

# E-Male Matters

**December 2016**

The newsletter of the Men's Health Forum in Ireland

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## Launch of Healthy Ireland - Men Action Plan

Ireland was the first country in the world to adopt a [National Men's Health Policy](#), and other countries are now building upon the pioneering spirit and practical learning from the Irish experience. The term of this Policy ended in 2013, and was followed by an [independent review](#) of its impact. This review recommended that the momentum and progress which had already been achieved should be continued, and that future work should align itself closely to the '[Healthy Ireland](#)' framework for action. On Wednesday 30<sup>th</sup> November 2016, a [Men's Health Symposium](#) in Dublin launched the new Action Plan (titled: '*Healthy Ireland - Men 2017-2021*') which will succeed Ireland's National Men's Health Policy. You can view a PDF copy of this document at: [www.mhfi.org/HI-M.pdf](http://www.mhfi.org/HI-M.pdf)

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## Grants to Support Dry January / Feel Good February

The five [Northern Ireland Drug and Alcohol Coordination Teams](#) (NIDACTs), alongside the [Public Health Agency](#) (PHA), would like to invite you to apply for grants of up to £500 (maximum of two per organisation) to develop and run events and or initiatives in support of 'Dry January' / 'Feel Good February' 2017. The focus of Dry January is to support and encourage people to totally abstain from drinking alcohol for that whole month by providing alcohol related information, advice, support, and suggesting or providing alcohol-free leisure and social alternatives. Feel Good February seeks to support and encourage people who have participated in Dry January to maintain some of the good habits or alternatives that they have put in place. Applications should be made by completing the short online application form at: [www.drugsandalcoholni.info/dryjanuary](http://www.drugsandalcoholni.info/dryjanuary). The deadline for submissions is 4.00pm on Friday 9<sup>th</sup> December 2016.

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## The Challenge of Head and Neck Cancer

A report titled '*The Challenge of Head and Neck Cancer*' was released in November 2016. This document produced by [The Swallows](#) and the [Mouth Cancer Foundation](#) seeks to highlight the issues facing patients, and the services that they need, in a disease area that many know little about. A copy of the report can be viewed online at: [www.theswallows.org.uk/wp-content/uploads/Challenge-of-Head-and-Neck-Cancer-FINAL-REPORT.pdf](http://www.theswallows.org.uk/wp-content/uploads/Challenge-of-Head-and-Neck-Cancer-FINAL-REPORT.pdf)

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## 'Something of Who I Am'

'Something of Who I Am' is an exhibition which uses objects to take you on the journey of life - as negotiated by six people living in Northern Ireland. In each case, you will see a selection of objects which six participants (aged 61 to 80 years) have volunteered as offering some insight into a significant moment or memory on the 'vapour trail of life'. The project is anchored in the work of Booker Prize winning novelist Penelope Lively. In 2014, Lively published a memoir titled '*Ammonites and Leaping Fish: a life in time*'. In the final chapter, Lively chooses six objects which 'articulate something of who I am'. This exhibition seeks to communicate the rich perspective that is provided by living a long life, and challenges us all to think about our future older selves. The exhibition will run in The Gallery (1st floor), Crescent Arts Centre, 2-4 University Road, Belfast, BT7 1NH from Thursday 8<sup>th</sup> December to Thursday 15<sup>th</sup> December 2016. For opening hours, please visit: [www.ark.ac.uk/ap/lively/some-thing-of-who-i-am](http://www.ark.ac.uk/ap/lively/some-thing-of-who-i-am)

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## Launch of Position Paper on Traveller Men's Health

The [All-Ireland Traveller Health Study 2010](#) showed a high rate of ill health and suicide within the Traveller community: suicide accounts for 11% of all Traveller deaths; the suicide rate for Traveller men is 7 times higher than the national average; suicide is most common in young Traveller men aged 15-25 years; life expectancy for Traveller men is 15 years less than settled men; cancer and heart disease are the main causes of death among Traveller men ... On Wednesday 23<sup>rd</sup> November 2016, local legends - Christy Moore and Bressie - helped [Pavee Point Traveller and Roma Centre](#) to launch a Position Paper on Traveller Men's Health which highlights this need and makes suggestions for future actions. You can find out more / access the report at: [www.paveepoint.ie/christy-moore-and-bressie-back-calls-for-targeted-action-on-traveller-mens-health](http://www.paveepoint.ie/christy-moore-and-bressie-back-calls-for-targeted-action-on-traveller-mens-health)

