

# E-Male Matters

August 2012

The newsletter of the Men's Health Forum in Ireland

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## News

### A Big 'Thank You' for Men's Health Week 2012

The Men's Health Forum in Ireland (MHFI) would like to say a big 'THANK YOU' to everyone who contributed to making Men's Health Week 2012 such a great success. However, although it's over for another year, we are still keen to hear about the events which took place across the island of Ireland. If you haven't already done so, why not submit the details of your activity at [www.mhfi.org/how-to-promote-your-mens-health-week-event.html](http://www.mhfi.org/how-to-promote-your-mens-health-week-event.html) ?

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### Would you like to 'See Change'?

[See Change](#) is an alliance of organisations who are working together through the National Stigma Reduction Partnership to bring about positive change in public attitudes and behaviour towards people with mental health difficulties in Ireland. There are, currently, over fifty partner organisations who have committed to creating a community-driven social movement to reduce the stigma and discrimination associated with mental health problems. The Men's Health Forum in Ireland (MHFI) is proud to be one of these partners. If you'd like to see change, then why not get involved? Check out [www.seechange.ie](http://www.seechange.ie) for ideas.



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### **Are you up for a ParkRun?**

[Parkrun](#) organises weekly, 5km, timed runs around the world. These runs are open to everyone, are free, and are easy to take part in. The events take place in pleasant parkland surroundings, and people of all abilities are encouraged to join in - from those taking their first steps in running to Olympians; from juniors to those with more experience. Everyone is welcome. There are, currently, six venues in Northern Ireland: [Ecos Park](#) (Ballymena, Co. Antrim), [City Park](#) (Craigavon, Co. Armagh), [Queen's](#) (South Belfast), [Falls](#) (West Belfast), [Waterworks](#) (North Belfast), and [Belfast Victoria](#) (East Belfast). These events are volunteered, and also encourage post-run social time amongst participants. They are a great way to get men of all ages involved in taking some exercise. For example, during Men's Health Week 2012, local men responded to the call to join the Ecos parkrun on Saturday 16<sup>th</sup> June. This saw the highest turnout of men to date: 57, of whom 12 were newcomers. The organisers would like to thank the all-female volunteer team on the day, who made sure that the guys had no excuse not to run!

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### **Parenting Forum Strategic Advisory Group**

The [Parenting Forum](#) (a project within [Parenting NI](#)) is looking for new members (parents and/or representatives from organisations) to join their Strategic Advisory Group. Have you something to say about parents' issues? Would you like the opportunity to voice your opinion? Would you like the opportunity to make a difference to how people view / think about parenting, and the issues that are important to parents? ... Individuals who have a little time, a lot of interest, and a willingness to share their views to ensure that the voice of parents is heard, are needed. The Parenting Forum would be particularly keen to hear from men. Applications must be received by Friday 10<sup>th</sup> August 2012. If you would like to apply for a position on the Strategic Advisory Group, or to find out more about it, visit:

[www.parentingni.org/projects/parentingforum/sag.asp](http://www.parentingni.org/projects/parentingforum/sag.asp)

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### **Fertility Information Day**

You are invited to a Fertility Information Day on Saturday 20<sup>th</sup> October 2012, from 9.30am - 4.00pm, in the Castle Upton Suite, Hilton Hotel, Templepatrick, Co. Antrim. This event will feature presentations and workshops on: new developments in research / treatment; fertility / embryology explained; nutrition / alternative therapies; emotions / stress. There will also be a range of exhibition stands. The cost is £5 - £10 for patients and £20 - £25 for professionals (Early Bird discounts apply). To register, Email: [sharondavidson@infertilitynetworkuk.com](mailto:sharondavidson@infertilitynetworkuk.com) or call Sharon Davidson on Tel: 02890 825677.

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### **Men Utd Programme for September 2012 - June 2013 now Available**

Men Utd is an initiative aimed at supporting older men aged 55+, who live in the greater-Belfast area, and who may find themselves socially isolated. It mixes opportunities to socialise, make new friends and get out of the house, with participation in health and well-being programmes and events. The new Men Utd programme of events for the period September 2012 - June 2013 is now available. This project also produces a quarterly newsletter called 'Men 2 Men' which features a wide range of information which is relevant to older men. For more information, or to get a copy of the programme, contact Frank Johnston from [Volunteer Now](#), Tel: 02890 818327, Email: [frank.johnston@volunteernow.co.uk](mailto:frank.johnston@volunteernow.co.uk)

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## Just Carry One

[Dublin AIDS Alliance](#) has launched a new safer sex social media campaign called 'Just Carry One'. The campaign is specifically aimed at young people aged 17 to 25 years, and involves engaging with young adults through games, videos and competitions. Hear more about it at: [www.facebook.com/justcarryone](http://www.facebook.com/justcarryone) This initiative is funded by the Department of Health and the National Lottery fund in the Republic of Ireland, and is supported by [SpunOut.ie](#).

