

E-Male Matters

March - April 2019

The newsletter of the Men's Health Forum in Ireland

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Men's Health Week 2019

The Final Countdown to Men's Health Week 2019 has begun

We're nearly there. The clock is ticking ... it won't be long now until [International Men's Health Week](#) (MHW). This year, it will run from Monday 10th until Sunday 16th June 2019.

Each year, there is a specific theme. During 2019, the theme for the island of Ireland is '**Men's Health Matters**' and everyone is being asked to **make the time** and **take the time** to do something realistic and practical to improve both their own health and the health of the men and boys that they have contact with.

As always, the overarching 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 and activities.
- Encourage the early detection and treatment of health difficulties in males.

However, any events, activities and actions to mark this occasion are very welcome.

To find out more about the week, visit: www.mhfi.org/mhw/mhw-2019.html

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The Men's Health Week 2019 Toolbox for Action

Not everybody knows about [Men's Health Week](#) (MHW), what it hopes to do, why it needs to happen, or how they can get involved. That's why there is a MHW 2019 'Toolbox for Action'. This useful resource can be downloaded at: www.mhfi.org/mhw2019toolbox.pdf

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Men's Health Week 2019 Posters Now Available

Even if you don't do anything else to support [Men's Health Week](#) (MHW) this year, you can at least put up a poster to let everyone know when it's taking place! The posters are free, and are available in both A3 and A4 size hard copy, as well as in a range of electronic formats (from the Men's Health Forum in Ireland website). You can find details of how to get copies of these posters at: www.mhfi.org/mhw/mhw-2019.html#Poster

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Men's Health Week 2019 Postcards are ready to go

If you don't have space to put up a Men's Health Week poster in your workplace, college, community centre, church, shop, pharmacy, Men's Shed ... why not leave some of the new postcards lying around or, better still, give / send some of them to the men you know? The front of the postcard is a smaller version of the poster image, and the back has a pre-written message and a space for an address. These postcards are available in hard copy, and details of how to order them can be found at: www.mhfi.org/mhw/mhw-2019.html#Postcard

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'Challenges and Choices' Man Manual

There's no denying that the state of men's health on the island of Ireland is often poor. However, there are things which can be done to change this situation and men, themselves, can play a key role in doing this. A free, 32 page, Man Manual (based upon the 'Haynes Manual' model) is being distributed by the [Men's Health Forum in Ireland](#) to mark [Men's Health Week 2019](#). This poses ten simple and practical health challenges to men and, to meet every challenge, it offers three choices. All copies of this manual were snapped-up within a few weeks last year - and there are only 15,000 available this year - so, if you would like some copies to distribute to the men you know / work with, get in touch soon! The content of the 2019 edition has been updated. You can see what this year's version looks like / find out how to order copies at: www.mhfi.org/mhw/mhw-2019.html#Challenges The publication of this booklet has only been possible because of the generous support given by the [Public Health Agency](#) in Northern Ireland, the Health Promotion and Improvement Department within the [Health Service Executive](#) in the Republic of Ireland, and the author - Dr Ian Banks.

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Publicise your Men's Health Week Event

Every year there are hundreds (possibly even thousands) of events throughout Ireland to celebrate Men's Health Week (MHW). Some of these are well publicised, but most are only known about by a few people. This year, the [Men's Health Forum in Ireland](#) (MHFI) will have a section on its website to promote the details of any activities or events that are being held throughout Ireland during [Men's Health Week 2019](#). This will help everyone to find out what is happening during the week, where it will take place, and how to join in. It will also give some recognition and publicity to all those groups across Ireland that are doing something for and with men. Your activity might be health checks, or a conference, or a launch, or a game, or a seminar, or a competition, or a workshop, or a lunch, or a course, or a drama, or a display, or a health fair ... Whatever it is, if you would like to have the details included on this website, please complete and submit a MHW Event Form at: www.mhfi.org/mhw/promote-an-event.html Other submission options are available at: www.mhfi.org/mhw/mhw-2019.html#TellOthers

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What can I do to mark Men's Health Week 2019?

