

# E-Male Matters

*May and June 2020*

The newsletter of the Men's Health Forum in Ireland

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## Men's Health Week 2020

### The Final Countdown Begins

We're now only days away from [International Men's Health Week](#) (MHW), which begins on Monday 15<sup>th</sup> June and runs until Sunday 21<sup>st</sup> June 2020 (Father's Day).

2020 has been an exceptional year in many ways. As the island of Ireland emerges from, what might be, the first wave of COVID-19, individuals across the country are trying to re-build their lives, relationships, jobs, finances, physical health, emotional resilience, connections and routines. Some people are still living with trauma and bereavement. Others are having to re-focus their priorities and to find new ways of living. Everyone's mental health has been impacted to some degree, and there is a need to find some new form of stable, realistic and relevant equilibrium - at least in the short-term. However, as these have been almost unprecedented times, this process is likely to be slow, gradual and incremental.

This is why the theme chosen for Men's Health Week 2020 on the island of Ireland is **'Restoring the Balance'**. To make this happen, everyone needs to **'be part of the solution'**, and to do something 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 and all activities / actions to mark this occasion are very welcome.

To find out more about the week, visit: [www.mhfi.org/mhw/mhw-2020.html](http://www.mhfi.org/mhw/mhw-2020.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 2020 *'Toolbox for Action'*. This Q&A style resource can be downloaded at: [www.mhfi.org/mhw2020toolbox.pdf](http://www.mhfi.org/mhw2020toolbox.pdf)

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### **Men's Health Week 2020 Posters**

To promote Men's Health Week (MHW) 2020, a bespoke poster has been designed. The 'face' of MHW this year is a father and son - Chris and Ethan Smylie - from Belfast. Anyone who has ever learned to ride a bike will appreciate that it's all about **GETTING THE BALANCE** right. However, to get the confidence to do this, you need the support and assistance of people around you that you can trust and rely on. Chris and Ethan really capture this relationship in their photograph!

Due to the COVID-19 pandemic - and the limited opportunities to place posters in public places this year - the posters are only available as online electronic files (in a range of sizes and formats suitable for a variety of uses). Copies of these online electronic resources can be downloaded from: [www.mhfi.org/mhw/mhw-image-pack.html#Poster2020](http://www.mhfi.org/mhw/mhw-image-pack.html#Poster2020)

Even people who don't have time to do anything else for MHW 2020 are encouraged to print off and put up a poster (in their workplace, home window or elsewhere) to let everyone know when it is taking place. Although this costs little to do, it could make a big difference to promoting the week!

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### **Men's Health Week 2020 Postcards**

Every year since 2014, there has been a Men's Health Week (MHW) postcard to publicise the week. Traditionally, these cards can be displayed as small flyers in public spaces, and are often sent by organisations to the men that they have contact with. This has proved to be a very successful means of letting local men know about the week. Some groups have also used them as 'pledge cards' i.e. men can write on the card how they are going to 'be part of the solution' and improve their health and, later, keep this beside their desk, on their work bench, attached to their dashboard etc. to remind them of what they want and hope to do.

Due to the ongoing 'Stay at Home' message during MHW 2020, these postcards have not been printed this year, but are still available for electronic download / printing at: <https://www.mhfi.org/mhw/mhw-image-pack.html#Postcard2020>

The front of the postcard has a similar design to the MHW poster, and the back has a pre-written message which says:

Hi there,

These are really challenging times.

Coronavirus / COVID-19 has caused uncertainty, disruption and a sense of fear for many of us. For others, it has had even more devastating consequences.

However, the past few months have also shown us the best side of males - when the vast majority have answered the call and did their bit to 'flatten the curve', offer practical help to others, home-school their children, strengthen community spirit and protect the vulnerable people around them. We should celebrate this contribution.

From 15th - 21st June 2020, Ireland will be joining with other countries during International Men's Health Week to heighten awareness of the health issues facing men and boys, and encourage practical action to overcome these difficulties. Rarely has this been more needed!

