

E-Male Matters

March 2012

The newsletter of the Men's Health Forum in Ireland

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News

Men's Health Week 2012

It hasn't gone away you know! ... Across Ireland, planning is underway for [International Men's Health Week](#) (MHW) 2012. 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 11th until Sunday 17th June 2012. It 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 and activities; encourage the early detection and treatment of health difficulties in males. Each year, there is also a specific theme. This year it will focus upon encouraging and developing a 'first instinct' in males which is to actively seek help / advice / support, and to act quickly in times of difficulty / crisis / ill health rather than ignoring symptoms, turning to alcohol, 'soldiering on', taking their own life ... An inter-agency Planning Group, drawn from across the island of Ireland, has been working together to design posters / images. These will be available in the near future. In the meantime, why not put these dates into your diary, and start thinking about how your group could mark this week?

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Photos of Real Men Needed

No, this is not an advertisement for some seedy website on 'hot hunks'! Instead, it is a genuine request for images of ordinary men to adorn the Home Page of the Men's Health Forum in Ireland's (MHFI) website at www.mhfi.org To keep this website fresh, MHFI is giving it a facelift. One of the things that we'd like to have on this site is digital photographs of real local men and boys. All the stock images used on websites these days tend to focus upon the 'perfect man' rather than the actual man. However, this is not a competition. Nor is there a big prize to be won. We would like you to consider emailing your image(s) of males to us at

webmaster@mhfi.org and we will try to include as many of these images as possible on the MHFI website's Home Page over the coming year. Your reward will be to see yourself / someone you know featured on a website which has a huge amount of visitors each year!!! If you would like to have your digital photograph considered for inclusion, it needs to be colour, a minimum of 400 x 300 pixels resolution, copyright free, to have the person in it 'doing something' (not rude), and you need to have the permission of the person in the photograph to use it on the website.

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Participants Wanted for 'My Naked Secret'

Are you hiding a medical or physical condition underneath your clothes which is ruining your life? Are you afraid of revealing it to your family or friends? Have you been left with burns, scarring, or a disfigurement following an accident or surgery? Is a severe skin condition, birthmark or excessive body hair affecting your confidence? Maybe you are a man with 'male breasts'? [Maverick Television](#) - a producer in the field of medical and health programming - is making a new series of 'My Naked Secret'. They are looking for men (or women) who have a medical condition or physical concern that is affecting their confidence, and which they feel they want to keep hidden from family or friends. If you'd like to be considered for consultation, advice and possible treatment from some of the UK's leading specialists, then contact the producers at Email: mynakedsecret@mavericktv.co.uk or Tel: 0207 874 6692.

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Events

Conference on Ethnographic Approaches to Suicide in Ireland

Suicide in Ireland is now considered to be a predominately male phenomenon - for every female suicide, four men kill themselves. Among the Irish Traveller community, male suicide is more than nine times as common as female suicide. The researchers invited to speak at this symposium all take on cultural perspectives on suicide, and have used ethnographic data to go beyond generalities and national averages to highlight the socio-demographic, gendered particularities, and narratives behind suicide and self-harm in different parts of Ireland. This free conference will take place on Friday 16th March 2012, from 1.00pm - 5.00pm, and will be held in the Renehan Hall, South Campus, National University of Ireland Maynooth. To register for a place, email: etsu.2012@nuim.ie or visit <http://anthropology.nuim.ie> for more details.

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Men's Shed Event

The [Men's Sheds](#) movement, founded in Australia, has helped to address a range of men's issues including health, isolation and lack of community involvement. In recent years, there has been a swell of interest in this concept in Ireland but, so far, Northern Ireland has lagged behind a bit. To remedy this situation, a seminar has been organised which will examine what a Men's Shed is, how they operate, what men get from this experience, and how this model can be adapted to suit the needs of local men. This seminar will take place on Tuesday 13th March 2012, from 10.30am - 2.00pm, in Cliftonville Community Centre, Belfast. To book a place visit: www.wea-ni.com/seminar or phone Michael Glover at Tel: 02890 329718. This event has been organised by a partnership of voluntary and community groups in Northern Ireland and is supported by the 'Man Matters' project.

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Physical Activity and Older Adults: Evidence Briefing

The purpose of this one day seminar is to update professionals in Northern Ireland on recent developments in evidence based physical activity promotion, and to disseminate the recently published Chief Medical Officer's Guidelines on Physical Activity for Older Adults. The event will be jointly hosted by the Public Health Agency and the British Heart Foundation National Centre for Physical Activity and Health (BHFNC), and aims to provide participants with the opportunity to: understand the evidence supporting the CMO Guidelines for physical activity and older adults; develop their understanding of the CMO Guidelines for older adults and how they apply to the people they work with; examine implications for future practice in Northern Ireland; learn about BHFNC and other resources available to support this work. This event will be of relevance to professionals who work with older people, including those in primary care, commissioning, physical activity / active ageing promotion, adult and social care services, sheltered supported living and housing associations, local council leisure departments, age related voluntary sector and community organisations. It will take place on Wednesday 28th March 2012, from 9.30am - 3.30pm, in Mossley Mill, Newtownabbey, Co Antrim. For a booking form, contact Suzanne McAuley at Email:

suzanne.mcauley2@hscni.net

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Give it a Go!

During March 2012 you can try a range of free activities and events which will help you to be active, eat well and feel good. The Public Health Agency, Southern Health and Social Care Trust, Armagh City and District Council, Banbridge District Council, Craigavon Borough Council, and Newry and Mourne District Council are joining forces to provide a healthy living initiative to give everyone the opportunity to 'Give it a Go!' Eating well and being active are two of the most important things we can do to keep well, feel great, and help prevent many of the health problems that are common in Northern Ireland today. For a full list of what will be taking place, visit: www.giveitago.org.uk

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Research

Online Research Bank (ORB)

Would you like to search for social policy research on a particular topic or by an individual author? Do you carry out social policy research on Northern Ireland? If so, then the [Online Research Bank](#) (ORB) is the resource for you. ORB is a collection of searchable databases containing bibliographies and summaries of research focused on the lives of adults and children in Northern Ireland. There are two databases: the [ORB Social Policy Database](#) (which focuses on social policy documents based on research carried out in Northern Ireland since 1990), and the [ORB Children's Research Database](#) (which concentrates on research carried out with children and young people in Northern Ireland since 2000). ORB is a constituent part of [ARK](#) - a joint initiative between Queen's University Belfast and the University of Ulster. If you know of any research reports that you think should be included in the ORB databases, you can submit suggestions to Paula Devine at Email:

p.devine@qub.ac.uk

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Web Links

Men's Issues on the Web ...

[Characteristics of fathers with depressive symptoms](#)

[Immune system drives male attractiveness](#)

[Men can inherit a form of heart disease from father via Y chromosome](#)

[Men more likely to have an accurate memory of unpleasant experiences](#)

[Link between prenatal testosterone and risk of language delay for male infants](#)

[Sporting heroes back 'We're in your Corner' campaign](#)

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Next Edition

The next edition of E-Male Matters will be released in April 2012. 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 April edition is Tuesday 27th March 2012.

"E-Male Matters" is also available online at: www.mhfi.org/about-e-male-matters.html

The views expressed in E-Male Matters are not, necessarily, those of the Men's Health Forum in Ireland

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