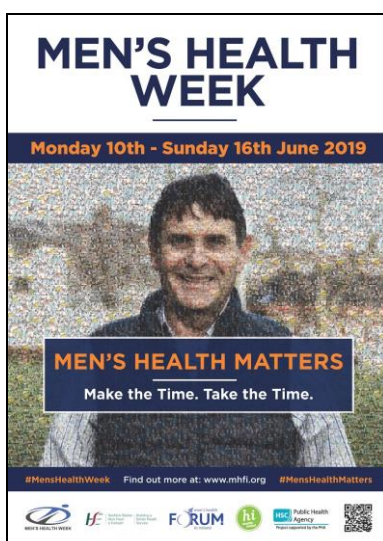
Absolutely everyone can do something to support and celebrate [Men's Health Week](#) (MHW) 2019. The focus for this year (i.e. 'Men's Health Matters') lends itself to a wide range of ways to mark this occasion. However, you don't have to stick rigidly to this particular topic. Anything which encourages men and boys to lead healthier lifestyles, to be more aware of preventable health problems, and to seek early detection and treatment for health difficulties will be very welcome. You might have time, energy and resources to plan something big. However, even if you can't, there are still simple and easy ways to get involved. These could include, for example ...

- Putting-up a poster and/or sending the postcards to people you know.
- Advertising MHW on your own website.
- Creating a link from your website to the MHW 2019 web page (www.mhfi.org/mhw/mhw-2019.html).
- Sending an email to everyone in your contacts list about Men's Health Week and asking them to forward the message.
- Inserting the MHW logo and/or badge and/or banner (www.mhfi.org/mhw/mhw-image-pack.html) into your outgoing emails.
- Becoming a fan of the Men's Health Week in Ireland's Facebook page (www.facebook.com/MensHealthWeek) and sending the link to all your friends.
- Including information about MHW in your mailouts / newsletters.
- Telling others about what is happening in your area during MHW by posting details on the MHW website (www.mhfi.org/mhw/promote-an-event.html).
- Reminding your colleagues to follow all the latest MHW news on Twitter (www.twitter.com/MensHealthIRL).
- Tweeting about MHW 2019, and including #MensHealthWeek in your tweet.
- Encouraging the men you know to get involved in some of the activities taking place around the country ...

Doing one or more of these simple (and cost-free) things will contribute hugely to MHW 2019!

For even more ideas, download a copy of the paper on what you can do to mark MHW 2019 at: www.mhfi.org/mhw2019celebrateit.pdf

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Follow Men's Health Week on Facebook and Twitter

To keep everyone up-to-date with the latest news on [Men's Health Week \(MHW\) 2019](#) - as well as more general developments in the field of men's work - check out Facebook (www.facebook.com/MensHealthWeek) and Twitter (www.twitter.com/MensHealthIRL). However, as all social networkers know, pages such as these are no use unless they have a lot of Fans / Followers. That's where your help is needed! ... Please visit the pages, click on the 'LIKE' button for Facebook and 'FOLLOW' button for Twitter, and send the link to all your friends. If you're really into it, please Tweet about MHW 2019, and include the hashtag #MensHealthWeek in your message. To make things easy, a pool of ready-made 'Posts' and 'Tweets' is available at: www.mhfi.org/Tweets2019.pdf

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News

May is Green Ribbon Month

During May 2019, [See Change](https://seechange.ie) will be coordinating its seventh annual month long 'Green Ribbon Campaign'. This aims to challenge the stigma associated with mental health difficulties and to create an environment where people feel they can be open about their own and others mental health difficulties. Everyone is invited to wear a green ribbon as a visual symbol of their support for the campaign. Find out more about how you can get involved at <https://seechange.ie> and access the supporters' pack at <https://seechange.ie/download-our-supporters-pack>

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MaleMenu

[MaleMenu](http://www.malemenu.co.uk) is a Northern Ireland based website that was launched in November 2018. It is a place to search for information and join the conversation about topics directly affecting men. The website offers informative articles under five different categories: health, parenting, appearance, local and general. Currently, it has 68 different articles, with a further 22 scheduled for the next six months. It also has a TALK section - designed to encourage conversations - in the hope that men will share their experiences and support others. Whilst the site is focused on male specific topics, half the users are females browsing on behalf of the men in their lives - be it their son, husband, brother or father. See it for yourself at: www.malemenu.co.uk | www.facebook.com/contactmalemenu

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Parentline NI

[Children in Northern Ireland](http://www.ci-ni.org.uk/parentline-ni) and [Relate NI](http://www.relate-ni.org.uk) have been commissioned by the Health and Social Care Board to deliver a regional parenting helpline in Northern Ireland. The helpline is called 'Parentline NI', and is for parents, carers and family members. Parentline offers advice on specific parenting issues and more general support and guidance. The helpline is open from 9.00am - 9.00pm from Monday to Thursday | 9.00am - 5.00pm on Friday | 9.00am - 1.00pm on Saturday. The service is available through a range of different channels including telephone, face-to-face and online. Call free on 0808 8020 400; find out more or chat online at: www.ci-ni.org.uk/parentline-ni; email: parentline@ci-ni.org.uk; follow on Twitter (@childreninni) or Facebook.