Throughout the week, everyone is asked to 'BE PART OF THE SOLUTION' and to do something realistic and practical - no matter how small - to help to RESTORE SOME BALANCE and stability in everyone's lives.

So, are you up for the challenge? ... If so, find out more at: [www.mhfi.org/mhw/mhw-2020.html](http://www.mhfi.org/mhw/mhw-2020.html)

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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 2020](#). This poses ten simple and practical health challenges to men and, to meet every challenge, it offers three choices.

Almost all of the 15,000 hard copies of this manual have now been given out, but a small number still remain. In the Republic of Ireland, hard copies can be ordered online via the HealthPromotion.ie website at <https://www.healthpromotion.ie> In Northern Ireland, they can be ordered from the Men's Health Forum in Ireland via the contact form at: [www.mhfi.org/contact.html](http://www.mhfi.org/contact.html) Electronic copies can be downloaded from the MHFI website at: [www.mhfi.org/challenges2020.pdf](http://www.mhfi.org/challenges2020.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 about what you are doing during Men's Health Week 2020**

Every year there are hundreds (possibly even thousands) of events and activities 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. As in previous years, 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 2020](#). 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.

COVID-19 has meant that many traditional MHW face-to-face events (e.g. health checks, conferences, launches, games, seminars, competitions, workshops, lunches, training courses, performances, displays, health fairs ...) cannot take place this year. However, many groups across Ireland are being creative and innovative about how they can engage with / support men.

Whatever it is you have planned, 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](http://www.mhfi.org/mhw/promote-an-event.html)  
Other submission options are available at: [www.mhfi.org/mhw/mhw-2020.html#TellOthers](http://www.mhfi.org/mhw/mhw-2020.html#TellOthers)

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## How to Promote Men's Health Week 2020

Absolutely everyone can do something to support and celebrate [Men's Health Week](#) (MHW) 2020. The focus for this year (i.e. *'Restoring the Balance'*) 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.

There are many simple, free and easy ways to get involved / show support. There is a common logo / image pack which can be used by everyone who wishes to raise awareness of MHW. There is also a MHW 2020 poster and postcard. These are important promotional tools - as one of the key aims is to let as many people as possible know about the week. These are available to anyone who wishes to use them at [www.mhfi.org/mhw/mhw-image-pack.html](http://www.mhfi.org/mhw/mhw-image-pack.html)

Promotion of MHW could take the form of:

- a) Putting a [Men's Health Week poster](#) (or two or three) up in your workplace / local shop / waiting room / home ... and/or printing-off and sending the MHW [postcard](#) to people you know.
- b) Promoting the week on your website - using a copy of the [Men's Health Week logo](#) or [badge](#) or [banner](#).
- c) Linking to the Men's Health Forum in Ireland's web page devoted to Men's Health Week 2020 ([www.mhfi.org/mhw/mhw-2020.html](http://www.mhfi.org/mhw/mhw-2020.html)) from your own website, Facebook page or other social networking site.
- d) Sending an email to everyone on your mailing list to tell them about Men's Health Week, and asking them to forward the message to all their contacts. Why not also insert the MHW [logo](#) into your outgoing emails during June?
- e) Becoming a fan of the Men's Health Week in Ireland's Facebook page ([www.facebook.com/MensHealthWeek](http://www.facebook.com/MensHealthWeek)) and sending this link to all your online friends.
- f) Including information on [Men's Health Week 2020](#) in your mailouts / newsletters.
- g) Telling others about what is happening in your area during Men's Health Week by posting details on the MHFI website. Use the form at: [www.mhfi.org/mhw/promote-an-event.html](http://www.mhfi.org/mhw/promote-an-event.html)
- h) Making one of the Men's Health Week 2020 [graphics](#) your computer desktop 'wallpaper' during June.
- i) Reminding your colleagues to follow all the latest news on Twitter ([www.twitter.com/MensHealthIRL](http://www.twitter.com/MensHealthIRL)).

