

E-Male Matters

February 2019

The newsletter of the Men's Health Forum in Ireland

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News

Men's Health Week 2019

[International Men's Health Week](#) (MHW) always begins on the Monday before Father's Day and ends on Father's Day itself. During 2019, it will run from Monday 10th until Sunday 16th June. It is celebrated in many European countries, as well as in the USA, Australia, New Zealand, Canada and a number of other places worldwide.

The overall aims of MHW are to:

- Heighten awareness of preventable health problems for males of all ages.
- Support men and boys to engage in healthier lifestyle choices / activities.
- Encourage the early detection and treatment of health difficulties in males.

Each year, there is also a focus upon a specific theme. During 2019, the theme for the island of Ireland will be: **'Men's Health Matters'** and the call to action is: **'Make the Time. Take the Time'**.

MHW gives everyone an opportunity to encourage men and boys to take better care of their health and to seek help or treatment at an early stage. So, why not put these dates into your diary, and start thinking about how your service / organisation / group / workplace / church / community / sports club / business / Men's Shed ... could do something to mark this week and improve the health and wellbeing of men and boys in Ireland? Everyone can do something, and it's never too early to start planning.

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Living Inside: Six Voices from the History of Irish Prison Reform

'Living Inside' is a new free exhibition at Kilmainham Gaol Museum which tells the stories of six people whose experiences speak to the history of Irish prison reform - from prisoners' protests against unhealthy living conditions to the psychological strain faced by prison officers. Health is central to the history of prisons; both as a focus for reform and as a weapon of protest. Each story shows how reform, health, hope, and fear have shaped the prison system that we have today. Living Inside is part of a Wellcome Trust funded project titled: '*Prisoners, Medical Care and Entitlement to Health in England and Ireland, 1850-2000*'. A collaboration between University College Dublin and the University of Warwick, it explores the history of health and healthcare in prisons. For more information, see: <http://kilmainhamgaolmuseum.ie/exhibitions/>

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APA Guidelines for Psychological Practice with Boys and Men

Boys and men are diverse with respect to their race, ethnicity, culture, migration status, age, socio-economic status, ability status, sexual orientation, gender identity and religious affiliation. Each of these social identities contribute uniquely and in intersecting ways to shape how men experience and perform their masculinities which, in turn, contribute to relational, psychological, and behavioural health outcomes in both positive and negative ways. Although boys and men, as a group, tend to hold privilege and power based on gender, they also demonstrate disproportionate rates of receiving harsh discipline, academic challenges, mental health issues, physical health problems, substance abuse, incarceration and early mortality - as well as a wide variety of other quality-of-life issues. Additionally, many men do not seek help when they need it, and many report distinctive barriers to receiving gender-sensitive psychological treatment. To meet this challenge, the American Psychological Association has issued guidelines to help psychologists to work with men and boys. You can see these at: www.apa.org/about/policy/boys-men-practice-guidelines.pdf Dr John Barry - from the Male Psychology Network - offers some alternatives to the new APA guidelines at:

<https://malepsychology.org.uk/2019/01/10/is-there-an-alternative-to-the-new-apa-guidelines-for-working-with-men-and-boys>

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Men's Health Featured in the Pan American Journal of Public Health

The Pan American Journal of Public Health published a special issue on men's health in December 2018. You can read it at: www.paho.org/journal/en/special-issues/mens-health

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Northern Ireland Directories of Mental Health Support Services

These five directories list the names, numbers and web addresses (where applicable) of organisations that offer services to help improve mental health and emotional wellbeing. You can download the updated Directory of Services for 2019 within each Health and Social Care Trust area at: www.publichealth.hscni.net/publications/directory-services-help-improve-mental-health-and-emotional-wellbeing

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'Hear to Inform and Connect'

[Action on Hearing Loss Northern Ireland](#) is part of the '*Hear to Inform and Connect*' project which seeks to ensure that older people (over 50) with hearing loss feel better informed about how to manage their hearing loss and where to access support in their local area. The information teams also work with care homes, community groups and local organisations that provide services or support for older people, to help them to make their services more accessible and inclusive. To find out more, call Paula McAnulty on 02890 239619 or Email: paula.mcanulty@hearingloss.org.uk

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#123GP

On Wednesday 30th January 2019, political parties from across the spectrum in Northern Ireland united with mental health campaigners in the Long Gallery, Stormont, to call for an increase in the number of GP practices providing in-house counselling, and a decrease in the waiting times for counselling provision. This event was sponsored by the All-Party Group on Suicide Prevention, and saw the launch of a new report titled: '*Counselling a Vital Tool - Equipping GPs with Mental Health Expertise*'. Find out more at: www.pprproject.org/123gp-secures-cross-party-support-at-stormont-launch-event and see the NVTV coverage of this event at: www.nvtv.co.uk/shows/the-round-up-monday-4th-february-2019

