

E-Male Matters

June 2011

The newsletter of the Men's Health Forum in Ireland

Quick links to articles in this edition ...

NEWS

[MHW 2011 - Only One Week to Go!](#)
[What Goes on Inside Men's Heads?](#)
[What Image do you Display?](#)
[There's still time to mark Men's Health Week](#)
[Tell others about your MHW 2011 Event](#)
[NICVA Assembly Resources](#)

EVENTS

[Weigh to Men's Health](#)
[Impact of Unemployment on Men's Health](#)
[Celebrating the Father Role](#)
[The 9th Annual All-Ireland Gay Health Forum](#)
[Launch of 2010 Life and Times Survey Results](#)

TRAINING

[Youth Leadership and Mentoring Programme](#)
[Walk Leader Training](#)
[Fathers and Sons - Staying Connected](#)
[Bounce - Resilience Work with Young People](#)

RESEARCH

[Publications on Carers](#)
[Learning from Suicidal Men to Inform Services](#)
[Young Men and Suicide Research](#)

WEB LINKS

[Men's Issues on the Web](#)

NEXT EDITION

[Submit an Article for the Next Issue](#)

News

Only One Week to Go!

It's finally here. There's only one week to go until [International Men's Health Week](#) (MHW). This year, it will run from Monday 13th until Sunday 19th June 2011. In Ireland, the week will focus upon the health and well-being of men and boys during challenging times, and the key message is: 'let's talk about it'. See www.mhfi.org/mens-health-week-2011.html for the most up-to-date information on what it's all about and what's happening.

[Back to Top](#)

What Goes on Inside Men's Heads? - Enter the Big Men's Health Week Competition

Despite the fact that males constitute almost half of the population of Ireland, the world of local men and boys is still, often, a mystery to most of us. However, during [Men's Health Week 2011](#), the [Men's Health Forum in Ireland](#) (MHFI), supported by the [Irish Cancer Society](#) (ICS), is hoping to shine a light into what men are thinking about. MHFI and ICS have just launched an island-wide poster caption competition. All men (aged 16 years and over) are encouraged to come-up with a caption for a special version of the Men's Health Week 2011 poster. This poster features the two main characters with 'thought bubbles' coming out of their heads. Entrants are invited to submit suggestions as to what the men in the poster might be thinking about during these 'challenging times' - especially in relation to their own health and well-being. And there's a great prize on offer ... The three winners will each receive a pair of tickets for the launch of the '[Movember](#)' celebrations in the Autumn. This includes travel to / overnight accommodation in Dublin. For more details visit: www.mhfi.org/mens-health-week-2011.html#Competition

[Back to Top](#)

What Image do you Display?

The new logo, poster and image pack for [Men's Health Week 2011](#) has proved to be immensely popular. Organisations from across Ireland have been downloading and using it to promote their activities and events on an massive scale - sometimes even crashing the Men's Health Forum in Ireland website! These are important promotional tools - as one of the key aims this year is to let as many people as possible know about the week. The logo is available in a range of sizes and formats; A₄ size posters can be downloaded; there is a selection of web banners on offer; and there's even a "We Support Men's Health Week" image - for groups and individuals who want to be seen to be 'doing their bit'. Details of all of these can be found online at: www.mhfi.org/mens-health-week-image-pack.html

[Back to Top](#)

There's Still Time to Mark Men's Health Week 2011

OK, so you didn't have time to prepare a large-scale event for [Men's Health Week 2011](#). Well, don't despair, there's still time to do something. Here are a few simple and easy ways to get involved ...

- Put a MHW [poster](#) up in your workplace / community centre / local shop / home / bar.
- Promote the week on your website (using the new [MHW logo](#) and/or [web banner](#)).
- Link to the Men's Health Forum in Ireland's website page devoted to Men's Health Week 2011 (www.mhfi.org/mens-health-week-2011.html) from your own website, Facebook page or other social networking site.
- Send an email to everyone in your contacts list to tell them about Men's Health Week, and ask them to forward the message to all their contacts.
- Insert the [MHW logo](#) onto the bottom of your outgoing emails.
- Check out the latest MHW 2011 news on Twitter: www.twitter.com/MensHealthIRL or Facebook: www.facebook.com/MensHealthWeek
- Include information on MHW in your mailouts / newsletters.
- Tell others about what is happening in your area during MHW by [posting details](#) on the MHFI website.
- Encourage the men you know to get involved in some of the [activities](#) taking place during MHW 2011 ...

