



E-Male Matters

Men's Health Week 2024

The newsletter of the Men's Health Forum in Ireland

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Men's Health Week 2024

The Final Countdown Begins

We're now only weeks away from [International Men's Health Week](#) (MHW), which begins on Monday 10th June and runs until Sunday 16th June 2024 (Father's Day).

At school, every pupil is told that you need to know your numbers if you are to get on in life. This message is usually not welcomed at the time, but it's a solid piece of advice.

During Men's Health Week 2024, everyone is being asked to 'Know Your Numbers'. Policy makers need to know statistics on the state of men's health. Men need to know the key health numbers that they should be working towards. Everyone needs to know the numbers for support services at times when things go wrong. Men's health really does count!



The focus for MHW this year - *'Know Your Numbers'* - lends itself to a wide range of ways to mark this occasion. Everyone (health professionals, service providers, youth groups, sporting bodies, community organisations, employers, Churches, policy makers, family workers, pharmacists, the media, parents, individuals ...) is being asked to set themselves a simple, realistic and practical target to improve the health of men, and to go for it.

As always, 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.

However, you don't have to stick rigidly to this particular theme. Anything which promotes the week and 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.

To find out more about the week, visit: www.mhfi.org/mhw/mhw-2024.html

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Take the 'Agent Mann' Challenge ...

Men's health on the island of Ireland is unnecessarily poor, but it is not a lost cause. There are many free, simple and practical things that can be done to improve it. But what are these?

To support Men's Health Week in 2022, a team of students from the Game Design Degree Course in Technological University Dublin developed a 'Serious Game' - focusing on male health - that men and boys can play online. We're offering you another chance to play it again this year.

In this retro-style arcade game, the player is invited to take on the character of 'Agent Mann' - a spy who is given the mission of tracking down and securing a series of dossiers containing high level 'Intel' on how to improve men's health.

To succeed in his quest, Agent Mann has to navigate through various settings to locate and collect all of the dossiers. Along the way, he has to learn how to move around in his environment and to use some of the gadgets available to him. But of course, danger is never far away, and his path is blocked by the henchmen of his nemesis [Mr O'Bese] who try to prevent him from uncovering this vital information.

Why not be an 'Action Man' yourself and ...

1. Take on the role of Agent Mann.
2. Find and secure all of the seven dossiers.
3. Memorise what's in them.
4. Use this information to improve the health of men both now and in the future.

Try it out at: <https://mhfi.org/mhw/mhw-2024.html#AgentMann>

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'Toolbox for Action'

Not everybody knows about [Men's Health Week](#) (MHW), what it hopes to do, why it needs to happen, or how they can get involved. That's why there is a MHW 2024 'Toolbox for Action'. This Q&A style resource can be downloaded at: www.mhfi.org/mhw2024toolbox.pdf

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What Can I Do To Mark The Week

Everyone can do something to support and celebrate [Men's Health Week](#) (MHW) each year.

The focus for MHW 2024 (i.e. 'Know You Numbers') lends itself to a wide range of ways to mark this occasion. However, there is no need to stick rigidly to this particular theme. Anything which promotes the week and 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!

Some people might have the time, energy, resources and skill to plan something elaborate. However, even if this is not possible, there are still many simple, free and easy ways to get involved / show support - such as putting-up the [poster](#) in public spaces, giving out copies of the [postcard](#) to men that you know, [social media](#) posting, directing men to the free '[Action Man](#)' booklet, offering copies of the new [Men's Health in Numbers Z-Card](#) to men, using the MHW [graphics](#) ...

For practical ideas and inspiration, you are invited to check out a paper titled 'What Can I Do To Mark This Week?' at: www.mhfi.org/mhw2024celebrateit.pdf

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Men's Health Week 2024 Posters

To promote [Men's Health Week](#) (MHW) 2024, a bespoke poster has been designed. Posters are available as both A₃ and A₄ hard copies, and as online electronic files (in a range of sizes and formats suitable for a variety of uses). To order hard copies of the poster, send an email to menshealthweek@mhfi.org stating:

- How many copies you would like.
- Which size (or sizes) that you'd like.
- The name of the person to send them to.
- The full postal address (including a Postcode / Eircode) for delivery.