- j) Posting / Tweeting about the week using the [pool of ready-made resources](#) and including **#MensHealthWeek** and **#RestoringTheBalance** in your message.
- k) Using the MHW [Facebook Cover Photo](#) or [Twitter Header Image](#) on your social media pages and feeds ...

Doing one or more of these simple (and free) things would contribute hugely to MHW 2020!

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### Ready-Made Posts and Tweets

Men's health issues and needs are numerous and complicated. So much so, that we could probably assign a different one to highlight on each day of the year and still have an outstanding pool of ones to explore! However, when preparing for Men's Health Week (MHW) 2020, the all-island Planning Group felt that it would be useful to draw attention to a specific theme on each day during the week, as well as on the days leading up to it. These are ...

- Friday 12th June: **It's Almost Time** - Men's Health Week: Restoring the Balance
- Saturday 13th June: **Staying Connected During and After Loss** - maintains our sense of balance
- Sunday 14th June: **Food** - it's easy to strike a balance
- Monday 15th June: **Mental Fitness** - it's always a balancing act
- Tuesday 16th June: **Heart Health** - have you got the balance right?
- Wednesday 17th June: **Cancer Prevention** - is about creating balance
- Thursday 18th June: **Quit Smoking** - restore the body's balance
- Friday 19th June: **Rethink what you Drink** - get the balance right
- Saturday 20th June: **Physical Activity** - restores your overall balance
- Sunday 21st June: **Fathers** - help their children to become balanced adults

Social media (especially Facebook and Twitter) has become a powerful tool for organisations to spread their message. During Men's Health Week 2020, everyone is encouraged to 'Post' and 'Tweet' about it and, when possible, to use the hashtags: **#MensHealthWeek** and **#RestoringTheBalance**

For those people who would like to support MHW 2020 using their own social media channels - but who don't have the time, energy or knowledge to develop their own messages - there is a document which offers a range of Posts and Tweets that you can simply cut-and-paste from. There are lots of message options presented for each day of MHW, and these relate to the theme for that day. Everyone is invited to use them all, or simply pick and choose the ones that suit themselves / their organisation / their location. You can download these suggestions at: [www.mhfi.org/Tweets2020.pdf](http://www.mhfi.org/Tweets2020.pdf)

Even loading a few things to websites / Facebook pages / Twitter feeds / Instagram / other social media platforms will make a huge difference to publicising the week. This is, therefore, a really easy and free way to show support for MHW.

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### Keep Up-To-Date with MHW 2020

To keep everyone up-to-date with the latest news on [Men's Health Week \(MHW\) 2020](#) - as well as more general developments in the field of men's work - check out Facebook ([www.facebook.com/MensHealthWeek](http://www.facebook.com/MensHealthWeek)) and Twitter ([www.twitter.com/MensHealthIRL](http://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 2020 yourself, and include the hashtags **#MensHealthWeek** and **#RestoringTheBalance** in your messages.

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## **Men's Health and COVID-19 - Restoring the Balance, being part of the Solution**

As a follow-up to the ['Men and COVID-19' webinar](#) with Prof Alan White - which was held on Wednesday 13<sup>th</sup> May 2020 - the Engage National Men's Health Training Programme Partners would like to invite you to apply for a place on a follow-up event. This will take place during [Men's Health Week](#) (on Wednesday 17<sup>th</sup> June 2020 at 11.00am), and will: draw upon a men's health policy framework to make the case for a more explicit focus on sex and gender differences to inform public health policy and practice responses to COVID-19; examine what population groups of men have been most affected by COVID-19, and what types of support are needed to enable these men to 'restore the balance' in their lives; explore how COVID-19 might, potentially, be a catalyst for positive change in men's lives, and present opportunities for a reconfiguration of men's roles. Register for a place at:

[https://us02web.zoom.us/webinar/register/WN\\_QSgpSIBuQtWqMe8opCdWKA](https://us02web.zoom.us/webinar/register/WN_QSgpSIBuQtWqMe8opCdWKA)

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## **Keep Up-To-Date with COVID-19 Developments in Ireland**

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called Coronavirus. This is spread in sneeze or cough droplets, and infects you via your eyes, nose or mouth. Therefore, it's important to wash your hands thoroughly and often, and to avoid touching these areas.