[Back to Top](#)

Tell others about your Men's Health Week 2011 Event

The [Men's Health Forum in Ireland](#) (MHFI) has created a special section on its website to promote the details of any activities or events that will be held throughout Ireland during Men's Health Week 2011. 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. If you would like to have the details of your activity included on the website, please complete the [form](#) and return it by email to MHFI as soon as possible. All events that are submitted are posted in Portable Document Format at: www.mhfi.org/mhw2011events.pdf

[Back to Top](#)

Northern Ireland Assembly Resource from NICVA

[NICVA](#) (Northern Ireland Council for Voluntary Action) has just produced a range of web-based resources relating to the Northern Ireland Assembly. These will be of use to anyone who wishes to understand who's who in the Assembly, where they represent, what their interests are, which committees they sit on, and how to contact them. Further resources will be added in the future. See www.nicva.org/niassembly for more details.

[Back to Top](#)

Events

Weigh to Men's Health

"Weigh to Men's Health" is a workshop hosted by the [All-island Obesity Action Forum](#) supported by [Safefood](#) and the [Ulster Cancer Foundation](#). It will take place on Wednesday 8th June 2011, in the Stormont Hotel, Belfast, from 10.00am - 2.00pm. The workshop will highlight that excess weight is a men's health issue that needs to be recognised by men. Presentations will discuss best practice in how to target men, and will provide examples of relevant projects on the island of Ireland and further afield. The event will showcase the Ulster Cancer Foundation's 'ManAlive' project - which is bringing life-saving messages and health checks to men in the Southern Trust area of Northern Ireland. The event will also facilitate networking and the sharing of information. You can register online at: www.safefood.eu/en/Professional/Events/Weigh-to-Mens-Health

[Back to Top](#)

The Impact of Unemployment on Men's Emotional Well-Being

The [Colin Neighbourhood Partnership](#) and the [South Eastern Health and Social Care Trust](#), in cooperation with the [Man Matters Project](#), would like to invite you to an event to explore the impact of unemployment on men's emotional well being. This will take place on Wednesday 15th June 2011, in the Balmoral Hotel, Belfast, from 10.00am - 3.00pm. A range of speakers will explore the negative effects of unemployment upon males, and will use the Colin area as a case study. Following the presentations, participants will have an opportunity to discuss what needs to be done, as well as the consequences of doing nothing. If you would like to attend this event, please contact Betty McFarlane at Tel: 02890 623813 or Email: admin@newcolin.com

[Back to Top](#)

Celebrating the Father Role

The [Man Matters Project](#) would like to invite you to "Celebrating the Father Role", in the Long Gallery, Parliament Buildings, Stormont, on Thursday 16th June 2011, from 12.00 Noon - 2.00pm. The keynote address will be given by [Professor Charlie Lewis](#) (Department of Psychology, Lancaster University) - one of the foremost thinkers and writers on the father role - who will outline the findings of latest research on the subject. The event will also see the launch of the "Fathers and Sons - Staying Connected" programme. This is a new package of training and support for anyone working with fathers. The programme will focus on the relationship between fathers and sons, with particular emphasis on communication and promoting positive mental health. The course has been developed by [Parents Advice Centre](#) and will begin in Autumn 2011. Book online at: www.wea-ni.com/book-online or ring Deborah Harris at Tel: 02890 329718. Please note that it is essential to pre-book a place as you will need a personal invitation to gain access to Stormont.

[Back to Top](#)

The 9th Annual All-Ireland Gay Health Forum

The [Gay Men's Health Service HSE](#) and [Gay Health Network](#), with the support of the [Department of Health and Children](#) and the National AIDS Strategy Committee, are pleased to announce the 9th Annual All-Ireland Gay Health Forum (GHF9). This will take place on Friday 17th June 2011, from 9.15am - 3.30pm, in Dublin Castle. GHF9 offers an opportunity for those involved in HIV, AIDS, sexual health, and other health-related work with men who have sex with men and LGBT people, to network, share, and acknowledge efforts in advancing the health and well being of LGBT people. GHF9 is free and, as places are limited, will be assigned on a first-to-register basis. Email: gmhsadmin@hse.ie to hear more.

