

E-Male Matters

April 2012

The newsletter of the Men's Health Forum in Ireland

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News

First Instinct - What's Yours?

An all-island Planning Group has been meeting; poster designs are being drafted; ideas for action are being formulated; events are slowly taking shape ... Yes, you've guessed it - it's almost time for Men's Health Week 2012! This year, [International Men's Health Week](#) (MHW) will run from Monday 11th until Sunday 17th June 2012. Groups throughout Ireland will be joining with others in (most) European countries, as well as in the USA, Australia, New Zealand and a number of other places worldwide to mark this occasion. The theme in Ireland this year 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 ... However, as 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 ... all events and activities to celebrate this occasion are very welcome. Have you started to plan something for this week? If so, why don't you tell other people about it by completing and submitting a MHW Event Form on the [Men's Health Forum in Ireland](#) website at: www.mhfi.org/how-to-promote-your-mens-health-week-event.html

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A Guide to Free HIV, STI and Hepatitis Testing in Ireland

[Dublin AIDS Alliance](#) (DAA) has published a new pocket guide to HIV and STI testing clinics around Ireland. 'Get Tested' is supported and funded by the Department of Health National Lottery Fund, and provides detailed information on the location of STI and GUM clinics around Ireland, including Northern Ireland. The testing clinics listed in the guide are free of charge, and most of the clinics offer a full-range of testing services for STIs, including HIV and hepatitis. A Portable Document Format (PDF) version of the guide can be viewed online at: www.dublinaid alliance.ie/uploads/GET%20TESTED%20booklet%20-%202012.pdf

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What kind of old do you want to be?

The [Bealtaine Festival](#) is Ireland's largest collaborative arts festival. It celebrates creativity as we age through a month long programme which lasts from 1st - 31st May each year.

Coordinated by [Age & Opportunity](#) - which promotes greater participation of older people in society - the festival presents a month long programme which invites people aged 50 years+ to engage with art and cultural activities. It offers opportunities to reignite the flame of creativity and unlock hidden talents through theatre, the visual arts, photography, music and literature. In 2011, over 592 organisers came together, to host over 3000 events, which attracted 122,000 people in 27 counties. The Bealtaine Festival programme is now available online at: www.bealtaine.com

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Get Tested, Get Treated

In February 2012, the [Health Service Executive](#) (HSE) and the [Gay Health Network](#) (GHN), in association with [Cavan County Council Social Inclusion Unit](#), launched the second phase of the National HIV Prevention and Sexual Health Awareness Programme for men who have sex with men (MSM). Part of a year-long programme, this second phase promotes the availability of free HIV and STI testing services nationally, and aims to encourage regular testing among MSM - particularly among younger men and men living in rural areas. The new video can be viewed at www.man2man.ie or on [You Tube](#) (Man2ManIreland). For updates on the programme follow Man2Man on [Facebook](#).

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Events

Meetings of Irish Men's Group

The [Irish Men's Group](#) (IMG) came about quite simply through men talking together in an open and honest way. It sounds simple because it is just that - men opening up to each other in a safe environment with no judgment; helping each other through their own difficulties in their own lives. It all began when Tom Kane and Andrew O'Loughlin (who had been friends for almost 20 years) decided to do a facilitation course. Tom comes from a construction background and Andrew from a financial background. During the course, real life situations that men and women found themselves in were discussed. The groups were initially mixed and then, one day, they were divided into men and women only. That's when it all happened. Out of nowhere, the men opened up to a level of personal detail that you could not find anywhere. The setting was safe, the honesty was alarming, and the outcome was phenomenal. Here was a group of men sharing for the first time in their lives how life really was for them: their problems, their fears and their world. Tom and Andrew realised that men need a safe place to talk where they are not judged. Very soon afterwards, in 2011, they set up IMG. They ran a pilot group for a few months to see if what they had discovered really worked, and it did! The group consisted of 10 men from all walks of life and professions.

Each week the men came together to talk, open up, share and get help from each other. The focus was on various issues and problems that were getting them down and making them feel isolated and alone. The result was powerful. Interest is rapidly growing outside Dublin, and our goal is to open groups in all counties in Ireland - so that every man has access to IMG. For more information, visit: www.irishmensgroup.ie or Tel: 01 687 7448 or 086 1928415.

