

E-Male Matters

May - June 2019

The newsletter of the Men's Health Forum in Ireland

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Men's Health Week 2019

The Final Countdown Begins

We're now only days away from [International Men's Health Week](#) (MHW), which begins on Monday 10th June and runs until Sunday 16th June 2019 (Father's Day).

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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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 Q&A style resource can be downloaded at: www.mhfi.org/mhw2019toolbox.pdf

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Men's Health Week 2019 Posters

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 However, be quick - as they're almost all gone!

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Men's Health Week 2019 Postcards are a Big Hit

Unfortunately, all of the 10,000 postcards for Men's Health Week 2019 were snapped-up within a few weeks of their launch in early May, and none remain. 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. You can see what they look like at: www.mhfi.org/mhw/mhw-2019.html#Postcard

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Free '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](#) (MHFI) 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 15,000 hard copies of this manual have now been given out. However, electronic copies can still be downloaded from the MHFI website at: www.mhfi.org/challenges2019.pdf 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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Tell others what you are doing during Men's Health Week 2019

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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How to mark Men's Health Week 2019

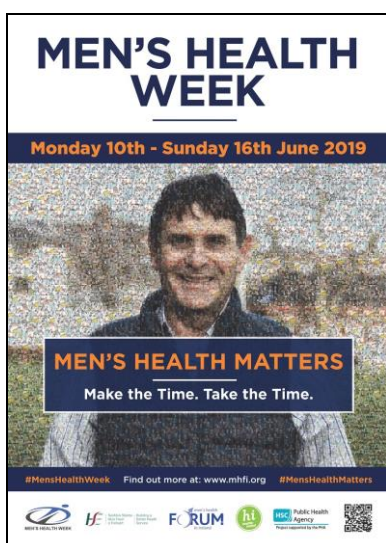
Absolutely everyone can do something to support and celebrate [Men's Health Week](#) (MHW) 2019. The focus for this year (i.e. *'Men's Health Matters'*) lends itself to a wide range of ways to mark this occasion. However, you don't have to stick rigidly to this particular topic. Anything which encourages 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.
- 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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Ready-Made Posts and Tweets

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

NI Alcohol Awareness Week

Did you know that it's Northern Ireland Alcohol Awareness Week from 17th - 23rd June 2019? Find out more at: <https://drugsandalcoholni.info/alcohol> and download the 'Know Your Units' App at: www.alcoholandyouni.com/know-units-app

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Men's Health by Numbers Quiz

How many goals has Harry Kane scored this season? How many Grand Prix has Lewis Hamilton won? How fast is the new iPhone? ... Men are supposedly obsessed with numbers but, when it comes to their own health, there are quite a few they don't know. The Men's Health Forum in England and Wales addresses this challenge by encouraging men (and service providers) to take an online quiz at: www.menshealthforum.org.uk/mens-health-numbers-quiz-slideshow

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#123GP

Have you heard about the #123GP campaign to equip GPs in Northern Ireland with mental health expertise? ... If not, find out more by having a look at: www.pprproject.org/sites/default/files/documents/%23123%20GP%20Campaign%20leaflet%20May%202019.pdf

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Events

Fly Your Kite

This Fathers' Day, everyone is invited to South Park, Galway City, to fly a kite for men and boys' mental health. The idea is to create a powerful visual spectacle of support for the men and boys in our lives. The event takes place at South Park ('The Swamp') at Noon on Sunday 16th June 2019, and will last for about one hour. Kites are available to buy on the day, with all proceeds going to local youth mental health charity 'Jigsaw'. People are also welcome to bring their own kites or to simply come along and enjoy the spectacle. This event seeks to raise awareness of the disproportionate number of men who take their own lives each year as well as remembering those who have lost their lives in the River Corrib. Flying a kite on the 16th of June is a way to acknowledge that many men are finding it difficult to communicate when they are struggling, worried or having a hard time. The hope is that this event will kick-start new conversations, let men and boys know that it's OK to talk openly about how they feel, and shine more light on men's emotional needs. The organisers are aiming to get 300 kites in the sky and, while this issue is a serious one, they would like those taking part to have fun as well.