[Back to Top](#)

Launch of 2010 Northern Ireland Life and Times Survey Results

[ARK](#) is pleased to announce a seminar to mark the release of the results of the 2010 [Northern Ireland Life and Times \(NILT\) Survey](#). Using data from ARK's most recent surveys, this event includes three presentations highlighting the attitudes and experiences of carers of all ages in Northern Ireland:

- "An Ordinary Life? Caring in Northern Ireland Today" - Helen Ferguson, Carers NI
- "The Life and Times of a Carer in a Changing World" - Laura Collins, Carer
- "Young Carers Too: Results from the Young Life and Times Survey and the Kids' Life and Times Survey" - Paula Devine and Katrina Lloyd, ARK

The seminar will take place on Monday 13th June 2011, at 11.30am, in Queen's University Belfast. This event is free of charge, but places need to be booked by phone at 02871 675513 or email info@ark.ac.uk. NILT is an annual survey recording public attitudes to a wide range of social issues. The 2010 survey included questions on informal care, social care for older people, dementia, community relations, minority ethnic groups, migrant workers, and politics. Full results will be available on the 13th of June at: www.ark.ac.uk/nilt

[Back to Top](#)

Training

Youth Leadership and Mentoring Programme

This programme was delivered by Waterside Community Sport Programme, funded through [Sport Northern Ireland's](#) 'Sport in Our Community Programme', in partnership with The Whistle Project. The Programme closed in March 2010, but has provided a legacy of trained local leaders delivering activities at The Whistle Project. One of the participants, Donal, was made redundant around 18 months ago and, for a time, lost his way and suffered from depression. He had a history of volunteering, and decided to use his free time to help out at The Whistle Project in Gobnascale. Through this association, he joined the Youth Leadership and Mentoring Programme. He undertook basic courses in Child Protection, then Star 2 Canoeing, Safety and Rescue Assessment and, finally, an Instructor's Course. Donal is now a fully qualified instructor, and runs courses for local young people. As for Donal, he says the programme "changed my life... I feel useful again, and I can use my skills to give children an opportunity to try something new that they wouldn't otherwise have the chance of trying". Download the report, 'Get Active - Stay Active', at:

www.sportni.net/participation/Community+Sport/Publications

[Back to Top](#)

Walk Leader Training

The [Belfast Health and Social Care Trust's](#) Health Improvement Department is inviting applications for places on a Walk Leader Training course. This will take place on Thursday 16th June 2011, from 9.45am - 4.00pm, in Knockbracken Healthcare Park, Belfast. The training is free and open to anyone aged 18 years or over. This training will equip those attending with the skills necessary to promote and lead safe and enjoyable walking sessions for people of all ages and abilities. It will look at: the rationale of health walks; the importance of exercise in relation to physical and mental health; leading a walk; safety issues and necessary forms that need to be filled in; motivating and encouraging people to take up walking as a form of physical activity. It is expected that those who complete the training will be influential in leading walks in their local areas. For more information, email: margaret.devlin-hania@belfasttrust.hscni.net

[Back to Top](#)

Fathers and Sons - Staying Connected

The “Fathers and Sons - Staying Connected” programme offers a package of training and support to anyone in Northern Ireland who wishes to engage with men (as fathers, step-fathers, grandfathers, uncles and carers for children) in order to look at the issues of relationships, communication, and promoting positive mental health among the boys that they care for. This Train the Trainers programme will cover: facilitation and group work skills (for those who require them); how to use the specialist course manual; running course activities; best practice in recruiting for and delivering fathers’ courses; mentoring and support. You are invited to attend one of two information seminars to find out more about the programme. These will take place on Tuesday 21st June 2011 (10.30am - 12.30pm, in Derry), and on Tuesday 28th June 2011 (10.30am - 12.30pm, in Belfast). To register your interest in attending either of these events, please contact Pauline Martin, [Parenting Forum Northern Ireland](#), at Tel: 02890 310891 or Email: pauline@pachelp.org

[Back to Top](#)