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## Mayo Men on the Move

More than 100 men from Co. Mayo are taking part in a physical activity programme called 'Mayo Men on the Move'. This is a [Health Service Executive](#) funded initiative which is being coordinated by the [Mayo Sports Partnership](#). The programme is also supported by [Croí - the West of Ireland Cardiology Foundation](#) and [Midwest Radio](#). The programme is running in the Ballina, Westport and Claremorris areas, and all of the men recently came together to complete a 5k walk and fun run at Lough Lannagh, Castlebar. Initially, information evenings were held in the three locations where men enrolled for the programme and received a free health check. The programme targeted men over 35 years of age who were physically inactive. Local leaders in the three towns support the project and front the twice weekly physical activity programmes at each location. The programme is being formally evaluated; with the men's health data being updated at Week 8, Week 16 and, again, towards the end of the programme. It is hoped that this initiative can be further extended to other locations once the evaluation of the project has been completed. For more information, contact the Mayo Sports Partnership at Tel: 094 9047025 or visit: [www.mayosports.ie](http://www.mayosports.ie)

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# Events

## Crusaders Legends v Cliftonville Legends

Friday 3<sup>rd</sup> August 2012 will be a night to remember. At 7.00pm, the legends of Crusaders and Cliftonville football clubs will be pulling on their boots to entertain the crowd and to remember Neal McCullough and all those who have lost their lives through suicide. The aim of the night is to raise awareness of the help and support which is available to those who need it. This event will take place at Seaview Park Football Ground, Shore Road, Belfast, and will be followed by a disco in the upstairs lounge. Tickets cost £5 for adults and £2 for children under 12 years old. All the proceeds will go to [Lighthouse](#) which works to prevent suicide and to support those bereaved through suicide.

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## Institute of Public Health's Open Conference

You are invited to attend a free public health 'Open Conference' which is being organised by the Institute of Public Health (IPH). This will be held on Thursday 11<sup>th</sup> October 2012 in the Canada Room, Queen's University Belfast. The programme will be suggested and developed by the participants through online registration, and this approach offers you the opportunity to present on a topic of your choice. All communication will be facilitated through a dedicated website: [www.iphopenconference.com](http://www.iphopenconference.com) People from all sectors (statutory, academic, community, voluntary), North and South, are invited to submit proposals for a presentation on one of six themes: cross-sectoral work on the social determinants of health; strengthening prevention and promoting good health; giving every child the best start in life; mental health

and wellbeing; developing healthy and sustainable communities; health intelligence - supporting evidence based policy and practice. Proposals to present must be submitted on the conference website by no later than Friday 17<sup>th</sup> August 2012. Following this date, all registered participants will vote for the presentations they would like to hear at the conference. The programme will give an opportunity for 21 papers to be delivered, and attendees can choose which papers to attend. Register to attend at:

[www.iphopenconference.com/user/register](http://www.iphopenconference.com/user/register)

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### **Dying 15 Years Early - Traveller Men's Health**

The Southern Area Action with Travellers (SAAT) [Safe and Well Project](#), working in partnership with the [Southern Health and Social Care Trust](#), is organising a seminar on the inequalities in Traveller men's health. This event will also see the launch of: 'Dying 15 Years Early - what can Traveller men and relevant agencies do?' The seminar will take place in the Canal Court Hotel, Newry, Co. Down on Wednesday 19<sup>th</sup> September 2012, from 9.30am to 1.00pm. For more information, Email:

[info@safeandwellproject.co.uk](mailto:info@safeandwellproject.co.uk)

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## Training

### **Men's Health: The Engagement Jigsaw**

For many of us, the million dollar question is: Do males really not want to be involved in health programmes and services, or are we just not offering them the right things in the right way? Research into men's attitudes indicates that they do recognise that they have health needs; that their lives would be better if they looked after themselves more; that they would welcome an expanded range of dedicated services ... Yet, the perennial difficulty comes when trying to translate this aspiration into action. You are invited to attend a workshop titled: 'Men's Health: The Engagement Jigsaw'. This event will focus upon some of the key principles and actions that practitioners in the men's work field have said have had positive outcomes for them when trying to get men on board. This free training will take place on Friday 7<sup>th</sup> September 2012, from 9.00am - 2.00pm, in Ballybot House, Newry. For more details see:

