

E-Male Matters

January 2011

The newsletter of the Men's Health Forum in Ireland

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News

Promoting the Health and Well-being of Men and Boys during Challenging Times

[International Men's Health Week](#) (MHW) always begins on the Monday before Father's Day and ends on Father's Day itself. This year, it will run from Monday 13th until Sunday 19th June 2011 and, in Ireland, will focus upon: "Promoting and Supporting the Health and Well-Being of Men and Boys during Challenging Times". MHW is celebrated in most European countries, as well as in the USA, Australia and a number of other places worldwide. The overarching aims of this week 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. Why not put these dates into your diary, and start thinking about how your organisation could mark this week and engage men / boys in this area? You can view an evaluation of [MHW 2010](#) at: www.mhfi.org/mhwevaluation2010.pdf (PDF file).

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Ask about your Prostate

The [European Men's Health Forum](#) recently launched a new online service which enables men to ask prostate-related questions and to get fast, free, confidential replies from specialist nurses and doctors. It's totally anonymous, and is part of a European-wide project to find out what men want to know about their prostates. The [Your Prostate](#) website answers questions from men about all aspects of prostate health, from general concerns through symptoms, diagnosis, support, treatment and follow-up care. Visit it at: www.yourprostate.eu

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Are You Having Child Maintenance Issues? ...

Cars, PlayStation, Xbox, clothes, nights out ... are some of life's little luxuries. However, they are also costly indulgences that we enjoy. If you find yourself a customer of the Child Maintenance Enforcement Division (in Northern Ireland) these treats may become a distant memory. Indeed, you may even find yourself struggling to afford the basics. If this is you, or about to become you, there is help available. The [Child Maintenance Information and Support Service](#) can help you when setting up private Child Maintenance arrangements for your child, and can also advise on many of the issues that can impact on your housing / employment / social security benefits. This service is confidential and free. For more information, call Freephone: 0800 028 7439, Email: belfast.iss@csa.gsi.gov.uk or text your name and number to 0782 5515799 and they'll call you back.

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Salt and Men's Health

Following the success of the [World Salt Awareness Week in 2010](#) (focusing on the effects of salt on health), [World Salt Awareness Week 2011](#) has been confirmed for Monday 21st - Sunday 27th March 2011. The proposed focus of this week is "Salt and Men's Health". This topic was identified as a result of UK research which showed that more men prematurely die of cardiovascular disease (CVD) than women. CVD accounts for 29% of preventable deaths in men (compared to 21% in women). The research shows that men eat more salt than women and, on average, have higher blood pressure than women - particularly at a younger age. They are also less likely to have their blood pressure measured, to take action to reduce it when it is raised, or to take blood pressure lowering drugs.

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Events

Men's Policy Forum within NICVA

You are invited to attend the next meeting of the Men's Policy Forum within [NICVA](#). This will take place on Wednesday 26th January 2011 in NICVA (61 Duncairn Gardens, Belfast BT15 2GB) from 10.30am - 1.00pm. You don't need to be a policy expert to attend this group. The Forum is open to anyone (male or female) who has an interest in men's issues and needs. The focus of this gathering will be "Male Victims of Domestic Abuse", and there will be an opportunity to hear some of the findings from the recent research conducted in this area by the [Men's Advisory Project](#) (MAP). For more information and/or to confirm your attendance, please contact Cathy Breslin from NICVA at Tel: 02890 877777 or Email: cathy.breslin@nicva.org

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Launch of Down District Men's Forum

Down District Men's Forum has organised an event for men aged 18 years and over in the Down District area. The launch of the Forum will take place in the South Eastern Regional College, Market Street, Downpatrick, on Wednesday 26th January 2011, from 7.15pm to 9.00pm. Light refreshments will be provided. It is hoped that this meeting will show men what the Forum has on offer, as well as being an opportunity for men to highlight some of the things they would like to see happening locally. The Forum is keen to hear men's needs / wishes and to respond to these. For more information, contact Claire Kennedy at Tel: 02892 501373 / Email: claire.kennedy@setrust.hscni.net Places at the launch need to be booked by Friday 21st January 2011.

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New Date for Irish Men's Sheds Forum Meeting

A "Men's Shed" is any community-based, non-commercial organisation which is open to all men, and provides a safe, friendly and inclusive environment where men are able to gather and/or work on meaningful projects at their own pace, in their own time, and in the company of other men. The primary objective is to advance the health and well-being of participants. The [Irish Men's Sheds Forum](#) is a voluntary group, who share enthusiasm for the development of Men's Sheds across Ireland. The Forum meeting planned for 7th December 2010 had to be cancelled because of the bad weather conditions. However, this has been rearranged for Tuesday 25th January 2011, from noon until 3.30pm, and will be held in Knockanrawley Resource Centre, Tipperary Town. If you would like to attend this meeting, or require further information, Email: info@menssheds.ie or call John on Tel: 086 8046748.