The main symptoms to look for are: a cough - this can be any kind of cough, not just a dry one; shortness of breath or breathing difficulties; fever (high temperature of 38 degrees Celsius or above) or chills; loss or change to your sense of taste or smell. It can take up to 14 days for symptoms of coronavirus to appear. If you develop symptoms, the first thing that you need to do is to self-isolate. It's also important to restrict your movements if you are / were in close contact with a confirmed case of coronavirus. However, there is a lot of false information being circulated, so it is crucial to follow the official up-to-date guidance from the Health Service Executive in the Republic of Ireland (<https://www2.hse.ie/coronavirus>) and the Public Health Agency in Northern Ireland (<https://www.publichealth.hscni.net/covid-19-coronavirus>).

Everyone's lives and daily routines are affected by the measures that have been introduced to disrupt the spread of the virus, and keep us all safe. It's normal to be worried or to feel stressed during this difficult time, but there are many things we can do to help us mind our mental health and wellbeing. Start by checking out: <https://www.gov.ie/en/campaigns/together>

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## **Men and COVID-19**

The Coronavirus / COVID-19 pandemic is having a major impact upon men. While there is a broadly similar incidence and prevalence rate to women, men: are faster at developing serious illness; recover slower from the virus; have a higher death rate. There is also a broad range of mental health and social impacts upon men and the wider community which are a cause for concern. To shine some light on this situation, the Engage National Men's Health Training Programme invited Alan White, Emeritus Professor of Men's Health, to present his insights into why this might be so via a one hour online webinar. This took place on Wednesday 13<sup>th</sup> May 2020. Alan gave a presentation on the current evidence, and there was an opportunity for the audience to ask questions afterwards. You can access a video recording of the webinar and a copy of Alan's slides at: <https://www.mhfi.org/coronavirus.html>

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## **MensHealth.ie - the New GP Service for Men**

[MensHealth.ie](https://menshealth.ie) is a new online GP service just for men. It is the first of its kind in Ireland focusing solely on men's health matters. The aim of the service is to eliminate that first and highest hurdle of getting men to the doctor, by bringing the doctor to them. Founder, Dr Gavin Keane, came up with the idea after the COVID-19 pandemic completely changed how GPs were working: *'No one was coming in. The vast majority of our work was suddenly being done on the phone and then on video. It struck me just how much of our routine work can be done safely and done well online. That realisation, combined with my experience of men being reluctant to come into the clinic in person, led to the idea to start an online GP service for men. The COVID pandemic has presented the opportunity to create this service and, hopefully, reach a lot more men that don't, won't, or can't attend a GP'*. Visit <https://menshealth.ie> to find out more.

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## **Healthier Social Media Usage**

[Powering Health](#) has been working with South Dublin Libraries on a 'Ways to Wellness' project which will run for the month of June. Each week, a short video is released which focuses on the overarching theme of healthier social media usage. These clips are available on the [South Dublin Libraries](#) Facebook page. You can also view the first two clips on Vimeo, which focus upon '[Healthy Social Media](#)' and '[Good Sleep for Good Health](#)'. Given these times of so much online activity, this is certainly a much needed resource.

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## **Be Sun Smart**

As the good weather encourages more people to be outside, there is an increasing need to be 'sun smart' - as skin cancer is the most common type of cancer in Ireland. Find out how at:

<https://www.youtube.com/watch?v=LWMEL5OuesA> |  
<https://www.youtube.com/watch?v=SSvudyajTyl>

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## **Helplink Gambling Counselling**

[Helplink](#) Mental Health run a free national counselling service for people with gambling problems / issues / addictions. This service is available online or by phone nationwide, seven days a week, and out-of-hours. Counselling appointments are available for people aged 16 years and upwards facing difficulties, and also for family members of loved ones with gambling issues / addictions. Go to [www.helplink.ie](http://www.helplink.ie) for more information, or Tel: 0818 998880 | Email: [gamblingsupport@helplink.ie](mailto:gamblingsupport@helplink.ie)

