



E-Male Matters

Christmas 2022

The newsletter of the Men's Health Forum in Ireland

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News

Men's Health Week 2023 - Get the Date into your New Diary!

Believe it or not, it's that time again. Yes, it's time to get the most important date of the year into your new 2023 diary ... [International Men's Health Week](#) (MHW) always begins on the Monday before Father's Day and ends on Father's Day itself. This coming year, it will run from **Monday 12th until Sunday 18th June 2023**.

Every year, the [Men's Health Forum in Ireland](#) (MHFI) convenes an all-island Planning Group for MHW. This group held its first meeting for 2023 on Wednesday 7th December, and already a theme for the week is developing. Would you be interested in being a part of this process, and joining with others from across the island of Ireland to help to shape MHW 2023? This can be done in many ways - from participating in meetings, to occasional electronic communication. All input is very welcome, and helps to make the week stronger and more relevant.

If you would be interested in being part of the planning process for 2023 (in any way), email Colin Fowler at: colin@mhfi.org

However, even if this is not possible, why not put the dates of MHW 2023 into your new diary, and start thinking about how your group / workplace / church / community / sports club ... could do something to mark this week? It's never too early to start planning.

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Support over the Christmas Period

Merry Christmas and a Happy New Year from everyone in the Men's Health Forum in Ireland! However, we also know that the holidays can often be a stressful and worrying time for many people. Therefore, please remember that if you or anyone you know needs help and support over the Christmas period, you can always contact ...

- The Samaritans (all Ireland) - Freephone 116 123
- Pieta House (RoI) - Freephone 1800 247 247
- Lifeline (NI) - Freephone 0808 808 8000

or visit: <https://www2.hse.ie/mental-health> | <https://www.mindingyourhead.info>

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Men's and Boys' Experiences of Eating Disorders

To mark International Men's Day 2022, [Bodywhys](#) produced a podcast focusing upon men's and boys' experiences of eating disorders. This broadcast featured Keith Russell (a man who has faced eating disorders), Dr Jason Nagata (a researcher and expert in this field) and Jenny Langley (a mother who supported her son to overcome his eating disorders). Listen in at:

<https://open.spotify.com/episode/6YQ7AG7g1YgszrZgkXzoJY>

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Dry January / Feel Good February

The focus of 'Dry January' is to support and encourage people to abstain from drinking alcohol for that whole month. 'Feel Good February' seeks to encourage maintenance of some of the good habits or alternatives started in January. Find out more about how to get support and join in the activities planned at: <https://drugsandalcoholni.info/campaigns/djfgf>

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Your Shed and Dementia

Have you seen the [Irish Men's Sheds Association's](#) 'Your Shed and Dementia' booklet which was produced in collaboration with [The Alzheimer Society of Ireland](#) and [Dementia: Understand Together](#)? This publication aims to raise awareness of dementia, as well as offering advice to Sheddors, their families, carers and Shed committees on facilitating a member with dementia in the Shed. Check it out at: <https://tinyurl.com/2nb39yh4>

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Mind Your Nuck

'Mind Your Nuck' is a new website that has been developed by [Pavee Point](#) and the Eastern Region Traveller Health Unit to support the mental health needs of young Travellers. Check it out at: <https://youngpavees.ie>

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Everyday Life: Young Men and Violence

Have you ever read the [YouthAction NI](#) Impact Report on their 'Everyday Life: Young Men and Violence' initiative? ... If not, have a look, and get inspired by hearing the voices of some of the young men who took part. You can see it at: <https://www.mhfi.org/EverydayLife.pdf>

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New BPS Briefing Paper on Practising Therapy with Men

The [British Psychological Society](#) has recently published a new briefing paper that seeks to highlight ways in which men and boys may better engage with therapy. You can download a copy at: <https://tinyurl.com/3vj7xr89>

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Events

Warm Spaces, Warm Welcomes

[Belfast City Council's](#) community centres are opening their doors this winter to support older people in the community. Their '*Warm Spaces, Warm Welcomes*' campaign will see each community centre dedicate time each week for older people to drop into their local centre for company, chat and a hot cuppa. Men are particularly welcome! Find out more at:

<https://www.belfastcity.gov.uk/warmspaces>

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Roundtable Discussion on Men's Mental Health

[OK Positive](#) marked International Men's Day 2022 by hosting a roundtable discussion on men's mental health with a panel of guest speakers from across the United Kingdom and Ireland.

