery at: [sonia.montgomery@westerntrust.hscni.net](mailto:sonia.montgomery@westerntrust.hscni.net)

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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](http://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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## Family Mediation Foundation Training

[Family Mediation NI](http://www.familymediationni.org.uk) (FMNI) is inviting applications for their comprehensive training route to becoming an accredited Family Mediator, recognised in the UK and Ireland. The first step to achieving this is to successfully complete a Foundation Training Programme. FMNI is approved by The College of Mediators (UK) and The Mediators' Institute of Ireland to deliver a course comprised of both generic mediation training and a specialist element for working with separating couples. FMNI is offering the twelve day Foundation Training Programme this Autumn over six two day modules in Belfast. Download the application pack at: [www.familymediationni.org.uk/training/approved-foundation-training-programme](http://www.familymediationni.org.uk/training/approved-foundation-training-programme)

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## Research

### The 2018 Big Parenting Survey - Fathers' Input Wanted!

Since 1979, [Parenting NI](http://www.parentingni.org) has supported parents across Northern Ireland - helping thousands of parents, grandparents, kinship carers and others in parenting roles with issues ranging from bedtimes to anti-social behaviour. During this time, they have also helped to promote the importance of parents' experience in policy relating to children, and have worked to ensure that parents' voices have been heard. This role has been guided and informed by parents themselves. Parenting NI is, currently, conducting their largest ever parents' survey, and would like your input to it. This online survey will run from 3<sup>rd</sup> September - 3<sup>rd</sup> October 2018, and is open to any individual in a parenting role in Northern Ireland. The input of men will be particularly welcomed. Please take a few minutes to complete the survey at:

[www.questionpro.com/t/ALEXYZcqi9](http://www.questionpro.com/t/ALEXYZcqi9)

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## Web Links

### Men's Issues on the Web ...

[500 Men's Shed members to descend on Pairc Ui Chaoimh](#)

[How much do you know about mental health?](#) [interactive online quiz]

[Obesity in Irish men increasing at 'alarming' rate](#)

[Aneurysm screening: Ignoring it 'is like passive suicide'](#)

[Is regular screening for prostate cancer really necessary?](#)

[Gender and health are also about boys and men](#)

[Middle-aged should have 'drink-free' days](#)

[Suicide rate among UK men at lowest since 1981](#)

[Irish men do more exercise than women, study finds](#)

[Steve's Story - mental health](#) [video]

[Do you consider yourself healthy? - Take the man test to find out](#)

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## Next Edition

The next edition of 'E-Male Matters' will be released in October 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](mailto:emalematters@mhfi.org) The submission deadline for the October edition is Friday 28<sup>th</sup> September 2018.

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E-Male Matters is also available online at:  
[www.mhfi.org/newsletters/about-e-male-matters.html](http://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