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## **New TILDA YouTube Channel**

The [Irish Longitudinal Study on Ageing](#) (TILDA) is a large-scale, nationally representative, longitudinal study on ageing in Ireland. The overarching aim is to make Ireland the best place in the world to grow old. TILDA has recently launched a new YouTube Channel to house their video materials. Visit it at: [https://www.youtube.com/channel/UCjC99Fw\\_VlqxfuT2Es\\_eQQ](https://www.youtube.com/channel/UCjC99Fw_VlqxfuT2Es_eQQ)

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## **Dealing with Worry in Difficult Times**

Worry and anxiety are commonplace across Northern Ireland. With the legacy of the Troubles, the challenges that face our young people and, now, the added strain of Coronavirus, strengthening our resilience is more important than ever. The [South Eastern Health and Social Care Trust](#) - in partnership with [ASCERT](#) - has produced a booklet to help people do deal with worry. You can download the booklet and see their short video at:

<https://www.ascert.biz/community-services/resources/dealing-with-worry-in-difficult-times>

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## Sustrans - Outside In

[Sustrans](#) has produced a new family resource titled 'Outside In' to help parents keep children entertained and active whilst at home. The 'Outside In' newsletter has top tips, videos and more to help families walk, cycle and scoot. The newsletter includes a four-week feature including resources, games and activities for parents during lock-down. To find out more and subscribe, head to: <https://www.sustrans.org.uk/campaigns/outside-in>

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## Online Mental Health Support

[turn2me](#) offers a stepped care approach to mental health online. It is free to join turn2me as a member, and free to use the 'Thought Catcher' service and to participate in online Support Groups. They also provide a limited number of free one-to-one counselling sessions online for members in the Republic of Ireland. All services are facilitated and clinically monitored by mental health professionals - who are fully qualified and registered with their governing bodies. To find out more, visit <https://www.turn2me.ie>

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# Events

## ARC Cancer Support Centres Celebrate Men's Health Week

To celebrate Men's Health Week 2020, ARC Cancer Support Centres will be offering a week of free online activities ranging from cookery demonstrations, to 'Man Talk', to strength training, to resilience building, to comedy! Find out more at:

<https://a.storyblok.com/f/58810/x/15d316a5dd/june-2020.pdf>

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## From the Margins to the Mainstream

During Men's Health Week 2020, [Global Action on Men's Health](#) (GAMH) is launching a new report titled: '*From the Margins to the Mainstream: Advocating the inclusion of men's health in policy*'. This examines why health policy has been a no man's land, what opportunities exist for progress, and how men's health advocates can effectively make their case. GAMH is holding two webinars, lasting about an hour each, to share and discuss the report's findings. The first event is, primarily, aimed at an audience from Europe and the Americas, and will take place on Wednesday 17<sup>th</sup> June 2020 at 3.00pm Irish time. To register for the webinar, visit:

<https://zoom.us/meeting/register/tJYuf-yurT4vHtQ-IVDYmsdFIU93Ve51Hj12>

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## Male Carers Events in South Eastern Health and Social Care Trust

During Men's Health Week 2020, the Carer Support Team in the [South Eastern Health and Social Care Trust](#) area will be offering two online events (via Zoom) to male carers in their catchment area: (i) a Cookery Session for male carers - titled '*Man Made Meals*' - on Tuesday 16<sup>th</sup> June, from 11.30am - 1.00pm (all ingredients will be delivered to participants before the session); and (ii) a male carer's Pamper Session on Thursday 18<sup>th</sup> June from 6.00pm - 7.00pm (a Man's Calm Pamper Goodie Bag will be delivered to each participant before this session). Booking for both events is through Carer Support by Email: [carer.support@setrust.hscni.net](mailto:carer.support@setrust.hscni.net) or Tel: 02843 721807.