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Events

'March for Men' in Belfast

Would you be up for taking either a short, medium or long walk to help to stop prostate cancer from being a killer? ... If so, you might be interested in this year's 'March for Men' event in Belfast. The short route is also fully accessible for wheelchairs and pushchairs. However, if it has been a wet summer, this may be subject to change. This event will take place on Sunday 9th June 2019, in Stormont Estate, Belfast, at 11.00am. Find out more at:

<https://events.prostatecanceruk.org/ps/event/MarchforMenBelfast>

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Children's Rights, Children's Weight

Childhood obesity continues to be a major health issue on the island of Ireland, with many interventions underway to tackle the issue. This event will explore childhood obesity through the lens of children's rights; highlighting challenges and exploring clinical and public health interventions. It will take place on Tuesday 11th June 2019, from 10.00am - 1.30pm, in the Ulster Museum, Belfast. To find out more, see: www.safefood.eu/Professional/Events/All-island-Obesity-Action-Forum-Children%E2%80%99s-rights,-children%E2%80%99s-weight.aspx

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Training

Engage National Men's Health Training

HSE Health Promotion and Improvement CHE is pleased to offer training in men's health. This programme, titled 'Engage', seeks to address the current deficiencies in gender sensitive service provision for men. The workshop will be of interest to a broad range of service providers and practitioners who wish to connect in more meaningful ways with men and boys. The topics covered will include: the determinants of men's health and how gender influences men's approach to their healthcare; guiding health consultations with men using brief intervention and motivational interviewing techniques; using best practice guidelines to engage men more effectively with health and social services; setting-up and supporting effective group work with men; the barriers and the enabling factors experienced by men when accessing health and social services. The workshop will take place on Tuesday 14th May 2019, from 9.30am - 4.30pm, in the Blackrock Education Centre, Dun Laoghaire, Co. Dublin. Applications are welcomed from both men and women, and from people working in all sectors. To book a place, email Helen McCormack at: helen.mccormack1@hse.ie

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Focus on Fathers

Currently, the needs of young fathers tend to be largely forgotten by family support services. At the same time, research is telling us that being involved in the lives of their children brings enormous benefits to both the children and the fathers themselves. Young fathers, in particular, face numerous obstacles to participating in the lives of their children. The Teen Parents Support Programme (TPSP) is offering a free, one-day, workshop for professionals who have contact with young fathers. This event will take place on Thursday 16th May 2019, from 9.30am to 4.30pm, in Dublin, and aims to: raise awareness of the value of fatherhood; explore the obstacles to becoming involved which some young fathers face; reflect on participants' own attitudes and values and how these may shape their approach to working with young fathers; introduce participants to the use of the 'Young Dads Resource Pack' and other relevant materials. To find out more / book a place, see:

<https://www.activelink.ie/content/community-exchange/training/43074>

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Developing an Integrated Employee Health and Wellbeing Programme

The Health and Safety Authority's strategy places a focus on work-related health risks. Employers have, therefore, a legal obligation to assess all workplace risks which may cause illness, and comply with health and safety general application regulations. EAP has organised three seminars which focus upon developing an integrated employee health and wellbeing programme. These will take place in Dublin (23rd May 2019), Limerick (11th June 2019) and Sligo (20th June 2019). Full details are available at: www.eapinstitute.com/healthwellbeing.php

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Hands for Life

The [Irish Heart Foundation](https://irishheart.ie/courses/hands-for-life) recently launched a new, free, community CPR training programme called 'Hands for Life'. The programme was launched by nurse Aoife McGivney, who used her CPR training to save the life of a bus driver who was suffering a cardiac emergency. Hands for Life will offer CPR training to 100,000 people throughout Ireland, and will take place in local community centres, clubs and libraries across the country over the next two years. This really is an ideal opportunity to get men involved in a 'hands-on' project! Find out more at: <https://irishheart.ie/courses/hands-for-life>

