

# E-Male Matters

October 2014

The newsletter of the Men's Health Forum in Ireland

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## News

### Building the Community-Pharmacy Partnership: Level 2 Funding Available

The [Community Development and Health Network](#) (CDHN) has opened a new round of funding through their Building the Community-Pharmacy Partnership (BCPP) programme. They are seeking new community-pharmacy partnerships throughout Northern Ireland, and will continue to support partnerships that were previously involved. The BCPP programme promotes and supports local communities to work in partnership with community pharmacists to address local health and social wellbeing needs using a community development approach. Level 2 funding is for those who have a clear vision of what the project wants to achieve, and consists of a maximum of £10,000 for a project that can last up to two years. Level 3 funding is also available to those who have completed several Level 2 projects. The closing date for applications is Thursday 13<sup>th</sup> November 2014. Application packs can be downloaded from [www.cdhn.org/bcpp](http://www.cdhn.org/bcpp) For further information, Tel: 02830 264606.

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The Men's Health Forum in Ireland is proud to support the 'See Change' partnership

## **Fertility: A Man's Struggle to Start a Family**

Jani Ilvonen and his partner have had trouble conceiving. They realised that beginning a family was taking longer than they had anticipated. Both Jani and his partner, Frances, were offered a slot on a landmark study to improve their fertility parameters by their fertility clinic. *'Some people get pregnant easily. Others don't. I think stress doesn't help the situation and more than likely can make things worse'*, states Jani. The study includes following the pre-Conceive programme which will see Jani and Frances take a specifically-designed nutritional supplement daily, and follow a healthy lifestyle regime. The lifestyle regime requires regular exercise, managing weight, and increasing his protein intake. *'This is a journey we will take together. I have an open mind, and I am looking forward to seeing how this unfolds. I have no fears'*, states Jani. For the full story, visit: [www.pillarhealthcare.ie/jani-and-frances](http://www.pillarhealthcare.ie/jani-and-frances)

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## **Men on the Move Update**

[Meath Local Sports Partnership's](#) Men on the Move project (funded by the [HSE](#)) reached the end of phase 1 recently, with the culmination of a 5k run/walk in the Blackwater Park in Navan. Ninety-three men aged 30 years plus signed-up to the programme, which has been running in the three areas of Laytown / Bettystown, Kiltale and Dunshauglin. Men on the Move is a free physical activity programme, rolled out over 18 weeks in blocks of six weeks each. The aim of the programme is to provide men aged 30+ with more opportunities to become physically active. Other components of the programme include fitness testing, healthy eating, smoking cessation and stress management. For all of the participants, this was their first ever 5k. Six weeks ago, one mile was a challenge - whereas personal best records are now being set at the 5k distance. This six week journey not only reflects the increased fitness levels of the participants, but the overall sense of improved mental health and wellbeing. For more information, contact Ruairi Murphy at Tel: 046 9067337 or Email: [rmurphy@meathcoco.ie](mailto:rmurphy@meathcoco.ie)

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## **Parents' Week 2014**

For the last 15 years, [Parenting NI](#) has been celebrating Parents' Week in Northern Ireland. This year, Parents' Week takes place during the week of 20<sup>th</sup> - 26<sup>th</sup> October, and everyone is invited to celebrate it. Parents' Week acknowledges the amazing contribution that parents make to their children's lives. Parenting NI is encouraging groups across Northern Ireland to host an event for parents / families, and to draw attention to the important role that parents play. For more information, Email: [forum@parentingni.org](mailto:forum@parentingni.org)

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# Events

## **5 for Life!**

The [South Eastern Health and Social Care Trust](#) invites you to a free men's health and wellbeing seminar on Tuesday 11<sup>th</sup> November 2014, from 9.15am - 1.00pm, in the La Mon Hotel and Country Club, 41 Gransha Road, Castlereagh, Belfast BT23 5RF. This event will focus upon the 'Five Ways to Wellbeing', and is open to men and anyone who works with men. To book a place, contact Carol Brown at Tel: 02891 510275 or Email: [carol.brown@setrust.hscni.net](mailto:carol.brown@setrust.hscni.net)

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## **Transforming Masculinities - Transforming Conflicts?**

The Latin American Studies Forum invites you to a seminar titled: 'Transforming Masculinities - Transforming Conflicts?' This will take place on Wednesday 15<sup>th</sup> October 2014, from 12.30pm - 3.00pm, in Seminar Room 3, Postgraduate Centre, Queen's University Belfast. Globally, the vast majority of the perpetrators of violent conflict and, often, the majority of direct victims, are men. Contrary to simplistic notions of men being innately violent, a closer look at masculinities in conflict situations reveals a more complex picture. The majority of men tend not to be violent and, even those who are violent, do not exclusively exhibit this tendency. Nevertheless, in many societies dominant notions of masculinity are linked to a readiness to use violent force. These potentially violent forms of masculinity are created socially, by both men and women (by parents, peers, intimate partners or by social institutions such as schools, militaries or gangs), and are perpetuated by various communicative media (e.g. mass media, advertisements, commemorative statues, or stories told around village campfires). Given the central roles played by men and masculinities in violent conflict, could a transformation of masculinities lead to the transformation of conflict? To book a place, Email: [adelatorre01@qub.ac.uk](mailto:adelatorre01@qub.ac.uk)