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## Training

### Free Online Stress Control Programme

The current COVID-19 situation is having a major physical impact upon the lives of many people on the island of Ireland. However, it is also causing a huge amount of stress, anxiety and worry for many people too. To combat this situation, the HSE and HSCNI are jointly offering an online Stress Control Programme which will commence on Monday 8<sup>th</sup> June 2020. This three week programme - with two 90 minute sessions per week - is free of charge, and will be delivered by Dr Jim White, Consultant Clinical Psychologist, Stress Control Ltd. To find out more, visit: <http://stresscontrol.org>

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### 'YOGUYS' - Yoga for Guys

To mark Men's Health Week 2020, you are invited to join the online (via Zoom) 'YOGUYS' sessions from Monday 15<sup>th</sup> - Friday 19<sup>th</sup> June 2020, at 7.00am - 8.00am each day. The sessions are being run by '[CYP - Conscious Yoga and Psychotherapy](#)' and will focus upon 'Restoring the Balance' via a Vinyasa Yoga course for men who are feeling stiff, inflexible, and perhaps a bit stressed - hence restoring a balance in mind and body. The cost is £20 for the five classes. To find out more contact Annalisa at Email: [annalisa.manc@gmail.com](mailto:annalisa.manc@gmail.com) | Tel: +44 796 4296007.

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## Research

### Mental Health in the Construction Industry

Poor mental health and wellbeing within the construction industry has become a silent crisis. Indeed, men in construction sectors account for half of all male suicides in Ireland. To mark this year's Mental Health Awareness Week (18<sup>th</sup> - 24<sup>th</sup> May 2020) the Chartered Institute of Building (CIOB) published a new report titled '*Understanding Mental Health in the Built Environment*', which highlights the findings of a survey of over 2,000 CIOB members and construction workers from around the world. Key findings included: stress was the most common mental health issue experienced by respondents; a quarter of construction workers have considered taking their own lives; multiple physical factors contribute to stress within the working environment; there is a lack of mental health training / awareness in this sector. These findings highlight the state of mental health within the construction industry prior to the outbreak of COVID-19, and CIOB is concerned that the pandemic has further exacerbated the poor mental health of many within the industry. A copy of the report is available at: [www.mhfi.org/CIOB.pdf](http://www.mhfi.org/CIOB.pdf)

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### 'Connecting with Young Men': The Impact of Training in Ireland

The most recent edition of the '*The International Journal of Men's Social and Community Health*', contains an article on '*Connecting with Young Men: The Impact of Training in Ireland*'. 'Connecting with Young Men' is Unit 6 within ENGAGE - Ireland's National Men's Health Training programme. This was developed to support service providers to engage young in mental health and related services. This study evaluated the impact of Unit 6 on front line service providers' knowledge, skills, capacity, and practice. You can view the article at: <https://ijmsch.com/index.php/IJMSCH/article/view/26/19>

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## Predictors of Healthy Eating in Men

You are invited to participate in a research project which seeks to better understand what influences the dietary choices of men during the current COVID-19 pandemic. This study is being conducted as part of an MSc in Health Psychology at the University of Westminster. To participate, see: [https://westminsterpsych.az1.qualtrics.com/jfe/form/SV\\_0MwsT2ef9YDxGU5](https://westminsterpsych.az1.qualtrics.com/jfe/form/SV_0MwsT2ef9YDxGU5)

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## How People are Coping During the Covid-19 Pandemic

The [Institute of Public Health in Ireland](#) is inviting you to take part in an online, anonymous, international survey to help understand how people are coping during the Covid-19 pandemic. The survey has been developed by the International Loneliness and Social Isolation Research Network (I-LINK) that includes the Institute of Public Health along with Ulster University, Trinity College Dublin and Maynooth University, as well as colleagues from the United Kingdom, Netherlands, Norway, New Zealand, Canada and the USA. The study seeks to learn about the issues people are facing, and how they are managing with social distancing and changes to everyday life - so gaining valuable insights into life before and during the Covid-19 pandemic, including key challenges and coping strategies. If you would be willing to participate in this survey, visit: <https://bit.ly/36PxDg1>