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## 'Connect' Counselling and Support Extends Service Over Christmas Period

'[Connect](#)' - the Freephone telephone counselling and support service for adults who experienced abuse in childhood - will once again extend its service to open every evening from Wednesday 14<sup>th</sup> December 2016 up to, and including, Sunday 1<sup>st</sup> January 2017, from 6.00pm - 10.00pm. Connect has, year on year, noticed an increase in men availing of its service to speak confidentially and anonymously about childhood experiences of neglect and trauma with a professionally trained psychotherapist. The Christmas period can be quite an isolating and stressful time for people, and everyone is encouraged to avail of the Connect service which is Freephone 1800 477 477 to callers from the Republic of Ireland and 00800 477 477 77 to callers from the UK and Northern Ireland.

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# Events

## Fatherhood Seminars

The [Northern Health and Social Care Trust](#) (NHSCT) is hosting a series of Fatherhood Seminars on Thursday 5<sup>th</sup> January 2017 in Mid-Antrim Museum and Arts Centre at The Braid (Ballymena Town Hall). These seminars are targeted at staff and organisations within the NHSCT area who engage with families through their programmes and who wish to increase engagement with fathers. The sessions will be led by the [Fatherhood Institute](#). For more information and a registration form, contact Mary-Frances Bell (Programme Support Officer, Health and Wellbeing Team) by email at: [maryfrances.bell@northerntrust.hscni.net](mailto:maryfrances.bell@northerntrust.hscni.net)

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## Northern Ireland Helplines Awareness Day

The Helplines Network NI warmly invites you to the launch of the first Northern Ireland Helplines Awareness Day. This will commence at 10.00am on Monday 6<sup>th</sup> February 2017 in Belfast City Hall. This event is aimed at stakeholders across public, private, statutory, community, voluntary, advice, health and social care sectors. Guests will be able to find out about the extensive range of helplines providing support, advice and information to the public across Northern Ireland. To register for a place or get further information, please email Liz McGrath at: [Liz.McGrath@hscni.net](mailto:Liz.McGrath@hscni.net)

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## Training

### **Eight Week Male Drive4Health and Wellbeing Programme**

Are you male? Do you live in Craigavon (Co. Armagh) or Banbridge (Co. Down)? Would you like to kick-start your New Year with the help of a free healthy lifestyle programme (which includes health checks, physical activity sessions, health information, and dedicated staff to support you)? ... If so, you might be interested in the eight week '*Male Drive4Health and Wellbeing Programme*' which begins in Brownlow Community HUB, Craigavon, on Wednesday 11<sup>th</sup> January 2017 and in Banbridge Leisure Centre on Thursday 12<sup>th</sup> January 2017 - both at 7.00pm. For more details, contact Frances Haughey at Tel: 07500 772905 or Email: [frances.haughey@armaghbanbridgecraigavon.gov.uk](mailto:frances.haughey@armaghbanbridgecraigavon.gov.uk)

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### **Get Your Mojo Back!**

The [Mojo](#) programme seeks to support men who are affected by employment issues. The target group is men who are: directly affected by the recession, unemployment, or issues with employment which have increased their risk of distress; 18 years or older; living in South County Dublin; motivated to change and who want to get their Mojo back; able to participate in a 12 week programme - 2 mornings per week, starting on 18<sup>th</sup> January 2017. Participation on this course does not affect social welfare benefits. If you want to know more, call Catherine Mooney on Tel: 087 1471152 or 01 4649300 | Email: [catherine.mooney@sdcpartnership.ie](mailto:catherine.mooney@sdcpartnership.ie) | Visit: [www.mojo-programme.org](http://www.mojo-programme.org)

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## Research

### **Imprisoned Fathers: Responding to a Growing Concern**

There has been growth in prison populations globally in recent decades. As a consequence, we now see an unprecedented rise in the number of children who experience parental imprisonment. Although there is considerable focus on imprisoned mothers, there is limited knowledge or understanding of the needs, experiences or effective responses to fathers and their children - despite men making up the vast majority of the prison population. '[Child Care in Practice](#)' intends to publish a special edition focused on responding to the needs of children whose fathers are imprisoned, and papers are welcomed from a range of disciplines. Authors considering contributing a paper to this special edition should submit a 250 word abstract summarising the title, author(s), focus and main points of the article by Monday 6<sup>th</sup> February 2017 to: [childcareinpractice@qub.ac.uk](mailto:childcareinpractice@qub.ac.uk) Guidelines for authors on the preparation of Abstracts are available at: <http://journalauthors.tandf.co.uk/preparation/writing.asp>