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Research

Who Self-Cares Wins: a Global Perspective on Men and Self-Care

There is a commonly-held idea that men are invariably self-destructive when it comes to their health. But this is not true. Globally, most men do enough physical activity to benefit their health and do not smoke or drink alcohol. Yet men's health is still unnecessarily poor. 'Who Self-Cares Wins' shows that male gender norms are a key barrier to better self-care for men; with the men who most closely identify with traditional masculinity being most likely to exhibit damaging lifestyle behaviours. However, at the same time, health policies and services have rarely addressed men's health needs. This report argues that while it is clearly the responsibility of individual men to take care of their own health, strategies to improve men's health cannot simply be based on changing lifestyle practices that are rooted in gender norms and other social determinants of health. Who Self-Cares Wins proposes that action on a multi-layered and systems-wide basis is needed to improve men's self-care effectively. Read the report at: http://gamh.org/wp-content/uploads/2019/04/Who-Self-Cares-Wins.GAMH_April-2019.Final-report.pdf

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A Scoping Review of Men, Masculinities and Smoking Behaviour: The Importance of Settings

In many countries, smoking rates are higher among men than women - highlighting the importance of focusing on factors that influence smoking prevalence among men. Expressed masculinities occur within settings that can influence men's perspectives and behaviours towards smoking. This scoping review provides an overview of key aspects of how masculinities underpin men's behaviours regarding tobacco smoking. It can be accessed online at: <https://www.tandfonline.com/doi/full/10.1080/16549716.2019.1589763>

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Health Inequalities Annual Report 2019

In March 2019, the Information Analysis Directorate within the Department of Health in Northern Ireland released its annual report into health inequalities. This can be accessed online at: www.health-ni.gov.uk/sites/default/files/publications/health/hscims-report-2019.pdf

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The Realities of Parenting in Northern Ireland

The 'Big Parenting Survey' was a first of its kind study. [Parenting NI](#) wanted to get the real, unvarnished experiences and thoughts of parents from across Northern Ireland, so they sought out the views of people from a broad spectrum of ages, geographical locations, communities and genders, and invited them to share their experiences in their own words. The outcome was an astoundingly direct and challenging response from a diverse range of 1,191 parents.

These people talked about their hopes for their children, their fears and concerns, their views on society and more. The survey reflected the experience of parents who were coping well, as well as those near breaking point. Read the report at: www.parentingni.org/wp-content/uploads/2019/02/Big-Parenting-Survey-Findings-2018-Final-compressed.pdf

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'We don't really give a fiddlers about anything': The ambiguity, contradiction and fluidity of Irish masculinities

Irish men have received little critical attention as gendered subjects. Historically, masculinities were invisible in Irish society. This article seeks to contribute to the visibility of Irish masculinities and the critical study of men by sociologically examining Irish men's conceptualisation of masculinity and their understanding of what it means to be a man in contemporary Irish society. Using masculinities as the primary theoretical and analytical lens, this article draws from 9 focus groups, conducted with 44 Irish men, which explored their views about masculinities and about being a man in contemporary Ireland. The men in this study presented a complex conceptualisation of masculinity, shaped by a traditional past and a fast changing present. This paper reveals complexities at play between men's conceptualisation of how to be a man in contemporary Ireland and their lived experiences as men. The findings suggest some Irish men are moving away from a rigid and stereotypical notion of masculinity to a more fluid and progressive construct, and that the ambiguity, contradiction and fluidity of Irish masculinities gives some men greater flexibility in how they express their gender identity.

Read the journal article at: <https://arrow.dit.ie/cgi/viewcontent.cgi?article=1323&context=ijass>

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Online Mental Health Self-Help Programmes

A doctoral researcher at Dublin City University is looking for participants to take part in a research study looking at the use of online mental health self-help programmes for support with a mental health problem. The study is for people who are aged over 18, are resident in Ireland, have / have had a mental health problem (a clinical diagnosis is not required), and have used apps / online programmes to help with their mental health. Taking part involves completing an online survey (15-20 minutes) and an optional follow-up interview. Participation is voluntary, and all information you share is confidential. If interested, you can find out more and take the survey at <https://omhshp-research-study.com> or contact Manuela, the researcher conducting the study, at manuela.ascari3@mail.dcu.ie

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Web Links

Men's Issues on the Web ...

[Farmers struggling with mental health](#)

[The forgotten sex: why is men's health ignored by policy makers?](#)

[What's so funny about men's health? \[video\]](#)

[How a GAA documentary has helped save lives](#)

[BIM fishermen's health manual translated into five languages](#)

[Cry like a man \[Christy Moore music video\]](#)

[Why are boys still being discriminated against over vital cancer jab?](#)

[The best a man can get](#)

[Modern man: Is Irish masculinity really in crisis?](#)



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Next Edition

The next edition of 'E-Male Matters' will be released in late May 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 May edition is Friday 17th May 2019.

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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!