You can see the recording on YouTube at: <https://www.youtube.com/watch?v=k33CTDJ6YyY>

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Research

Healthy Ireland Survey 2022

The Healthy Ireland Survey is an interviewer-administered survey of the health and health behaviours of people living in the Republic of Ireland. It is commissioned by the Department of Health. This is an annual survey; conducted with a representative sample of the population aged 15 and older living in Ireland. The sample size is typically in the region of over 7,500 people. The main findings of the 2022 Healthy Ireland Survey are summarised at:

<https://www.gov.ie/en/publication/f9e67-healthy-ireland-survey-2022>

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Wellbeing in Northern Ireland

This report uses data from the 2021/22 Continuous Household Survey and presents findings on loneliness, self-efficacy, personal wellbeing (life satisfaction, worthwhile, happiness and anxiety) and locus of control for people in Northern Ireland. Download the findings at:

<https://www.executiveoffice-ni.gov.uk/sites/default/files/publications/execoffice/wellbeing-ni-report-2021-22.pdf>

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Irish Probable Suicide Deaths Study

The Irish Probable Suicide Deaths Study presents information on probable suicide deaths in Ireland, for a four year period, from 2015 to 2018. The aims of the study were to: improve understanding of the characteristics of people who have died by probable suicide; identify risk factors for probable suicide; and inform the planning, implementation and evaluation of suicide prevention measures. In Ireland, the current legal test for a Coroner's verdict of suicide includes a requirement that the self-killing and intention are proved 'beyond a reasonable doubt'. However, this study also includes additional deaths that are 'more likely than not' to have been death by suicide - that is, on the 'balance of probabilities'. Thus, this study has captured, analysed and presented more deaths than are typically included in official suicide statistics in Ireland. It also provides much more in-depth information on the characteristics of the people who have died. As 76% of the probable suicide deaths were men, this report will be of interest to anyone who works in this field. Find out more at: <https://tinyurl.com/mrze2544>

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National Survey on Cancer Awareness and Attitudes

Improving knowledge of cancer signs and symptoms is important because people who can recognise signs / symptoms, and who seek early medical intervention, are generally more likely to have less advanced disease and better prospects for treatment. In September 2022, the [HSE National Cancer Control Programme](#) published a report titled '*National Survey on Cancer Awareness and Attitudes*'. This research was conducted with a nationally representative sample of 2,874 adults aged 18 and over living in the Republic of Ireland. The survey showed that the majority of adults are aware that tobacco smoking and unprotected sun exposure can cause cancer. However, there are lower levels of awareness of the cancer risk associated with alcohol consumption, dietary factors, physical activity, body weight, breastfeeding, infection and medication. Download a copy of the report at:

<https://tinyurl.com/bz8y74p2>

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Male Involvement in Randomised Trials Testing Psychotherapy or Behavioural Interventions for Depression

The prevalence of Major Depressive Disorder in men is half that of women, yet depression affects approximately 109 million men worldwide. Alarmingly, men account for three quarters of suicides in Western countries, but are often unlikely to seek help for mental health concerns. Thus, it is possible that existing mental health treatments are not engaging enough or accessible to men. The aim of this review was to quantify the number of men involved in randomised trials of psychotherapy or lifestyle behaviour change targeting depression. Find out more at: <https://link.springer.com/article/10.1007/s12144-022-04017-7>

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The Financial, Physical and Mental Health Impact of Being a Separated or Lone Parent

SOLUS is a project within [Parenting NI](#) that is looking at the financial, physical and mental health impact of being a separated or lone parent. As part of this initiative, they want to hear the views of parents - who are in this situation - through an online survey. Have your say at:

<https://www.surveymonkey.co.uk/r/KB9K5P8>

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Strategies for Effective Implementation and Scale-Up of a Multi-Level Co-Designed Men's Health Initiative

[Sheds for Life](#) is a gender-specific tailored men's health initiative engaging 'hard-to-reach' men in the Men's Shed setting in Ireland. It is implemented by multiple stakeholders at individual, provider, organisation and systems level and, therefore, multiple contextual factors influence its scalability. This research used participatory research approaches that captured the process and identified facilitators of, and barriers to, implementation and scale-up. Read the journal article at: <https://www.frontiersin.org/articles/10.3389/frhs.2022.940031/full>

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Addressing Sexual and Reproductive Health and Rights with Men in Prisons

Young incarcerated male offenders are at risk of poorer sexual health and adolescent parenthood, and lack opportunities for formative relationship and sexuality education (RSE). The purpose of this paper was to report on the process of co-production and feasibility testing of a novel, gender-transformative RSE programme with young male offenders to encourage healthy relationships, gender equality and future positive fatherhood. Find out more at:

<https://tinyurl.com/22wwpxmr>

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Web Links

Men's Issues on the Web ...

[Dublin GAA legend urges men to share their mental health issues this Christmas](#)

[Women and men receive different advice on cardiovascular disease prevention](#)

[How loneliness is killing men](#)

[Landmark study on Traveller men's mental health launched](#)

[Severity of COVID-19 in men may be due to the loss of Y chromosome](#)

[Digital mental health service targeting depression and anxiety](#)

[University of Nottingham research could help predict diseases in men](#)

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Next Edition

Do you know of anything (research, events, resources, training, news etc.) affecting men and boys which should be included in the next edition of 'E-Male Matters'? ...

Anyone can propose an article for inclusion in this newsletter - so long as it is of relevance to males, does not promote a commercial enterprise / product, and does not insult anyone.

There's a simple format for all articles. Let us know (within one paragraph and no more than 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

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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