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**Survey on HPV Vaccination and Adolescent Young Adult Men who have Sex with Men**  
[Cancer Research UK](#) has funded a study of HPV vaccination in young adult men who have sex with men (MSM). One part of this study involves an online survey of healthcare professionals potentially involved in MSM vaccination (e.g. sexual health clinicians, nurses, GPs etc.). If you are one of these people, the researchers would like you to consider completing their survey or circulating the link to anyone who you think it might be relevant to. This survey can be found at: [www.surveymonkey.co.uk/r/HealthcareProf](http://www.surveymonkey.co.uk/r/HealthcareProf)

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## **New Global Survey Debunks the Myth that Men Often Ignore their Health**

One of the most comprehensive global surveys ever undertaken into men's perceptions of their health reveals that the overwhelming majority of men want to take greater control of their health and wellbeing. They are also just as confident as women that they can do so. The survey - '*Men's Health: Perceptions from Around the Globe*' - shows that almost 9 out of 10 men want to take a more proactive role in managing their health. This is in sharp contrast to the commonly-held belief that men don't look after themselves and often ignore health problems. The findings indicate significant opportunities for policymakers around the world who are looking for ways to improve men's health and wellbeing as part of more efficient and effective healthcare services. To find out more, visit: [www.gamh.org/men4selfcare](http://www.gamh.org/men4selfcare)

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## **Northern Ireland Veterans' Health and Wellbeing Study**

The Northern Ireland Veterans' Health and Wellbeing Study is a large scale tri-service (Navy, Army, RAF) research project which seeks to provide an evidence base about the support veterans receive once they leave the Armed Forces. The research will examine what veterans' current and future needs may be by using face-to-face interviews and by asking veterans to complete an online questionnaire. The research team (from Ulster University in partnership with the NI Veterans' Support Committee) is inviting veterans / ex-Service personnel living in Northern Ireland to complete an anonymous two-minute survey at: <http://tinyurl.com/gsbg82z> All the information that is collected will be treated as confidential and anonymous. If you have any questions, or are interested in getting involved, Email: [niveteranstudy@gmail.com](mailto:niveteranstudy@gmail.com) or Tel: 02870 124872.

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## **Department of Health NI: Health Inequalities - Regional Report October 2016**

This publication is one of a series of reports produced as part of the Northern Ireland Health and Social Care Inequalities Monitoring System (HSCIMS), and presents a comprehensive analysis of health inequality gaps between the most and least deprived areas of Northern Ireland, across a range of indicators. The report is accompanied by downloadable data tables which contain all figures, including urban and rural breakdowns. The report also includes a set of infographics incorporating some of the main findings. It can be accessed at: [www.health-ni.gov.uk/sites/default/files/publications/health/hscims-report-2016.pdf](http://www.health-ni.gov.uk/sites/default/files/publications/health/hscims-report-2016.pdf)

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## **Healthy Ireland Survey 2016 - Summary of Findings**

This report provides an overview of results from the second wave of the '*Healthy Ireland Survey*' - an annual interviewer administered face-to-face survey commissioned by the Department of Health in the Republic of Ireland. The survey data plays a number of roles, including supporting the Department in ongoing engagement and awareness-raising activities in the various policy areas and supporting policy development. See the results at: <http://health.gov.ie/wp-content/uploads/2016/10/Healthy-Ireland-Survey-2016-Summary-Findings.pdf>

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## Web Links

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

[Men dying four years younger than women despite health drives](#)  
[Men's mental health influenced by blood pressure, heart rate in adolescence](#)  
[Men much less likely to seek mental health help than women](#)  
[Irish deaths from heart attacks and cancer above EU average](#)  
[Vitamin E can modify the risk of pneumonia in some older men](#)  
[Prostate cancer: Living with Ireland's everyman illness](#)  
[Aerobic exercise boosts testosterone for overweight men](#)  
[Northern Ireland mental health targets not being met](#)

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## Next Edition

Due to the Christmas holidays, the next edition of 'E-Male Matters' will be released in February 2017. 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 February edition is Friday 27<sup>th</sup> January 2017.

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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**



*Merry Christmas and a Happy New Year!  
- from everyone in the Men's Health Forum in Ireland*