Bounce - Developing Resilience Work with Young People

‘Bounce’ is a new and innovative resource that promotes and supports the development of resilience in young people. You are invited to a one day course (Tuesday 28th June 2011, 10.00am to 4.00pm, in Ballymena, Co. Antrim) which will provide participants with an opportunity to learn how to use the resource with young people in a range of settings. The issues covered will include: communication competence; relationships and sexual health; avoiding negative outcomes; developing resilience; developing self esteem; drugs and alcohol misuse. This course will be of particular interest to teachers / college tutors, youth and community workers, social workers, school / practice nurses, and those involved in the training of professionals who work with young people. A copy of Bounce will be provided free to each participant. For more information, contact either Jayne McConaghie (jayne.mcconaghie@northerntrust.hscni.net) or Sharon Bingham (sharon.bingham@northerntrust.hscni.net).

[Back to Top](#)

Research

Publications on Carers

During Carers’ Week 2011 (13th - 19th June), [ARK](#) will publish a set of reports based on survey data which reflect the roles and experiences of carers in Northern Ireland. “An Ordinary Life? Caring in Northern Ireland Today” (Research Update 75) uses data from the 2010 [Northern Ireland Life and Times Survey](#). “Young Carers Too” (Research Update 76) focuses on young carers, based on data from the 2010 [Young Life and Times Survey](#). “Men as Carers” (Men in Northern Ireland Report 7) uses data from a range of surveys and official statistics, and has been produced to support [Men’s Health Week 2011](#). These publications will be freely available on the ARK website from Monday 13th June at: www.ark.ac.uk/publications

[Back to Top](#)

Learning from Suicidal Men to Inform Mental Health Services

Suicide amongst young men is a major public health concern throughout the island of Ireland. This qualitative study sought to obtain a comprehensive understanding of suicidal men aged 16-34 years to underpin the provision of appropriate mental health services. A total of 36 young men were interviewed. Findings highlight the need for:

- support that reaches out to young men in socio-culturally relevant ways;
- a firm interpersonal connection between mental health professionals and young men;
- a therapeutic focus on a meaningful future life;
- care delivered over the longer-term, which responds to the changing circumstances and needs of young men;
- the involvement of those with personal experience of suicide in providing support;
- an encompassing social environment that facilitates opportunities for inclusion.

This study is one of the few conducted that has sought to listen to young men talking about their suicidal behaviour as a basis for thinking about how they can be helped to live full and rewarding lives. It provides new evidence on the appropriate configuration of mental health services, and how effective care can be provided. To learn more about the study, please contact either Dr Joanne Jordan (Email: joanne.jordan@btinternet.com) or Dr Sinead Keeney (Email: sr.keeney@ulster.ac.uk)

[Back to Top](#)

Young Men and Suicide Research - Your Help Needed

The [Men's Health Forum in Ireland](#) (MHFI) is, currently, undertaking research into the high rate of suicide among boys and young men on the island of Ireland. This research is being jointly funded by the [Public Health Agency](#) and the [National Office for Suicide Prevention](#). The purpose of the research is to develop and share best practice on how to promote positive models of mental health and to prevent suicide in this target group. MHFI is asking for your help with this initiative. A central component of this research is a questionnaire that seeks the views and experiences of stakeholders in relation to mental health promotion and suicide prevention activities on the island of Ireland. The questionnaire is particularly focused on organisations' experiences of the challenges and barriers when working with young men. The findings from the questionnaire will be used to inform the design of a follow-up intervention and will, on conclusion of the overall project, be disseminated back to stakeholders as part of an overall report. To participate in this short survey, visit: <https://www.surveymonkey.com/s/suicidepreventioninyoungmensini>

[Back to Top](#)

Web Links

Men's Issues on the Web ...

- [Fathers with access to flexible working are more committed to employer](#)
- [Brisk walking could improve prostate cancer outcomes](#)
- [Cultured men are happier and healthier](#)
- [Research into young, disadvantaged men](#)
- [Male fertility may be affected by cell phone use](#)
- [Benefits of counselling and assessment for expectant fathers](#)

[Back to Top](#)



MEN'S HEALTH WEEK
Monday 13th - Sunday 19th June 2011

Next Edition

Due to the Summer holidays, the next edition of E-Male Matters will be released in August 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 August edition is Wednesday 27th July 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

[Back to Top](#)

