

E-Male Matters

February 2015

The newsletter of the Men's Health Forum in Ireland

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News

Men's Health Week 2015

Have you got your new diary for 2015 yet? ... If 'yes', that's great. If 'no', then rush down to your local Pound / Euro Shop and pick-up a reduced price one as soon as possible - because there's a date you need to get into it! [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 15th until Sunday 21st June 2015**. MHW is celebrated in most European countries, as well as in the USA, Australia, New Zealand and a number of other places worldwide. 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 / activities; encourage the early detection and treatment of health difficulties in males. Each year, there is also a specific focus. This year, the theme for the island of Ireland is: *'It's time for a new script - create culture change'*. This calls upon everyone to stop just talking about men's health and to do something positive and practical to help to improve it. Why not put these dates into your new diary, and start thinking about how your group / workplace / church / community / sports club ... could mark this week?

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All-Island Planning Group for Men's Health Week

Every year, the [Men's Health Forum in Ireland](#) (MHFI) convenes an all-island Planning Group for Men's Health Week in Ireland. Organisations are invited to attend a number of meetings (some face-to-face and some via video-conference between Dublin and Belfast) to discuss the week and help to shape it. The third meeting of this body will take place on Monday 9th February 2015, from 11.00am - 1.45pm (including lunch), in Dundalk, Co. Louth. If you would be interested in contributing to this meeting (or future ones), please contact Colin Fowler at email: colin@mhfi.org

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Research Tender: The Importance of Dads

Dads Direct is inviting researchers to tender for the preparation a Briefing Paper on 'The Importance of Dads'. This piece of work is underwritten by Awards for All within the [Big Lottery Fund](#). The Briefing Paper will evidence available research on the important role of fathers in the lives of their children, and how the involvement of fathers in a child's life can improve the outcomes for children. Full details of the tender are available at: www.mhfi.org/dadsdirect.pdf
The closing date for submissions is Noon on Wednesday 11th February 2015.

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Building the Community-Pharmacy Partnership Funding

The [Community Development and Health Network](#) (CDHN) has opened up 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 previously involved in the programme. 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. For more details, visit:
www.cdhn.org/pages/index.asp?title=Building_the_Community-Pharmacy_Partnership

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COMET - A Show Aimed Specifically at Teenage Boys

[Replay Theatre Company](#) has been making theatre adventures for younger audiences since 1988. In autumn 2014, they created a brand new show called 'COMET'. Written by award-winning writer John McCann, COMET had the specific aim of engaging that notoriously difficult-to-engage demographic that is teenage boys. Inspired by hours of interviews that John did with young men in a diverse range of settings, COMET was performed directly and unexpectedly in the classroom - with each performance being uniquely influenced by how the audience responded. With 100% of teachers saying that they would book the show again, and responses from the audience including '*it makes you want to rip your heart out and throw it on the stage*', Replay will be retouring COMET to schools and community centres in Autumn 2015. To read the script and the evaluation report, go to:
www.replaytheatreco.org/projects/resources.php For further information, or to enquire about booking COMET, contact Anna Newell, Artistic Director, Replay Theatre Company at Email: artistic@replaytheatreco.org

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

The Importance of Fathers in Children's Lives - Video of Presentations

[Improving Children's Lives](#), in association with [Parenting NI](#), [Family Mediation NI](#) and the [Men's Health Forum in Ireland](#), is hosting a seminar on '*The Importance of Fathers in Children's Lives: Outcomes, Evidence and Rights into Practice*'. This will take place on Thursday 12th February 2015 in Queen's University Belfast. Unfortunately, all of the places for this event have now been allocated, and there is a long waiting list for places. However, the proceedings will be videoed, and (when ready) these recordings will be made available on the Improving Children's Lives website after the event at: www.improvingchildrenslives.org

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Events

'Safe Spaces and Places for Men' Seminar

The [Southern Area Men's Health Steering Group](#) wishes to announce the date of their Annual Men's Health Seminar for 2015. This will take place on Friday 27th March 2015, from 9.30am - 1.30pm, in [Ranfurly Arts and Visitors Centre](#), Dungannon, Co. Tyrone. The theme for this year's event will be: '*Safe Spaces and Places for Men*'. More details will be available soon. In the meantime, register your interest with Frances Haughey by emailing:

F.Haughey@sgehc.com

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Information Events for Men Aged 50+

Are you a man aged 50+ in the Belfast area who is interested in hearing about the opportunities to set up a men's group / Men's Shed or how to become more active in your community? ... The benefits include making new friends, learning new skills, social opportunities, and better physical and mental health. Hear how other men aged 50+ have already done this. There will be information and advice on: the benefits of setting up a men's group; who can offer help with setting up a group (including sources of funding); volunteering opportunities for men aged 50+; other ways to stay active. There are four events taking place throughout Belfast in February and March 2015. See www.mhfi.org/men50plus.pdf for more details of the dates, times and venues. Lunch and refreshments will be provided.