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## Victims and Survivors Strategy

The Northern Ireland Executive Office has asked the [Commission for Victims and Survivors](#) to provide advice on informing a new strategy for victims and survivors. A new strategy will shape how issues relating to victims and survivors are addressed. This includes important areas such as the delivery of services, addressing the legacy of our past, and building for the future. Views are being sought via an online survey: <https://www.smartsurvey.co.uk/s/TPE464>

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## COVID-19 Public Opinion Tracking Research

The research findings in these reports are based on surveys by Amárach Research on behalf of the Department of Health in the Republic of Ireland. The polls are conducted using Amárach's SmartPoll panel and weighted to the demographics of the adult population. Follow the results of these regular polls at: <https://www.gov.ie/en/collection/6b4401-view-the-amarach-public-opinion-survey>

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## Attitudes to Migrant Workers in Northern Ireland

*'Attitudes to Migrant Workers in Northern Ireland: An Improving Landscape?'* - by Lucy Michael - explores trends in public attitudes to migrant workers in Northern Ireland using data from the 2018 [Northern Ireland Life and Times Survey](#). Lucy has also produced a [video](#) where she discusses the findings, and their significance. Find out more at:

[www.ark.ac.uk/ARK/sites/default/files/2020-04/update131.pdf](http://www.ark.ac.uk/ARK/sites/default/files/2020-04/update131.pdf)

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## European Study on the Impact of the SARS-Cov-2 Pandemic on Alcohol Consumption

The aim of this pan-European survey is to link alcohol intake to experiences regarding the current SARS-CoV-2 pandemic. With the outbreak of SARS-CoV-2 in Europe, political actions by national governments led to changes in daily and public life in many places, including possible changes in alcohol consumption. Since the current pandemic is an unprecedented situation, with hitherto unknown consequences for everyday life, a questionnaire was developed to investigate its implications - particularly with regard to drinking. This survey resulted from a collaboration of scientists from multiple research institutes in Europe, and is available in 20+ languages. To participate, visit: <http://www.covid19-and-alcohol.eu>

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## Out of Sight, Out of Mind

Speaking directly with less well-off middle-aged men, the [Samaritans](#) have explored what these men need from support services when they're struggling. Moving beyond what we know about the risk factors for this group, the new report '*Out of sight, out of mind: Why less well-off, middle-aged men don't get the support they need*' focused on the lived experience of these men. In-depth ethnographic interviews were conducted with men across the UK and Ireland, in which they spoke about the challenges they faced, and the events which led them to crisis point. Crucially, the interviews explored what these men felt had worked for them when they came into contact with support services. See the report at: [www.samaritans.org/about-samaritans/research-policy/middle-aged-men-suicide](http://www.samaritans.org/about-samaritans/research-policy/middle-aged-men-suicide)

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## Northern Ireland Health Inequalities Annual Report 2020

This annual publication presents a comprehensive analysis of health inequality gaps between the most and least deprived areas of Northern Ireland, and within Health and Social Care Trust and Local Government District areas. The report is accompanied by downloadable data tables which contain all figures - including District Electoral Areas as well as urban and rural breakdowns. Find out more at: [www.health-ni.gov.uk/publications/health-inequalities-annual-report-2020](http://www.health-ni.gov.uk/publications/health-inequalities-annual-report-2020)

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## Web Links

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

[Covid-19: Low skilled men have highest death rate of working age adults](#)  
[GAA and TILDA : 'How to Age Well' webinar featuring Mícheal Ó Muircheartaigh \[video\]](#)  
[When I was in a real low a conversation changed my life - Troy's story \[video\]](#)  
[Gender, COVID-19, and NCDs - illuminating men's neglected vulnerability](#)  
[Urine test could reduce unnecessary prostate cancer biopsies](#)

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## Next Edition

Do you know of anything (research, events, resources, news etc.) affecting men and boys which should be included in the next edition of 'E-Male Matters'?

There's a simple format 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)

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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