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Training

Kick Start 2011 - Supporting Work with Fathers

Is your organisation interested in developing work with fathers? Do you ask yourself questions such as: Where do we start? What is possible? Who can help us? What has been tried in other places? Would you like training and ongoing support to achieve your goal? ... If so, then "Kick Start" might help you! Kick Start is an innovative initiative (coordinated by the [Parenting Forum NI](#) within [Parents Advice Centre](#)), which offers a package of training, support, reflection and practical action to organisations that are currently trying to, or wishing to, engage with fathers in Northern Ireland. Applications are now invited for the next programme intake which begins in February 2011. This is open to both male and female workers. To apply for a place, contact Pauline Martin at Tel: 02890 310891 or visit: www.parentsadvicecentre.org/projects/mensproject/kickstart.asp Places will be allocated on a first come first served basis.

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Sexual Health Update for Youth and Community Workers

The Sexual Health Team within [Belfast Health and Social Care Trust](#) invites you to attend a Sexual Health Update for Youth and Community Workers. One day courses will be held in The Beeches Management Centre, Hampton Manor Drive, Belfast on Wednesday 2nd, Thursday 3rd, and Friday 4th March 2011. Each day will cover: an STI and HIV update for Northern Ireland; teenage pregnancy; contraception; the Sexual Health Promotion Strategy; sex and the law; signposting services. For further details, please contact Eilish or Bernie at Tel: 02890 900051 / Email: shealth.team@belfasttrust.hscni.net

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Raising Boys for Fathers

If you are a father or male guardian of a boy(s) under 12 years of age, you are welcome to come along to a free two night course called "Raising Boys for Fathers". This course is designed to help you in your role as a father. It will assist you to develop a strong relationship with your boy(s), as well as giving you practical examples of ways to help your son develop into a well-rounded and mature young man. The course is facilitated by Health Promotion Services and the Primary Care Team. It will take place from 8.00pm to 10.00pm in Belmullet, Co. Mayo (17th and 24th of January 2011) and in Crossmolina, Co. Mayo (31st of January and 7th of February 2011). For more information or to book a place, please contact Paul Gillen, HSE West, on Tel: 091 548323.

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Research

Sexual Responsibility, Fatherhood and Masculinity among Disadvantaged Young Men

In December 2010, the [HSE Crisis Pregnancy Programme](#) (formerly the Crisis Pregnancy Agency) released a new research report which captures the experiences, opinions and attitudes of a group of young men from lower socio-economic groups on the subjects of sexual activity, their roles as fathers, and how they view themselves as men. These issues were discussed within the broader context of Irish society, cultural assumptions about fatherhood, and representations of young men and fathers in various media. This report is available online in Portable Document Format (PDF) from:

www.crisispregnancy.ie/pub/cpa-Nixon-Report.pdf

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MHFI Seeks External Evaluator for Men's Health Week 2011

The [Men's Health Forum in Ireland](#) is, currently, seeking applications from suitably experienced researchers to tender for a piece of work which will involve an external evaluation of [Men's Health Week](#) 2011. The closing date for applications is Monday 31st January 2011. Further details can be accessed at: www.mhfi.org/externalevaluator.pdf

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Men's and Women's Sexual Health and Well-Being Study

Lyndsay Foster, a clinical psychology graduate student at the University of New Brunswick, is currently conducting a study on how being diagnosed with an STI impacts upon sexuality and sexual well-being. She is interested in comparing the sexual well-being of men and women who have been diagnosed with a sexually transmitted infection (STI or STD) to those who have not had an STI. Men and women who are over the age of majority in their country are encouraged to participate. Participants in the study will be asked about their sexual experiences, sexual health, and sexual attitudes. The survey takes approximately 10 to 25 minutes to complete, and participants will have an opportunity to win a VISA Gift Card worth 50 Canadian dollars. For more details see: <https://survey.psyc.unb.ca/sexualhealth.aspx>

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Attitudes to Age and Ageing in Ireland

Issue 5 (December 2010) of the [ARK E-type Newsletter](#) provides links to a range of datasets and publications relating to attitudes to age and ageing in Ireland (both North and South).

This newsletter is available in Portable Document Format from the [ARK](#) (Access Research Knowledge) website at: www.ark.ac.uk/publications/newsletters/ARKEtype5.pdf

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Web Links

Men's Issues on the Web ...

[Free online doctor's surgery every Monday](#)

[Concordia sociologist documents men's changing and increasingly confusing roles](#)

[Marriage tends to make men behave better](#)

[Study finds average UK male weight up 16lb in 15 years](#)

[Finger length points to prostate cancer risk](#)

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Next Edition

The next edition of E-Male Matters will be released in February 2011. 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 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 Thursday 27th January 2011.

"E-Male Matters" is also available online at: www.mhfi.org/about-e-male-matters.html

The views expressed in E-Male Matters are not, necessarily, those of the Men's Health Forum in Ireland