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Training

Pathways to Health Level 3 Training

Pathways to Health Level 3 is a training programme for community, voluntary and statutory sector leaders committed to tackling inequalities in health using a community development approach. The benefit of this training is the opportunity to link grass roots practice with operational, strategic and policy working. It will provide participants with the opportunity to tackle health inequality in a unified way; underpinned by the principles and practice of community development. The training is being organised by the [Community Development and Health Network](#) (CDHN), and is delivered as a series of master classes (one per fortnight, for 14 weeks). Booking forms and further information is available at:

www.cdhn.org/pages/index.asp?title=Pathways_to_Health_Training_Dates_2014_2015

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7 Key Questions for a Better Life

Throughout 2015, the [Men's Development Network](#) (MDN) will be delivering their highly successful training programme across Ireland to anyone who is interested in engaging with men. This day is facilitated in an open, friendly and experiential way, and draws upon discussion, group work and presentations. Issues are explored via '7 Key Questions' which have been developed by MDN. 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, explores successful ways to support men, and highlights best practice for engaging men with health and life issues. For further information, Email: lorcan@mens-network.net or sandra@mens-network.net

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Community Health Champions

The [Community Development and Health Network](#) is delivering Community Health Champions training in Belfast on the 9th and 10th of March 2015. This two day programme is designed to equip community workers and volunteers with the knowledge, skills and support to increase their confidence, and help them to engage proactively with communities. Community Health Champions training is based on an assets approach which builds on the skills, knowledge, experience, networks and resources that individuals and communities have access to. It is underpinned by the belief that everyone has the potential to implement change and have a positive impact on individual and community health. For more details, see:

www.cdhn.org/pages/index.asp?title=Community_Health_Champions_Training_-_Belfast

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Research

Engaging Young Men with Mental Health Issues

In December 2014, the [Men's Health Forum in Ireland](#) (MHFI) launched a report on the findings from the first phase of their 'Engaging Young Men Project' (EYMP). This report highlights that young men do care about their mental health and that - by changing even little things - service providers can make a huge difference to the quality of their engagement with them. EYMP seeks to develop a training package that will increase the capacity of service providers to effectively engage with young men in relation to their mental health and wellbeing. The full report on this first phase of EYMP is available for free downloading at:

www.mhfi.org/EYMPmappingreport.pdf

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Knowledge Translation in Men's Health Research: Developing Content for Online Use

Men can be hard to reach with face-to-face health-related information and, increasingly, research shows that they are seeking health information from online sources. Recognising this trend, there is merit in developing innovative online knowledge translation (KT) strategies which are capable of translating research on men's health into engaging health promotion materials. While the concept of KT has become a new mantra for researchers wishing to bridge the gap between research evidence and improved health outcomes, little is written about the process, necessary skills, and best practices by which researchers can develop online knowledge translation. This article by Maria Lohan, Áine Aventin, John Oliffe, Christina Han and Joan Bottorff seeks to illustrate some of the processes and challenges involved in, and potential value of, developing research knowledge online to promote men's health. For more information, visit: www.jmir.org/2015/1/e31

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Young Men and Violence Survey

[YouthAction Northern Ireland's](#) Young Men and Violence Peer Research Groups in South Armagh and East Belfast are developing a study which focuses on young men and violence. They are seeking as many young men aged 14 - 25 years as possible to complete their short, anonymous, online survey at: www.surveymonkey.com/s/PLZGFYX

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ARK Research Update: Who Can I Talk To?

Whilst self-harm and suicidal behaviour are important issues worldwide, Northern Ireland, in particular, has seen an increase in the suicide rate over the last two decades - especially among young males. Collecting evidence and monitoring change on mental health and self-harm is, therefore, important to inform policy making. A new [ARK](#) Research Update, released in January 2015, seeks to shed some light on this subject by collating the available evidence. The paper is titled: '*Self-harm and seeking help among 16 year olds: Changes between 2008 and 2013*', and it can be downloaded as a PDF file at:

www.ark.ac.uk/publications/updates/update96.pdf

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PhD Scholarship to Study Teenage Men and Unintended Pregnancy

A PhD scholarship is now available at [Queen's University Belfast's School of Nursing](#) to study teenage men and unintended pregnancy. Teenage pregnancy rates in the USA and the UK remain the highest in the developed world, and the reduction of unintended pregnancy is resolutely on the international policy agenda. Within this policy drive to reduce unintended pregnancies, global organisations - such as the [World Health Organisation](#) - recognise that young men's involvement in decisions in relation to preventing and dealing with unintended pregnancies has been neglected in the research literature, and is rarely considered in clinical practice. We know very little about how young men experience and participate in decision-making in relation to an unintended pregnancy from their own perspective. Full details of this PhD scholarship can be found at:

www.qub.ac.uk/schools/SchoolofNursingandMidwifery/Research/PostgraduateResearch/ProspectiveStudents The closing date for applications is Monday 16th February 2015.

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Web Links

Men's Issues on the Web ...

[Strong bonds with father are important for career success](#)

[Men who live alone run a greater risk of dying prematurely after stroke](#)

[HPV Action submits evidence to JCVI on vaccinating men who have sex with men](#)

[Ritual circumcision linked to increased risk of autism in young boys](#)

[York research spotlights male healthcare attitudes](#)

[The cost of being unhealthy](#)

[Physical activity linked to lower death risk in men with localized prostate cancer](#)

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Next Edition

The next edition of 'E-Male Matters' will be released in March 2015. 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 March edition is Thursday 26th February 2015.

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E-Male Matters is also available online at:
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

