

# E-Male Matters

May 2012

The newsletter of the Men's Health Forum in Ireland

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## News

### The Final Countdown to Men's Health Week 2012 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 11<sup>th</sup> until Sunday 17<sup>th</sup> June 2012. The theme in Ireland will focus upon encouraging and developing a 'First Instinct' in men and boys which is to actively seek help / advice / support, and to act quickly in times of difficulty / crisis / ill health rather than ignoring symptoms, turning to alcohol, 'soldiering on', taking their own life ... However, as 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 ... all events and activities to celebrate this occasion will be very welcome. To find out more about this week and how you can get involved, visit: [www.mhfi.org/mens-health-week-2012.html](http://www.mhfi.org/mens-health-week-2012.html)

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### Men's Health Week 2012 Poster to be Launched

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! To highlight MHW 2012, the [Men's Health Forum in Ireland](#) (MHFI) will be launching a new poster in late May. This features Michael Lynch from [Men's Action Network](#) (MAN) in the North West. MAN is one of the longest established men's support groups in Ireland. The message on this poster is very

simple: 'Men's Health - What's Your First Instinct ... Fight? Flight? Find Out?' The posters are free, and will be available in A<sub>3</sub> size hard copy as well as A<sub>4</sub> size electronic copy (on the MHFI website). Details of how to get copies of these posters will soon be available at: [www.mhfi.org/mens-health-week-2012.html](http://www.mhfi.org/mens-health-week-2012.html)

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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. 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 special section on its website to promote the details of any activities or events that are being held throughout Ireland during [Men's Health Week 2012](#). 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 who 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 on the MHFI website at: [www.mhfi.org/how-to-promote-your-mens-health-week-event.html](http://www.mhfi.org/how-to-promote-your-mens-health-week-event.html)

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### **What you can do to mark Men's Health Week 2012**

Absolutely everyone can do something to support and celebrate [Men's Health Week](#) (MHW) 2012. The focus for this year (i.e. 'First Instinct - What's Yours?') 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 ...

- Put a MHW poster up in your workplace / community centre / local shop / home / bar.
- Promote the week on your website using the [MHW logo](#).
- Link to the web page devoted to Men's Health Week 2012 ([www.mhfi.org/mens-health-week-2012.html](http://www.mhfi.org/mens-health-week-2012.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.
- Visit the men's work Facebook site ([www.facebook.com/MensHealthForumIreland](http://www.facebook.com/MensHealthForumIreland)), become a Fan, and send the link to all your online friends.
- Insert the [MHW logo](#) onto the bottom of your outgoing emails for the months of May and June.
- Check out the latest MHW 2012 news on Twitter: [www.twitter.com/MensHealthIRL](http://www.twitter.com/MensHealthIRL) and become a Follower.
- Include information on MHW in your mailouts / newsletters.
- Tell others about what is happening in your area during MHW by posting details (use the form at: [www.mhfi.org/how-to-promote-your-mens-health-week-event.html](http://www.mhfi.org/how-to-promote-your-mens-health-week-event.html)) on the MHFI website.
- Make the [MHW Logo](#) your computer desktop 'wallpaper' during May and June.
- Encourage the men you know to get involved in some of the activities taking place during MHW 2012.
- Print the [MHW logo](#) onto T-shirts that can be worn before and during the week.
- Visit [www.mhfi.org/mens-health-week-2012.html](http://www.mhfi.org/mens-health-week-2012.html) for more ideas on how you can be involved ...

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### **Lonely Facebook and Twitter Pages Seek Fans!**

To keep everyone up-to-date with the latest news on [Men's Health Week](#) (MHW) 2012 - as well as more general developments in the field of men's work - you can pretend that you're young, hip and cool, and visit Facebook and Twitter. To find out more, see:

[www.facebook.com/MensHealthForumIreland](http://www.facebook.com/MensHealthForumIreland) and [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! ... If you're already a signed-up member of these sites, please visit the pages, click on the 'LIKE' button for Facebook and 'FOLLOW' button for Twitter, and send the link to all your friends. Even if you're not on Facebook and/or Twitter, just visit the pages regularly for an update.