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Events

Men's Health Day in Belfast

Join [Volunteer Now](#) for an information day on health, hobbies and activities for men. This will take place on Tuesday 5th March 2019, from 10.30am - 2.00pm, in Crumlin Road Gaol, Belfast. Refreshments will be provided. To book a place, Tel: 02890 232020 or Email: info@volunteernow.co.uk

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Training

Connecting with Young Men Workshop in Ardee

HSE Health Promotion and Improvement is inviting applications for free places on a '*Connecting with Young Men*' workshop being held on Wednesday 20th March 2019, from 9.30am - 4.00pm, in the Regional Education Centre, St. Brigid's Complex, Ardee, Co. Louth. The aim of this workshop is to assist a broad range of practitioners to effectively connect with young men on mental health and wellbeing issues. It focuses on the engagement process (i.e. WHY and HOW to build relationships with young men), rather than offering a new mental health programme (i.e. what to offer them). To book a place / get further details, contact Orla Brady at: orla.brady@hse.ie Tel: 046 9076443.

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Let's Talk About... Safer Sex

This three day Training for Trainers Programme will take place on the 7th, 14th and 21st of March 2019 in HIV Ireland, 70 Eccles Street, Dublin 7. It will be beneficial to youth workers, and others in the voluntary, community and education sectors, who have a role in developing and delivering sexual health education programmes. The training topics will include: sexual health, HIV, sexually transmitted infections, hepatitis and negotiating safer sex. For more details, visit: www.hivireland.ie/what-we-do/training/training-for-trainers

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Workplace Mental Health Seminars

It is important for employers and employees to know about their legislative rights and responsibilities in relation to mental health at work. The EAP Institute is organising two seminars to explore '*Designing Employee Support Services for Workplace Mental Health*'. These will take place on Thursday 28th February 2019 (Kilkenny) and Thursday 21st March 2019 (Galway). Full details can be found at: www.eapinstitute.com/workplacrisks.php

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Research

The Effect of a Programme to Improve Men's Sedentary Time and Physical Activity

Reducing sitting time, as well as increasing physical activity in inactive people, is beneficial for their health. This paper investigates the effectiveness of the European Fans in Training (EuroFIT) programme to improve physical activity and decrease sedentary time in male football fans. It was delivered within a professional football setting:

<https://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.1002736>

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How Gender Inequity Impacts on Men's Health

Empirical studies suggest gender inequity increases men's health risks. Multiple pathways may explain this relationship. These pathways have not, however, been explored concurrently. This paper is based on an extensive review of the theoretical literature linking gender inequity to men's health: www.ijmsch.com/index.php/IJMSCH/article/view/5

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'You're with your ten closest mates... and everyone's kind of in the same boat': Friendship, Masculinities and Men's Recreational Use of Illicit Drugs

Based on empirical sociological research, this article explores how some Irish men's recreational use of illicit drugs, masculinities and friendship interconnect. Drawing on in-depth interviews with twenty Irish men who identified as recreational users of illicit drugs, the article examines men's drug-taking within homosocial contexts as a friendship practice. By conceptualising masculinities as relational, socially constructed and fluid, the article examines social aspects of men's drug-taking as part of a pattern of gender practices used to establish, maintain and affirm men's friendships. The findings of the research demonstrate that men's recreational use of illicit drugs forms part of the social practices of friendship among drug-taking men, and men's understandings of masculinity in turn influence these social practices.

You can access this journal article at: <https://amityjournal.leeds.ac.uk/wp-content/uploads/sites/127/2019/02/Darcy-2018.pdf>

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How do you feel about Childcare?

How do you feel about the provision of childcare in Northern Ireland? ... [Employers For Childcare](#) has launched its 2019 Childcare Cost Survey for parents and childcare providers and they want to hear your views. This survey gives you the opportunity to have your voice heard by Government. Last year's results revealed that for two thirds of families here, the childcare bill is their largest or second largest monthly outgoing; whilst the average weekly cost of a full-time childcare place was £166. To share your experience of using or providing childcare, click on the relevant link and complete a short online questionnaire:

www.surveymonkey.co.uk/r/ChildcareCostParents2019 [Parent Survey] or
www.surveymonkey.co.uk/r/ChildcareProvider2019 [Childcare Provider Survey].

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Web Links

Men's Issues on the Web ...

- [A European men's health strategy: here at last](#)
- [Men's Sheds gathering gets rocking in Rialto](#)
- [NI campaigner launches mental health crusade to battle stigma around illness](#)
- [How Irish universities are involved in their students' health](#)
- [Male Menu in Northern Ireland](#)
- [Men who eat lots of fruits and vegetables have less memory loss](#)

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Next Edition

The next edition of 'E-Male Matters' will be released in March 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 March edition is Friday 8th March 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

Don't forget to start planning now for Men's Health Week 2019!