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## **MAN UP 2014**

Most men celebrate and respect women - they don't control them. Men and women need to stand together to declare zero tolerance on violence against women. To end this violence, everyone needs to be part of the solution. To achieve this, [SAFE Ireland](#) is launching their [MAN UP 2014](#) campaign on Wednesday 22<sup>nd</sup> October 2014 in Dublin. This event will communicate the positive role that men can play in ending domestic violence. Lynn Rosenthal, the White House Advisor on violence against women, will get the 2014 initiative underway. Broadcaster, Ryan Tubridy, will give a guest introduction and will chair a panel discussion with the MAN UP partners. For more information, Email: [office@safeireland.ie](mailto:office@safeireland.ie) or call Claire on Tel: 090 6479078.

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## **Know Your Numbers Health Day**

It is important to keep a check on your personal 'health statistics'. This day offers you an opportunity to avail of free health checks, advice and complementary therapies including height, weight, body mass index, cholesterol, blood sugars, allergy testing, blood pressure, skin scanning, spine age progression ... If you're interested, drop in to the Maureen Sheehan Centre, 106 Albert Street, Belfast on Wednesday 15<sup>th</sup> October 2014, between 1.00pm and 4.00pm.

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## **Open Access and the Delivery of Healthy Ireland**

[Healthy Ireland](#) is the new national framework for action to improve health and wellbeing in the Republic of Ireland over the coming generation. It outlines a commitment to public health (with a considerable emphasis on prevention) while also advocating for stronger health and social systems. Open Access (OA) is defined as the immediate, freely available, online access to research outputs. These outputs include peer-reviewed journal articles, conference papers and datasets of various types. The restrictions on use, commonly imposed by publisher copyright, patents or other mechanisms of control, do not apply. The [Institute of Public Health in Ireland](#) and the [HSE](#) Regional Library and Information Service invite you to a seminar which aims to: raise awareness about Open Access; explore how Open Access can support the delivery of Healthy Ireland; showcase key Irish Open Access initiatives. This event will take place on Monday 20<sup>th</sup> October 2014 in the Radisson Blu Hotel, Golden Lane, Dublin 2. Register your interest in attending by contacting Louise Bradley at Email: [louise.bradley@publichealth.ie](mailto:louise.bradley@publichealth.ie) or Tel: 01 478 6307.

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## Five Ways to Wellbeing

Would you like to learn more about promoting emotional health and wellbeing? ... If so, join Nic Marks, Founder of the Centre for Wellbeing at the New Economics Foundation, to hear about the 'Five Ways to Wellbeing' and how you can use this concept to effectively engage with others. This event will take place in Lough Neagh Discovery Centre, Lurgan, Co. Armagh, on Thursday 6<sup>th</sup> November 2014, from 9.30am - 4.00pm. For more information, contact: Deirdre McParland, Senior Health Improvement Officer for Mental Health, Southern Health and Social Care Trust, at Email: [deirdre.mcparland@southerntrust.hscni.net](mailto:deirdre.mcparland@southerntrust.hscni.net)

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# Training

## Male Health and Wellbeing Programme

Closing the Gap is launching a new and exciting eight week Male Health and Wellbeing Programme which will commence on Friday 24<sup>th</sup> October 2014, at 7.00pm, in Banbridge Leisure Centre, Banbridge, Co. Down. This programme aims to: encourage physical activity amongst males currently not considered active; develop interaction between men; build new local networks; increase awareness and knowledge of health and wellbeing choices. The programme will target men from across the most deprived areas within the Banbridge District Council area, and will offer weekly physical activity sessions and support. Eligible participants will benefit from a health check at the beginning and end of the programme - to help to monitor any changes during the programme. Participants will also receive time bounded gym membership to help to sustain these changes. For more information, contact Emma McCabe at Email: [emma.mccabe@banbridge.gov.uk](mailto:emma.mccabe@banbridge.gov.uk)

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## Seven Key Questions for a Better Life

Throughout Autumn 2014, the [Men's Development Network](#) (MDN) will be delivering their highly successful 'Seven Key Questions for a Better Life' training throughout Ireland. This day is facilitated in an open, friendly and experiential way, and draws upon discussion, group work and presentations to explore relevant topics. These questions can be used in a number of settings to positively address issues which impact upon men's lives and to map next steps to a better life. The training provides a valuable insight into why supporting men is crucial; demonstrates successful ways to support men; and highlights best practice for engaging men with health and life issues. For further information, contact Lorcan Brennan (Email: [lorcan@mens-network.net](mailto:lorcan@mens-network.net) | Mobile: 086 3619884) or Martin Doheny (Email: [martin@mens-network.net](mailto:martin@mens-network.net) | Mobile 087 318 0156).