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### **The Irish Dads' Survival Guide (to Pregnancy and Beyond)**

David Caren, the founder of popular website [Dad.ie](http://Dad.ie), has written a practical, straight-talking pregnancy guide for expectant Irish fathers - and all from a dad's perspective. Becoming a dad is one of the most important life-changing events to occur in a man's life. But while there are hundreds of books out there for mums-to-be, there has been precious little for local dads-to-be. Father-of-three David's new guide is an easy, practical read, written by a dad for dads. It combines real-life experiences, tried-and-tested tips, and expert views. It also accompanies the expectant dad through each trimester, every mood swing (his and hers), the main event (labour), and those first weeks of new family life. It is now available in bookshops. See <http://obrien.ie/book975.cfm> for more details.

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## Events

### **Sexual Health Awareness Week**

Sexual health is everyone's business. The [Royal College of Physicians in Ireland](#) (RCPI) is hosting events for National Sexual Health Awareness Week which draw attention to a broad range of issues. These activities will take place in the RCPI premises at 6 Kildare Street, Dublin 2. All events are free of charge, and open to both health professionals and members of the public. For further information on what's taking place, see [www.mhfi.org/shaw2012.pdf](http://www.mhfi.org/shaw2012.pdf)  
To book a place, Email: [college@rcpi.ie](mailto:college@rcpi.ie) or Tel: 01 863 9700.

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### **Dying Matters in North Belfast - so, let's talk about it**

The North Belfast Primary Care Partnership invites you to an end-of-life public awareness raising event with comedian Tim McGarry. This will take place on Wednesday 16<sup>th</sup> May 2012, from 10.30am - 12.30pm, in NICVA, 61 Duncairn Gardens, Belfast. Tim will facilitate a conversation on a range of end-of-life issues including making a will, financial support, emotional support, support for carers and bereavement support. This event is part of National Dying Matters Week. For more information, contact Justine Brown at Tel: 02890 752990.

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### **Annual Gay Health Forum**

The 10th Annual Gay Health Forum (GHF10), organised by the [Gay Men's Health Service](#) (GMHS), and supported by the [Social Inclusion Unit](#) in the Department of Health, will take place on Friday 8<sup>th</sup> June 2012, in the Bedford Hall Suite, in Dublin Castle. It will begin at 10.00am and last until 3.00pm. GHF presents an opportunity for those involved in HIV, sexual health, and other health-related work with LGBT people - in particular men who have

sex with men (MSM) - to network, share, and acknowledge efforts in advancing the health and well-being of LGBT people in Ireland. For further details, see [www.mhfi.org/ghf10.pdf](http://www.mhfi.org/ghf10.pdf) or contact Mick Quinlan (Email: [mick.quinlan@hse.ie](mailto:mick.quinlan@hse.ie) / Tel 01 6699553) or Susan Donlon (Email: [susan.donlon@dublinaidsalliance.ie](mailto:susan.donlon@dublinaidsalliance.ie) / Tel: 01 8733799).

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### **Man Alive Conference**

The [Ulster Cancer Foundation](#) invites you to the 2012 [Man Alive](#) Conference on Tuesday 12<sup>th</sup> June 2012. This event will mark [Men's Health Week 2012](#) by: showcasing male health activity; sharing best practice locally and further afield; highlighting the men's health agenda; updating participants on the impact of sport and physical activity on health; raising awareness of the holistic approach to health and the impact of emotional wellbeing on physical health and healing; providing a networking and information exchange opportunity for individuals and organisations interested in men's health. The conference will take place at the North-South Ministerial Council, 58 Upper English Street, Armagh. The programme for the conference, and details on how to register, will follow soon.

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## Training

### **Framework for Men's Health Training**

The Southern Health and Social Care Trust Men's Health Network and the [Man Matters](#) Project invite you to participate in their 'Framework for Men's Health' training. This will take place on Tuesday 29<sup>th</sup> May 2012, from 9.30am - 4.30pm (lunch provided), in the Jethro Centre, Lurgan, Co. Armagh. The aim of this workshop is to increase participants' understanding of best practice in engaging men with health and social services. Upon completion of the training, participants will have: explored the broad determinants of men's health; examined how gender influences men's approach to looking after their own health; identified effective practice guidelines in working with men on health programmes; gained an understanding of the barriers experienced by men when accessing services; increased their awareness of how to set-up and support effective group work with men. The training will be delivered by members of the [Men's Health Forum in Ireland](#). To book a place on this free training, contact Michael Glover on Tel: 02890 329718.