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Invitation to Workshop on Community Food Initiatives

[Healthy Food for All](#) (HFfA) is an all-island initiative which seeks to combat food poverty by promoting access, availability and affordability of healthy food for low-income groups. HFfA would like to invite you to a workshop on Community Food Initiatives. The workshop will provide information on the different aspects of setting-up and running a Community Food Initiative. Networking with people from other communities and organisations will be facilitated to allow for sharing of learning and ideas. This is an exciting opportunity to learn more about Community Food Initiatives and the role that they can play in improving access to nutritious and affordable food for low-income groups. This workshop is aimed at community workers who currently deliver a Community Food Initiative or are interested in incorporating a food component to their activities. This event will be held in Glen Road Community Centre, 2 Carrigart Avenue, Belfast BT11 9HU on Wednesday 18th April 2012, from 9.30am to 3.30pm. Places are limited, so prior booking is essential. Please contact Sarah Jane Flaherty by Email: sjflaherty@healthyfoodforall.com or Tel: 00353 86 7765334.

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Annual Gay Health Forum

The 10th Annual Gay Health Forum (GHF10), organised by the [Gay Men's Health Service](#) (GMHS), and supported by the [Social Inclusion Unit](#) in the Department of Health, will take place on Friday 8th June 2012 in Dublin Castle. GHF presents an opportunity for those involved in HIV, sexual health, and other health-related work with LGBT people - in particular men who have sex with men (MSM) - to network, share, and acknowledge efforts in advancing the health and well-being of LGBT people in Ireland. Further details in relation to the programme and registration will be issued soon. In the meantime, queries can be sent to: mick.quinlan@hse.ie

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Training

Framework for Men's Health Training

The Southern Health and Social Care Trust Men's Health Network and the [Man Matters](#) Project invite you to participate in their 'Framework for Men's Health' training. This will take place on Tuesday 29th May 2012, from 9.30am - 4.30pm (lunch provided), in the Jethro Centre, Lurgan, Co. Armagh. The aim of this workshop is to increase participants' understanding of best practice in engaging men with health and social services. Upon completion of the training, participants will have: explored the broad determinants of men's health; examined how gender influences men's approach to looking after their own health; identified effective practice guidelines in working with men on health programmes; gained an understanding of the barriers experienced by men when accessing services; increased their awareness of how to set-up and support effective group work with men. The training will be delivered by members of the [Men's Health Forum in Ireland](#). To book a place on this free training, contact Michael Glover on Tel: 02890 329718 or book online at: www.wea-ni.com/seminar

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Parenting NI Need Male Helpline Volunteers

Based in Belfast city centre, [Parenting NI Helpline Volunteers](#) make a significant difference to the lives of families. It is not only a rewarding way to help others but also brings other benefits such as gaining a qualification, learning valuable new skills, and meeting different people. Parenting NI is working in partnership with the [Man Matters](#) Project to encourage more men to consider volunteering. So, if you have substantial parenting experience and/or significant experience of working with families (and are ready for a new challenge), why not train to be a Parenting NI Helpline volunteer? An information session will be held on Thursday 19th April 2012, from 11.00am to Noon, for those who wish to find out more about the volunteering experience. The Preparation Training Course will then take place on Tuesdays 8th, 15th, 22nd, 29th May and Monday 18th June 2012. Each session will last from 10.00am to 3.00pm. For further information, contact Andrea at Tel: 02890 310969, Email: volunteer@parentingni.org or visit: www.parentingni.org/helpline

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Mental Health Ireland Training Prospectus

[Mental Health Ireland](#) would like to draw your attention to their new Training and Education Prospectus for 2012. This publication is now available online at: http://issuu.com/mental_health_ireland/docs/mhi_training_prospectus_2012_booklet The booklet outlines learning opportunities in areas such as managing stress, building resilience, caring for carers, mental health and young people/older people, coping with unemployment, understanding mood disorders, substance misuse ... However, this year Mental Health Ireland is also facilitating a one day interactive workshop on Men's Mental Health. This will be held on Tuesday 4th September 2012, from 10.00am - 4.00pm, in The Clarion Hotel Dublin Liffey Valley, Dublin 22. This event will explore: men's mental health awareness; attitudes to mental health; the interaction between mental and physical health; setting a personal development programme; how men manage stress. The cost is €25 per person / €10 for the unwaged. For more information, Email: training@mentalhealthireland.ie or Tel: 01 2841166.

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Web Links

Men's Issues on the Web ...

[Daily sugary drinks raise heart disease risk in males](#)

[Older men's health concerns](#)

[Moderate alcohol consumption reduces death in men who have survived a heart attack](#)

[The role of the SRY gene in male fight-or-flight response](#)

[People living alone 'are more depressed'](#)

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Next Edition

The next edition of E-Male Matters will be released in May 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 May edition is Friday 27th April 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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