



E-Male Matters

December 2018

The newsletter of the Men's Health Forum in Ireland

Quick links to articles in this edition ...

NEWS

[Date for Your Diary - Men's Health Week 2019](#)
[Masculine Norms and Men's Health](#)
[Call for Urgent Action on HPV Vaccine for NI Boys](#)
[Building the Community-Pharmacy Partnership](#)
[Living with Gout](#)
[Men's Mental Health and Work](#)
[The Mind Monster](#)
[SHSCT Male Staff Photo Competition](#)

RESEARCH

[Health Survey NI: First Results 2017/18](#)
[Men's Health: Nurse-led Projects in the Community](#)

TRAINING

[Men's Health and Lifestyle Programme](#)
['Connecting with Young Men' Workshop](#)
[Living Life to the Full](#)
[Heads Up](#)
[Stop Smoking Courses in Dublin 2019](#)

WEB LINKS

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

NEXT EDITION

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

News

Men's Health Week 2019 - **THE** Date for your New Diary!

Believe it or not, it's that time again. Yes, it's time to get the most important date of the year into your new 2019 diary ... [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 10th until Sunday 16th June 2019**.

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 MHW 2019? ... 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 first meeting of the Planning Group took place on Friday 9th November 2018, and the second gathering will happen on Tuesday 22nd January 2019, from 10.45am - 1.45pm (including lunch), in Dundalk, Co. Louth. However, even if you cannot make the meetings, your ongoing feedback on developments via email / phone would still be very helpful. If you would be interested in being part of the planning process for 2019 (in any way), email Colin Fowler at: colin@mhfi.org

Even if this is not possible, why not put the dates of MHW 2019 into your new diary, and start thinking about how your group / workplace / church / community / sports club ... could do something to mark this week? It's never too early to start planning!

[Back to Top](#)

Masculine Norms and Men's Health: Making the Connections

What are the links between masculine norms and men's health outcomes? What implications do these links have for efforts to improve men's health as part of broader efforts to create healthier, thriving societies? ... [Promundo](#) has just published an Executive Summary of its new report titled: '*Masculine Norms and Men's Health: Making the Connections*'. This document seeks to provide an overview of the current state of men's health globally, and to illustrate the direct connections between health-risk behaviours and hegemonic masculine norms. You can download a copy of it at: <https://promundoglobal.org/wp-content/uploads/2018/11/Masculine-Norms-Mens-Health-Executive-Summary-1.pdf>



[Back to Top](#)

Men's Health Conference Calls for Urgent Action on HPV Vaccine for NI Boys

The urgent need to introduce the human papillomavirus (HPV) vaccine for Northern Irish boys was highlighted at the annual [Cancer Focus NI](#) men's health conference on Wednesday 7th November 2018. The broad range of health professionals who attended the conference (which focused on the theme of inequality for men and boys) heard that unless an implementation plan for the roll-out of the vaccine is made soon, there is a danger that boys in Northern Ireland will be left at risk. In July, Ministers in the Department of Health and Social Care accepted the advice of the government's vaccination advisory committee (JCVI) that the current 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. However, Northern Ireland has still not confirmed if it will introduce this programme for local boys. Cancer Focus NI, alongside its partners - the Men's Health Forum in Ireland, QUB, BDA NI and HPV Action - are calling upon the [Department of Health](#) at Stormont to clarify whether or not funding will be made available to ensure that boys in Northern Ireland will benefit from the vaccine.

[Back to Top](#)

Building the Community-Pharmacy Partnership in Northern Ireland

The Building the Community-Pharmacy Partnership (BCPP) programme financially supports communities and community pharmacists to work collaboratively to address locally defined needs - so that people make connections, listen to and understand each other better, and work together to address the social determinants of health and health inequalities. Find out more about the scheme, and how to apply for either a Level 1 or Level 2 grant, at: <https://cdhn.org/bcpp>

[Back to Top](#)

Living with Gout

Gout is the most common form of inflammatory arthritis in men and affects up to one in forty people in Ireland. It is a very painful form of arthritis. Gout is a chronic long-term condition that, if not properly managed, can affect you for your whole life. It is also linked to other medical conditions such as kidney disease, diabetes, high blood pressure and some heart diseases. Like these conditions, the correct treatment and lifestyle choices are key to preventing serious long-term effects. Despite being stereotyped as affecting those who indulge in a lavish lifestyle, anyone can, in fact, get gout. Your genetic and biological make-up can play a large part in whether you develop the condition. [Arthritis Ireland](#) has produced a range of information and resources about living with gout, including a dedicated booklet and video series. To find out more, visit: www.arthritisireland.ie/livingwithgout

[Back to Top](#)

Men's Mental Health and Work: The Case for a Gendered Approach to Policy

Gender and sex have a considerable effect on an individual's experience of the workplace and their health. While a lot of attention has been given to the effect, on women's lives, of their increasing participation in the labour force, less attention has been paid to the changes that male workers have seen during the same period. This report - by the [Work Foundation](#) in the UK - finds that: *"evidence suggests that there may be a need to look at mental health and related support services through a 'male lens', incorporating the role of work as an important influence, and the workplace as a setting for providing support"*. It also makes a series of recommendations aimed at employers, service providers and the government. A copy of this report can be accessed at: www.theworkfoundation.com/wp-content/uploads/2016/10/mens_mental_health_work.pdf

[Back to Top](#)