Copies of the online electronic resources can be downloaded from: www.mhfi.org/mhw/mhw-image-pack.html#Poster2024

Even people who don't have time to do anything else for MHW 2024 are encouraged to put up a poster - in public view - to let everyone know when it is taking place. Although this costs little to do, it will make a big difference to promoting the week!

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Men's Health Week 2024 Postcards

Every year since 2014, there has been a Men's Health Week (MHW) postcard to publicise the week. Traditionally, these cards can be displayed as small flyers in public spaces, and are often sent by organisations to the men that they have contact with. This has proved to be a very successful means of letting local men know about the week.

Some groups have also used them as pledge cards (e.g. this year men can write on the card what the 'mission' to improve their health is going to be). Later on, they can keep this beside their desk, on their work bench, attached to their dashboard etc. to remind them of what they want to do and hope to achieve.

The [postcards](#) are available in both hard copy and as online electronic files. To order hard copies of the postcard, send an email to menshealthweek@mhfi.org stating:

- How many copies you would like.
- The name of the person to send them to.
- The full postal address (including a Postcode / Eircode) for delivery.



For an electronic download, see: www.mhfi.org/mhw/mhw-image-pack.html#Postcard2024

The front of the postcard has a similar design to the MHW poster, and the back has a pre-written message which says:

Hi there,

At school, every pupil is told that you need to know your numbers if you are to get on in life. This message is usually not welcomed at the time, but it's a solid piece of advice.

During Men's Health Week 2024, everyone is - once again - being asked to 'Know Your Numbers'. Policy makers need to know statistics on the state of men's health. Men need to know the key health numbers that they should be working towards. Everyone needs to know the numbers for support services at times when things go wrong.

Men's health really does count. Check out the 'ACTION MAN' booklet - for ten top tips on how to improve your health at: <https://www.mhfi.org/ActionMan2024.pdf>

Have a great week!

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Free Man Manuals

There's no denying that the state of men's health on the island of Ireland is often poor. However, there are things which can be done to change this situation and men, themselves, can play a key role in doing this. 'Action Man - ten top tips for men's health' is a free Man Manual which has been revised and updated by the [Men's Health Forum in Ireland](#) to mark [Men's Health Week 2024](#).

This booklet doesn't preach or lecture - it simply explains: (i) **WHY** an action is needed; (ii) **WHAT** can be done about it; and (iii) **HOW** to find support if you need it. Thus, the ten top tips put you into the driving seat, and give you the tools and DIY instructions to make positive changes - if you choose to be your own 'Action Man'.

During Men's Health Week 2024, this booklet will be available in hard copy and in electronic format. If you require large quantities (over 25), or you are based in Northern Ireland, send an email to menshealthweek@mhfi.org stating:

- How many copies you would like.
- The name of the person to send them to.
- The full postal address (including a Postcode / Eircode) for delivery.
- A contact phone number (in case there is a problem with the delivery).



If you are based in the Republic of Ireland, and require 25 copies or less, these can be ordered via the HealthPromotion.ie website [search for Action Man in the keyword box].

The online version can be downloaded at: <https://mhfi.org/ActionMan.pdf>

The publication of this booklet has only been possible because of the generous support given by the [Health Service Executive Health and Wellbeing](#), [Healthy Ireland](#) within the Department of Health, the [Public Health Agency](#) and the authors - Finian Murray and Colin Fowler.

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Do You Know Your Numbers?

Men's Health Week (MHW) 2024 is focusing upon three different types of numbers ...

1. Statistics on the state of men's health that policy makers and service providers need to know if they are to pursue evidence-informed practice.
2. Key numbers that men need to know, to take control over some elements of their own health.
3. Critical contact numbers for help and support services that everyone needs to know at times of difficulty or crisis.

To get you started thinking about these important numbers, have a look at:

www.mhfi.org/resources/key-facts.html



However, a new 'Men's Health in Numbers' resource has also been created for [MHW 2024](#).

This 'z-card' is available in both electronic and hard copy. See what it looks like by visiting:

www.mhfi.org/MensHealthInNumbers.pdf

Free hard copies of the z-card can be ordered by emailing menshealthweek@mhfi.org and stating ...