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## Gaining Awareness of LGB and T Issues

[The Rainbow Project](#) is Northern Ireland's largest LGB and T sector organisation, and has been commissioned to deliver a number of training events funded through the [Public Health Agency](#) and [Protect Life](#). Places on these courses are free to participants. There are two types of training on offer: (1) Sexual Orientation Awareness Raising [one day] and (2) Introduction to Gay Affirmative Therapy [two days]. The topics covered in the training will include: understanding same-sex attraction and use of appropriate terminology; understanding gender identity and expression and use of appropriate terminology; key health inequalities experienced by people who are same-sex attracted; forms of homophobia, heterosexism and internalised homophobia; barriers to accessing mainstream statutory service provision; legislative and social policy context; common issues when counselling LGB and T clients; tips for improvement of practice. For more details, visit: [www.rainbow-project.org/training](http://www.rainbow-project.org/training)

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## Promoting Wellbeing Training Courses - SHSCT

The [Southern Health and Social Care Trust's](#) Promoting Wellbeing Training Brochure for September 2014 - March 2015 is now available online at:

[www.southerntrust.hscni.net/pdf/PWB\\_Training\\_Brochure\\_Sept\\_2014\\_March\\_2015.pdf](http://www.southerntrust.hscni.net/pdf/PWB_Training_Brochure_Sept_2014_March_2015.pdf)

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## Research

### Last Chance to Contribute to the Review of Ireland's National Men's Health Policy

An independent review of the impact of Ireland's [National Men's Health Policy 2008-2013](#) has been commissioned by the Department of Health / Health Services Executive. This review will also inform the future direction of men's health policy in the context of the '[Healthy Ireland](#)' policy. An online survey forms an important part of the review, and anyone with knowledge of men's health issues in Ireland is encouraged to complete it. The survey can be accessed at: [www.surveymonkey.com/s/Ireland-Mens-Health-Policy-Review](http://www.surveymonkey.com/s/Ireland-Mens-Health-Policy-Review) To enable the greatest amount of participation, the deadline for submissions has been extended to Friday 17th October 2014. Individual responses will not be published - only aggregated data will be made available. The Men's Health Policy Review is of huge importance to the men's health sector in Ireland, and it is essential that it gets the support it needs. Please help by responding to the survey. More information about the review can be found at [www.pbmenshealth.co.uk/review-of-irelands-national-mens-health-policy-2/#more-371](http://www.pbmenshealth.co.uk/review-of-irelands-national-mens-health-policy-2/#more-371) - where there is also a facility for requesting more information and submitting additional views and comments.

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### Review of Service Provision for Men Aged 50+ in Belfast

Friday 26<sup>th</sup> September 2014 saw the launch of a report which examines service provision for men aged 50+ in the greater-Belfast area. This research was undertaken by a team from [Queen's University Belfast](#) on behalf of the Older Men's Steering Group within Age Partnership Belfast. The research sought to: (i) review the extent and impact of current community, voluntary, statutory or private sector services which are aimed at combating social isolation among men in the Belfast area, and (ii) identify how these services are meeting current need, and ways in which they may be developed to meet future requirements. The report is now available online at: [www.volunteernow.co.uk/fs/doc/publications/men-aged-50-final-report.pdf](http://www.volunteernow.co.uk/fs/doc/publications/men-aged-50-final-report.pdf)

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### Preventing Suicide: A Global Imperative

In May 2013, the Sixty-sixth World Health Assembly adopted the first-ever Mental Health Action Plan of the World Health Organization (WHO). Suicide prevention is an integral part of the plan - with the goal of reducing the rate of suicide by 10% by 2020. Despite the evidence that many deaths are preventable, suicide is often a low priority for governments and policy makers. The objective of the WHO report - titled 'Preventing Suicide: A Global Imperative' - is to prioritise suicide prevention on the global public health and public policy agendas, and to raise awareness of suicide as a public health issue. The report was developed through an international consultative process, and is based on systematic reviews of data and evidence, together with inputs from partners and stakeholders. To download this report as a Portable Document Format (PDF) file, visit: [www.mhfi.org/WHOSuicideReport2014.pdf](http://www.mhfi.org/WHOSuicideReport2014.pdf)

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## Web Links

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

[More men face lonely old age, says study](#)

[Living with a Black Dog - guide for partners, carers and sufferers of depression](#)

[Royal Society for Public Health calls for HPV vaccination for all boys](#)

[Back to school - why boys don't make the grades](#)

[10 years of sobriety: what I've learned about Irish male emotions](#)

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## Next Edition

The next edition of E-Male Matters will be released in November 2014. 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 a 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 November edition is Wednesday 29<sup>th</sup> October 2014.

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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