The Mind Monster

In November 2018, the [Health Service Executive](#) launched a new mental health campaign specifically targeted at young people. The 'Mind Monster' campaign was developed to raise awareness among adolescents and young adults of ways to look after their mental health. Focussing on things that are known to cause stress and anxiety, the campaign highlights the benefits that getting enough sleep, taking regular study breaks, spending less time on devices, and sharing a problem with someone you trust can have on your mental health. Find out more at: www2.hse.ie/healthy-you

[Back to Top](#)

Southern Health and Social Care Trust Male Staff Photo Competition

Congratulations to male staff in the [Southern Health and Social Care Trust](#) who won prizes in the first ever staff photo competition. This initiative was run in June 2018 to mark [Men's Health Week](#) within the Trust. Male staff were invited to share a photo showing what small step they were taking to improve their health and wellbeing. Five photos were selected from the entries received - one to represent each of the ['Take Five'](#) themes for mental health and wellbeing. The prizes were awarded to staff by Chief Executive, Mr Shane Devlin, at a gathering held on the 15th of October 2018, in the Promoting Wellbeing Team offices, Ward 1, St. Luke's Hospital, Armagh. The winning photos have now been framed and are on display in this location.

[Back to Top](#)

Training

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 10th January to 14th March 2019 - and will be held in Banbridge Leisure Centre, Banbridge, Co. Down. 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.

[Back to Top](#)

'Connecting with Young Men' Workshop

You are invited to apply for a free place on a 'Connecting with Young Men' workshop which is being held on Tuesday 12th February 2019, from 9.30am - 4.00pm, in Lisburn Library, Lisburn,

Co. Antrim. The aim of this event is to assist a broad range of practitioners to effectively connect with young men - especially around mental health and wellbeing issues. The workshop will focus on the engagement process (i.e. WHY and HOW to build relationships with young men), rather than offering a new mental health programme. This is because workers who have had success in engaging young men say that if you can get the 'why' and the 'how' right, anything is possible. To apply for a place or for further information, contact Claire Kennedy at Email: claire.kennedy@setrust.hscni.net

[Back to Top](#)

Living Life to the Full

[AWARE NI](#) is running three 'Living Life to the Full' programmes in January 2019. The programme runs for six weeks, and can help participants to manage their feelings when they are stressed, worried or depressed by offering simple, practical skills to help them cope with life's challenges. These programmes will take place in Dungannon (starting 16th January), Newry (starting 17th January) and Craigavon (starting 18th January) - running from 10.30am to 12.30pm on each day. For further information, see: www.aware-ni.org/wellbeing-programmes/living-life-to-the-full

[Back to Top](#)

Heads Up

'Heads Up' (previously known as Mojo) will be delivering a short six week programme for men aged 18+ in the New Year. This will focus upon personal development, stress reduction and choice theory, and will take place in the ACE Enterprise Park, Bawnouge, Clondalkin, Dublin 22. The course will begin on 14th January 2019, and run from 2.00pm - 4.00pm each week. For more information, contact Catherine Mooney at Tel: 087 1471152 | Email: catherine.mooney@sdcpartnership.ie

[Back to Top](#)

Stop Smoking Courses in Dublin 2019

The Department of Preventive Medicine and Health Promotion at [St Vincent's University Hospital](#), Dublin, is running four, free, six week, stop smoking courses next year. These courses are open to any smoker who would appreciate support to quit smoking. The courses are run on Monday evenings, from 5.30pm - 7.00pm, each week for the six weeks. Although they are open to anyone, you must register for a place in advance with the hospital's Health Promotion Staff via Tel: 01 2214958 or Email: smokingservice@svuh.ie The courses are completely free, but you will have to pay a deposit of €20 at the first session which will be returned at the last session.

[Back to Top](#)

Research

Health Survey Northern Ireland: First Results 2017/18

The [Department of Health](#) in Northern Ireland recently issued a report on Northern Ireland's Health Survey 2017/18. This analyses information on the health behaviours of the population, and includes responses from 3,355 people, aged 16 and over, living in private households in Northern Ireland. The report gives an overview of topics such as general health, mental health, long-term conditions, sense of wellbeing, use of IT to improve health, smoking, alcohol consumption, weight, diet etc. Copies of the report, and the associated technical data, can be accessed online at: www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-201718

[Back to Top](#)

Men's Health: Nurse-led Projects in the Community

This report aims to provide information and guidance to community nurses who want to work more effectively on men's health. At its core, is information about a range of men's health and wellbeing projects that the Queen's Nursing Institute (UK) supported in 2017 - with funding from the Burdett Trust for Nursing. The report also includes wider information on men's health, as well as details of support and resources available. Download a copy at: www.qni.org.uk/wp-content/uploads/2018/09/Mens-Health-Report-2018-1.pdf

[Back to Top](#)

Web Links

Men's Issues on the Web ...

[UCC study shows Virtual Reality can make men aware of testicular cancer risk](#)

[International Men's Day 2018: the shocking statistics you need to know](#)

[Men urged to talk about prostate health](#)

[Playtime is over for unhealthy attitudes](#)

[Men who eat lots of fruits and vegetables have less memory loss](#)

[Back to Top](#)

Next Edition

Due to the Christmas / New Year holidays, the next edition of 'E-Male Matters' will be released in February 2019. 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 February edition is Wednesday 30th January 2019.

[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