- The number of copies required
- The name of the person requesting them
- The full postal address to send them to (including the Eircode or postcode)
- A contact phone number - in case there is a delivery problem

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Tell others about what you are doing during Men's Health Week 2024

Every year there are hundreds (possibly even thousands) of events and activities throughout Ireland to celebrate Men's Health Week (MHW). Some of these are well publicised, but most are only known about by a few people.

As in previous years, the [Men's Health Forum in Ireland](#) (MHFI) will promote the details of any activities or events that are being held throughout the island of Ireland during [Men's Health Week 2024](#). 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 that are doing something for and with men.

These activities might include health checks, conferences, launches, games, seminars, competitions, workshops, courses, displays, health fairs, workplace mail-outs ... Whatever the activity, everyone is encouraged to submit their details.

There are two ways to let us know about what is happening to mark the week: (i) submit the details using the online form (at: www.mhfi.org/mhw/promote-an-event.html); or (ii) download and save a copy of the MS Word Registration Form (www.mhfi.org/mhw2024project.docx), type in the details, and email it back to us.

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How to Promote Men's Health Week 2024

Absolutely everyone can do something to promote [Men's Health Week](#) (MHW) 2024. There are many simple, free and easy ways to get involved / show support. There is a common logo and image pack which can be used by everyone who wishes to raise awareness of MHW. There is also a MHW 2024 poster and postcard. These are important promotional tools - as one of the key aims is to let as many people as possible know about the week. These are available to anyone who wishes to use them at www.mhfi.org/mhw/mhw-image-pack.html

Here's some practical suggestions ...



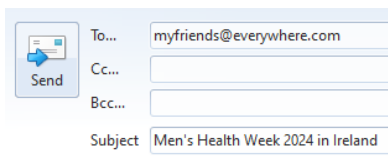
Put a [Men's Health Week poster](#) (or two or three) up in your workplace / meeting space / community centre / local shop / waiting room / church hall / Men's Shed / gym / library / pub / surgery / construction site / home ...



Promote the week on your website / social media - using a copy of the [Men's Health Week logo](#) or [badge](#) or [banner](#) or [Twitter Header](#) or [Facebook Cover image](#).



Link to the web page devoted to Men's Health Week 2024 (www.mhfi.org/mhw/mhw-2024.html) from your own website, Facebook page or other social networking site.



Send an email to everyone on your mailing list to tell them about Men's Health Week, and ask them to forward the message to all their contacts. Why not also insert the MHW [logo](#), [badge](#) or [banner](#) into your outgoing emails during May and June?



Become a fan of the Men's Health Week in Ireland's Facebook page (www.facebook.com/MensHealthWeek) and send this link to all your online friends.



Include information on [Men's Health Week 2024](#) in your mailouts and newsletters.



Tell others about what is happening in your area during Men's Health Week by posting details on the MHFI website. Use the form at: www.mhfi.org/mhw/promote-an-event.html



Make the Men's Health Week [logo](#) or [badge](#) your computer desktop 'wallpaper' during May and June.



Remind your colleagues to follow all the latest news on Twitter (www.twitter.com/MensHealthIRL). Also Tweet about the week yourself, and include **#MensHealthWeek** and **#Know Your Numbers** in your message.



Encourage the men you know to get involved in some of the activities taking place during the week.

Doing one or more of these simple (and free) things will contribute hugely to MHW 2024!

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Daily Themes for Men's Health Week 2024

Men's health issues and needs are numerous and complicated. So much so, that we could probably assign a different one to highlight on each day of the year and still have an outstanding pool of ones to explore! However, when preparing for [Men's Health Week](#) (MHW) 2024, the all-island Planning Group felt that it would be useful to draw attention to a specific theme on each day during the week, as well as announce the final countdown to MHW during the week before.

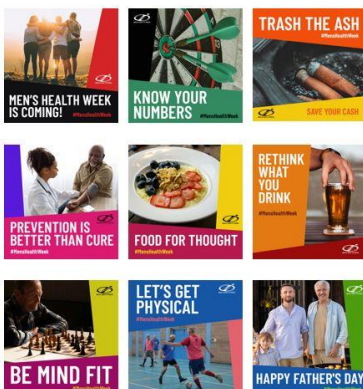
The focus of each day will be ...