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### **Mental Health Ireland Training Prospectus**

[Mental Health Ireland](#) would like to draw your attention to their new Training and Education Prospectus for 2012. This publication is now available online at: [http://issuu.com/mental\\_health\\_ireland/docs/mhi\\_training\\_prospectus\\_2012\\_booklet](http://issuu.com/mental_health_ireland/docs/mhi_training_prospectus_2012_booklet) The booklet outlines learning opportunities in areas such as managing stress, building resilience, caring for carers, mental health and young people/older people, coping with unemployment, understanding mood disorders, substance misuse ... However, this year Mental Health Ireland is also facilitating a one day interactive workshop on Men's Mental Health. This will be held on Tuesday 4<sup>th</sup> September 2012, from 10.00am - 4.00pm, in The Clarion Hotel Dublin Liffey Valley, Dublin 22. This event will explore: men's mental health awareness; attitudes to mental health; the interaction between mental and physical health; setting a personal development programme; how men manage stress. The cost is €25 per person / €10 for the unwaged. For more information, Email: [training@mentalhealthireland.ie](mailto:training@mentalhealthireland.ie) or Tel: 01 2841166.

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## Website Design Workshops for Men's Work

Do you work with men? Would you like to develop a website for your men's group / Men's Shed, or to advertise your support services for men? If 'Yes', then [Man Matters](#) invites you to join one of their free training workshops which will teach you how to design and create your own website. Participants on this course will be introduced to Joomla web design software, and will learn all the basics needed to create their own site. Each workshop will be held in the offices of the [Workers' Educational Association](#) (3 Fitzwilliam Street, Belfast BT9 6AW) and lasts for two full days (10.00am - 4.00pm). Lunch / refreshments will be provided. The first workshop will be held on Friday 18<sup>th</sup> and Friday 25<sup>th</sup> May 2012, and the second will take place on Friday 15<sup>th</sup> and Friday 22<sup>nd</sup> June 2012. For more information, contact Michael Glover on Tel: 028 9032 9718 or book online at: [www.wea-ni.com/seminar](http://www.wea-ni.com/seminar)

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## Research

### Young Life and Times Survey 2011: Preview of Survey Results

You are invited to the preview of the 2011 Young Life and Times (YLT) survey results. This will take place on Tuesday 15<sup>th</sup> May 2012, from 12.30pm - 2.15pm, in Room OG074, Lanyon Building, Queen's University Belfast. The YLT survey is an annual initiative that records the views of 16 year olds living in Northern Ireland about the issues that directly concern them. The main topics included in the 2011 survey were: community relations; attitudes to / experiences of contact with minority ethnic groups; mental health and loneliness; sexual attitudes and experiences. Young Life and Times is a component of [ARK](#) (a joint project between Queen's University Belfast and the University of Ulster), and the 2011 YLT dataset and key tables of results will be made publicly available at [www.ark.ac.uk/ylt](http://www.ark.ac.uk/ylt) on 16<sup>th</sup> May 2012. If you would like to book a free place, Email: [info@ark.ac.uk](mailto:info@ark.ac.uk) or Tel: 028 7167 5513.

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### Health Intelligence Briefing on Traveller Mental Health

A new Health Intelligence Briefing on Traveller Mental Health is now available. This is part of a series of briefings being prepared by Health Intelligence in the Public Health Agency. Many factors influence mental health and these are explored in this document; taking into consideration that these links can be bi-directional. Before addressing prevalence, influencing factors, help-seeking, and treatment provision and uptake, a brief summary on Traveller culture is given - which provides the context for understanding the association between influencing factors, mental health and help-seeking. Download a copy of this paper at: [www.mhfi.org/travellermentalhealth.pdf](http://www.mhfi.org/travellermentalhealth.pdf)

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## Web Links

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

[Premier League helps to boost men's health in Europe](#)

[Just who are men's rights activists?](#)

[Why the NHS should improve care for gay and bisexual men](#)

[Men with low testosterone levels may be at increased risk for diabetes](#)

[New prostate cancer treatment may reduce side-effects](#)

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## Next Edition

The next edition of E-Male Matters will be released in June 2012. 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](mailto:emalematters@mhfi.org) The submission deadline for the June edition is Monday 28<sup>th</sup> May 2012.

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

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