[www.mhfi.org/jigsaw2012.pdf](http://www.mhfi.org/jigsaw2012.pdf)

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### **Masters / Diploma in Social Research Methods**

Are you interested in carrying out research into men's health? Are you trying to make sense of a research report? If so, why not think about doing a course in research methods? ... The [School of Sociology, Social Policy and Social Work at Queen's University Belfast](#) offers a postgraduate Masters or Diploma in Social Research Methods (MRes / DipRes). The course provides grounding in both quantitative and qualitative research skills, as well as their practical application. These taught modules are usually given during evenings or at weekends. The Diploma involves taking four modules, while Masters students do an additional research dissertation. The course can be done in one year on a full-time basis or over two years part-time. To discuss the course, contact the Course Director, Prof Robert Miller (Email: [r.miller@qub.ac.uk](mailto:r.miller@qub.ac.uk) / Tel: 02890 973275) or, for more information, visit:

[www.qub.ac.uk/home/StudyatQueens/CourseFinder/PCF1213/PTCF1213/?p\\_id=2511&sn=1213&subjects=2516#degreeinfo](http://www.qub.ac.uk/home/StudyatQueens/CourseFinder/PCF1213/PTCF1213/?p_id=2511&sn=1213&subjects=2516#degreeinfo)

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## Research

### **Suicide Rates and People who Grew up During The Troubles**

People who grew up during the worst years of The Troubles in Northern Ireland are more prone to suicide, according to research at Queen's University Belfast. The study found that the highest suicide rate was among men aged 35-44 years. Previously, younger men were believed to be most at risk. The research, which examined death registration data over the past 40 years, found that the highest suicide rate was for men then aged 35-44 (41 per 100,000 by 2010), followed closely by the 25-34 and 45-54 age groups. See: [www.bbc.co.uk/news/uk-northern-ireland-18969202](http://www.bbc.co.uk/news/uk-northern-ireland-18969202) for more details.

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### **'The Obesity Games' Report**

Sponsorship income is a small piece of the Olympic funding pie, but exerts a disproportionate influence on the Games and on children's eating habits claims the [Children's Food Campaign](#) (CFC). CFC has recently launched a report calling for the International Olympic Committee (IOC) to re-examine its sponsorship deals, and to take a tougher approach to its food and drink sponsors in the face of rising obesity levels. 'The Obesity Games' report reveals that, during the Olympic Games, 10 tonnes of 'Big Macs' and 150 baths-full of milkshake will be consumed. And, if you laid all the French Fries expected to eaten end-to-end around the Olympic Stadium, they would go around the track 1,015 times! The report argues that corporate sponsors are given an unrivalled platform to promote their brands and products. CFC is calling for the IOC to set conditions on promoting healthy eating in their sponsorship deals, and for junk food brands to be excluded from sponsoring all sporting events. See [www.sustainweb.org/news/jul12\\_the\\_obesity\\_games\\_report](http://www.sustainweb.org/news/jul12_the_obesity_games_report) for more information.

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### **Impact of Mental Illness on Lifespan**

Serious mental illness shortens lives by 15-20 years (with men particularly at risk) according to a study from the Nordic countries. The study, published in the British Journal of Psychiatry, shows that the life expectancy gap has remained largely unchanged over the last 20 years - despite changes to the provision of mental health services and improvements in public healthcare. See [www.malehealth.co.uk/22337-mental-illness-can-shorten-life-20-years](http://www.malehealth.co.uk/22337-mental-illness-can-shorten-life-20-years) for more details.

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## Web Links

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

[Children with positively engaged fathers have fewer behavioural problems](#)

[Study claims that PSA Test reduces advanced prostate cancers](#)

[Declining testosterone levels in men is not part of normal ageing](#)

[Children learn persistence from fathers, study shows](#)

[Prostate cancer risk higher for heavy tea drinkers](#)

[One of the greatest influences on personality development is a father's love](#)

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## Next Edition

The next edition of E-Male Matters will be released in September 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](mailto:emalematters@mhfi.org) The submission deadline for the September edition is Monday 27<sup>th</sup> August 2012.

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