- Friday 7th June: Know your numbers - because men's health counts
- Monday 10th June: Trash the ash (and save the cash)
- Tuesday 11th June: Prevention is better than cure
- Wednesday 12th June: Food for thought
- Thursday 13th June: Rethink what you drink
- Friday 14th June: Be mind fit
- Saturday 15th June: Let's get physical - be more than a sports spectator
- Sunday 16th June: Father's Day - the important role of fathers in their children's lives

Social media (e.g. Facebook, Twitter, Instagram and TikTok) offers a powerful tool for organisations to spread their message. During Men's Health Week 2024, everyone is encouraged to 'Post' and 'Tweet' about it and, when possible, to use the hashtags:

#MensHealthWeek | #KnowYourNumbers | #MensHealthCounts

To support this, a range of [social media graphics](#) are also available.



For those people who would like to support MHW 2024 using their own social media channels - but who don't have the time, energy or knowledge to develop their own messages - a ready-made pool of Posts and Tweets that you can simply cut-and-paste from will be available online just before the week begins. Keep an eye to www.mhfi.org/mhw/mhw-2024.html#Tweet for more details closer to the week.

Even loading a few things to social media platforms makes a huge difference to publicising the week. This is, therefore, an easy and free way to show support for MHW.

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Keep Up-To-Date with MHW 2024

To keep everyone up-to-date with the latest news on [Men's Health Week \(MHW\) 2024](#) - as well as more general developments in the field of men's work - check out Facebook (www.facebook.com/MensHealthWeek) and Twitter (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! ... Don't forget to send the links to all your friends. If you're really into it, please Tweet about MHW 2024 yourself, and include one or more of the hashtags #MensHealthWeek | #KnowYourNumbers | #MensHealthCounts in your messages.

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Men's Health Week Ideas Webinar

On Wednesday 20th March 2024, Health Service Executive (HSE) Health and Wellbeing joined with the Men's Health Forum in Ireland (MHFI) to host a webinar focusing on [Men's Health Week](#) (MHW). This event highlighted practical examples of work that HSE staff have undertaken in the past to mark and celebrate MHW. It might kick-start some ideas for you too! See: <https://youtu.be/eP3vMNHBrTs>

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News

Plough On

Peninsula Healthy Living Partnership, in collaboration with Rural Support and with some funding from Ards and North Down Borough Council, have been working with a group of retired farmers (the 'Plough On' group) to help grow and then supply fresh fruit and vegetables from their polytunnels and raised beds to those in need in the local community via a new community fridge initiative. This project has been an incredible success, and has followed the 'Take 5' mantra to help those involved Connect, Learn, Give, Take Notice and Be Active. Contact Peninsula Healthy Living via their website at: <https://www.peninsulahealthyliving.org>

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Every Move Counts

The benefits of regular physical activity, at moderate to vigorous levels, for our overall health are immense. It improves our heart health, reduces the risk of developing cancer and chronic diseases such as type-2 diabetes, as well as improves our mood and sleep. The Health Service Executive and Department of Health in the Republic of Ireland have recently launched their new Every Move Counts - National Physical Activity and Sedentary Behaviour Guidelines. Find out more at: <https://tinyurl.com/mr29p8cs>

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Talking Health and Wellbeing

In the latest HSE 'Talking Health and Wellbeing' Podcast, Seán Cooke - from the [Men's Development Network](#) - discusses the organisation's initiatives to improve men's health and wellbeing. Listen in at: <https://www.podbean.com/ew/pb-f22aw-15e1103>

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Bereaved NI Website

Health Minister, Robin Swann, recently launched a new bereavement support website for Northern Ireland. Bereaved NI can be accessed at <https://bereaved.hscni.net> It provides a range of accessible resources for people who are experiencing bereavement, to ensure that they have the required information and support for each stage of their bereavement journey. The website includes: information relating to palliative care, pregnancy and baby loss; resources for children and young people; information for people who have been bereaved by suicide and those who have suffered a sudden or traumatic loss; and practical support including financial and legal advice.