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MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Men's Health in Northern Ireland: Past, Present and Future

Queen's University Belfast School of Nursing and Midwifery Athena Swan Committee is hosting a free event to celebrate Men's Health Week 2019. This will take place on Friday 7th June, from 12.30pm - 2.00pm, and aims to discuss and celebrate both past and ongoing men's health work / research being conducted in Northern Ireland. The keynote speaker is Dr Ian Banks - President of the European Men's Health Forum, BMA Spokesperson on Men's Health, and internationally known author in this field. A panel discussion will follow which will explore the exciting work being conducted by a number of academic, community and healthcare workers in the area of men's health. To book one of the limited places, visit:

www.eventbrite.co.uk/e/mens-health-in-northern-ireland-past-present-and-future-tickets-62139505935

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Male Psychology Conference 2019

'Promoting the Wellbeing of Men and Boys' is the overarching theme of this year's Male Psychology Conference which will be held in University College London from 21st - 22nd June 2019. This event promises two days of cutting edge theory and practical strategies, as well as opportunities to meet the key players in this field. Find out more at:

<https://malepsychology.org.uk/male-psychology-conference-2019>

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Attitudes Towards Transgender People in Northern Ireland

ARK is holding an event to mark the release of the 2018 Northern Ireland Life and Times Survey findings. 'The Missing T: Baseline Attitudes Towards Transgender People in Northern Ireland' will take place on Friday 14th June 2019, from 10.30am to Noon, in the MAC, Belfast. This event will present new findings on public attitudes towards transgender people in Northern Ireland, and will draw upon data from the 2018 Life and Times Survey. The event is free of charge, but places need to be booked by Friday 7th June 2019. For more detail, visit:

www.ark.ac.uk/nilt/nilt14jun19.pdf

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Training

Sexual Life with Prostate Cancer - New Online Resources

The impact on sexual wellbeing for men and their partners who have been treated for prostate cancer has been widely recognised as a significant unmet need. A collaborative team of researchers, support organisations, and patient volunteers has developed two online resources to address this important gap: (1) The online self-management resource (for men and partners) can be accessed at home. This provides personalised information, support and strategies to help men cope with sexual challenges after treatment for prostate cancer. It also includes specific information for single men, younger men, and black men who have been diagnosed and treated for Prostate Cancer. This resource can be accessed at:

<http://prostate.lifeguidewebsites.org> (2) The e-learning resource (for healthcare professionals) has been developed to increase awareness of sexual care needs, promote routine sexual care engagement and provide the language, structure and content to guide conversations around sexual wellbeing. It can be accessed at: <http://talkingaboutsex-prostatecancer.org>

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Impact of Gendered Social Norms on Men and Boys

Do you do work with men and/or boys in the UK - either as part of your general work (e.g. as a teacher, GP, youth worker, prison officer) or as part of a specialist organisation (e.g. in a job where you specialise in doing work with a particular group of men and/or boys)? ... If so, a team of researchers based at Durham University would love your help. They are conducting research on behalf of the Government Equalities Office to investigate the impact of gendered social norms on men and boys in the UK today. Complete their short online survey at:

<https://durham.onlinesurveys.ac.uk/gendernorms>

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Developing Young Men's Wellbeing Through Community and School-Based Programmes

Boys and young men have unique health-related needs that may be poorly met by existing programmes and initiatives. The mismatch between the needs of boys / young men and current service offerings may stymie health status. This is evidenced through high rates of self-stigma, accidental death or suicide, and low rates of help seeking and health literacy among populations of boys and young men. With growing interest in improving wellbeing and educational outcomes for all young people (including boys and young men), this systematic review aimed to evaluate community and school-based programmes with a specific focus on programme features and outcomes directly relevant to young males aged 12-25 years. Find out more at: <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0216955>

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World Health Statistics Overview 2019

The World Health Statistics Overview 2019, from the World Health Organisation, uses a sex and gender lens to monitor health in relation to its Sustainable Development Goals. Read the online report at: <https://apps.who.int/iris/bitstream/handle/10665/311696/WHO-DAD-2019.1-eng.pdf?>

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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 over 18, 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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Gender Equality, Norms, and Health

'The Lancet' has recently published a series of papers that provides new analysis and insights into the impact of gender inequalities and norms on health, and the opportunities that exist within health systems, programmes, policies and research to transform gender norms and inequalities: www.thelancet.com/series/gender-equality-norms-health

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Web Links

Men's Issues on the Web ...

[Prostate Cancer UK: Men, we are with you](#) [video]
[Group launches helpline to support men who are victims of domestic violence](#)
[Aneurysm screening: Ignoring it 'is like passive suicide'](#)
[Financial support to continue the work of Men's Sheds groups across the country](#)
[Men's Health Week across the world](#)

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Next Edition

The next edition of 'E-Male Matters' will be released in August 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 August edition is Monday 29th July 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 about Men's Health Week 2019!