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Men in Shared Island Project

Co. Down Rural Community Network recently partnered with the Irish Men's Sheds Association to deliver a Shared Island project. It involved over 100 men, from 29 different Men's Sheds, in cross-border visits - where they met other Sheddors and exchanged information, new ideas and knowledge. The project culminated in a conference-style networking event. Find out more on this video: <https://www.youtube.com/watch?v=uKntWL5AE3k>

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Events

Experiences of Accessing Mental Health Supports in Northern Ireland

[ARK](#) invites you to a seminar on Tuesday 14th May 2024 to mark the release of findings from the 2023 [Northern Ireland Life and Times](#) survey. This event (with Professor Siobhan O'Neill and Dr Nicole Bond from the Office of the Mental Health Champion) will focus on the experience of accessing mental health support in Northern Ireland. Visit <https://tinyurl.com/cxtjknz7> for more details and to register for a place.

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Sunscreen Myths and Facts

The National Cancer Control Programme (NCCP) is hosting a webinar as part of the 2024 SunSmart campaign focusing on '*Sunscreen Myths and Facts*'. This webinar will increase awareness of the steps you, your family, friends and colleagues can take to protect your skin from the sun. It will take place on Wednesday 22nd May 2024. To register for the webinar, visit: https://zoom.us/webinar/register/WN_10sEqwvsT3ioQDN2x_2usA To find out more about SunSmart, see: www.hse.ie/sunsmart

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Training

Transforming Men's Health Through Irish Marital Arts

Martin O'Neill is a former Social Worker and Community Development Lead for the HSCB in Northern Ireland. He is also author of the 'Jeet Kune Do Mindset'. Martin takes a different approach to improving men's physical and emotional wellbeing by teaching Doyle Irish Stick Fighting. Swinging a blackthorn stick offers a fun workout, while the martial arts element teaches controlled movement. Developing harmonious and skilled movements with a partner, group or in a solo form provides an energetic and entertaining approach to health. Taking

small steps every day towards wellness through participation in learning these skills is a lively way to improve health and wellbeing. This training aims to enhance emotional wellbeing, motivation, and to build resilience in men. Opportunities to interact with other men fosters friendships and encourages a sense of belonging. Men can also derive benefits from the promotion of personal responsibility, communication and respect. Find out more about Martin and his work at: <https://uk.linkedin.com/in/martin-oneill-50168215>

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Research

Absent Minded

Men's mental health problems are clear. Globally, the rate of suicide in men is more than twice as high as in women. Men consume nearly four times more pure alcohol per capita than women. Many men attach stigma to mental health issues and often do not seek help. Men may also 'externalise' their distress through behaviour that is anti-social or aggressive. Yet, at the same time, common mental health problems, such as depression and anxiety, often remain under-diagnosed and under-treated in men. [Global Action on Men's Health](#) has just released a report titled '*Absent Minded*' which examines the treatment of men in mental health policy worldwide. See the report and the launch video at: <https://gamh.org/absent-minded>

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Use of Pornography by Young Adults in Ireland

New research, '*Use of Pornography by Young Adults in Ireland*', published in March 2024 by the Economic and Social Research Institute (ESRI), has found that online pornography use in Ireland is highly gendered - with 64% of young men and 13% of young women reporting use. Read the report at: <https://tinyurl.com/mw2hezdy>

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Survey of Australian Medical Students' Perspectives on their Men's Health Education

While there have been calls over the last 15 years for the inclusion of training in gender-based medicine in medical school curricula, and to sustain such improvements through a more gender responsive health system, little progress has been made. The aim of this study was to obtain Australian medical student perspectives on the extent to which men's health and gender-based medicine education is delivered in their curricula, their preparedness for engaging with men in clinical practice, and the men's health content they would have found useful during their training. Find out more at: <https://tinyurl.com/mrxwh9tn>

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Web Links

Men's Issues on the Web ...

[How Covid lockdowns hit the mental health of teenage boys hardest](#)

[New men's support group opens at Derry's Millennium Forum](#)

[Discovering the true me in eating disorder](#)

[The complexities of men's depression in the workplace](#)

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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 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

MEN'S HEALTH WEEK
Mon 10th - Sun 16th June 2024

MEN'S HEALTH COUNTS

KNOW YOUR NUMBERS

Find out more at: www.mhfi.org
#MensHealthWeek

Logos at the bottom: MEN'S HEALTH WEEK, HE, FORUM in Ireland, hi, HSC Public Health Agency, Project supported by the PHA, and a QR code.