

# E-Male Matters

October 2013

The newsletter of the Men's Health Forum in Ireland

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## News

### World Mental Health Day 2013

World Mental Health Day is on Thursday 10<sup>th</sup> October 2013. The theme this year is 'Mental health and older adults'. For more information visit: [www.who.int/mental\\_health/world-mental-health-day/en/index.html](http://www.who.int/mental_health/world-mental-health-day/en/index.html)

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### Men and Cancer Factsheets

The [Western Health and Social Care Trust](#) Health Improvement Department has produced a series of factsheets which focus upon men and cancer. These look at [prostate cancer](#), [testicular cancer](#), [skin cancer](#) and [bowel cancer](#) (*click on each of the underlined links to access an online PDF copy of these materials*). These factsheets are clear, colourful, easy to read / understand, and can also be displayed as posters. Therefore, they will be useful to anyone who works with men.

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### **Run in the Dark for the Mark Pollock Trust**

In July 2010, blind adventure athlete Mark Pollock fell from a second story window. He cracked his skull, his chest and torso filled with blood, and his back was broken in three places. He had no feeling from the waist down. For six months after the accident, Mark lay in hospital. As his mind battled to accept reality and find positivity, his body was further hit with recurring infections. Mark lost three stone and, with it, he almost lost the will to go on. But he was not beaten. Mark's supporters created the Mark Pollock Trust and Run in the Dark to fund his ambition to walk again. Now Mark is using his body for research - as he walks in Ekso robotic legs and follows an aggressive physical therapy programme. You are invited to help raise money for the Mark Pollock Trust and Wings for Life - the global spinal injury research charity - by entering this year's 'Run in the Dark'. This will take place on Wednesday 13<sup>th</sup> November 2013, at 7.30pm, in Dublin, Cork and Belfast. There are both 5K and 10K runs on offer. For more information, visit: [www.runinthedark.org](http://www.runinthedark.org)

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### **Flourish!**

Clergy, church youth workers, church lay leaders, lay pastoral workers and other church staff are invited to attend one of five Focus Groups which will be held throughout November and December 2013. These events will focus upon the issue of suicide and mental health. The organisers (Flourish!) are keen to hear feedback on a range of materials that have been developed to support churches in this field. Flourish! is a partnership between the [Churches' Community Work Alliance NI](#), [Lighthouse Ireland](#), and clergy from across the Christian churches in Northern Ireland. The initiative has the support of the leaders of the four larger churches in Ireland, and has been developed in partnership with, and supported by, the [Public Health Agency](#). To register click [here](#) or Email: [info@wewillflourish.org](mailto:info@wewillflourish.org)

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### **National Office for Suicide Prevention Annual Report 2012**

The National Office for Suicide Prevention recently launched their Annual Report for 2012. This document is now available for free online downloading at: [www.nosp.ie/annual\\_report\\_2012.pdf](http://www.nosp.ie/annual_report_2012.pdf)

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## Events

### **Building the Case for Men's Health in the West**

The [Western Health and Social Care Trust](#) (WHSC) Health Improvement Department will be running a conference in Derry / Londonderry on Friday 11<sup>th</sup> October 2013 to explore the need for increasing men's health initiatives in their catchment area as well as the opportunities for doing so. Keynote speakers will include Dr Paul Darragh (Chairperson of the British Medical Association's Northern Ireland Council) and Professor Rory O'Connor (University of Glasgow, and President Elect of the International Academy of Suicide Research). For more information, visit: [www.mhfi.org/WHSCOctober2013.pdf](http://www.mhfi.org/WHSCOctober2013.pdf)

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### **Irish Men's Sheds Association National Conference and Exhibition 2013**

The [Irish Men's Sheds Association](#) invites you to join them for their 2013 National Conference and Exhibition which will take place in the [Galway and Mayo Institute of Technology](#), Castlebar, Co. Mayo, on the 15<sup>th</sup> and 16<sup>th</sup> of November. Guest speakers will include: Mícheál O'Muircheartaigh, Sean Coughlin from Social Entrepreneurs Ireland, and Maghnus Collins - an adventurer with an inspirational story. There will also be an exhibition hall where all the Sheds are invited to show off some of the projects that they have been involved in over the last year. For more information or to book a place, Email: [info@menssheds.ie](mailto:info@menssheds.ie) or visit the Castlebar Men's Shed webpage at: <http://castlebarmensshed.weebly.com>

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### **Down but not out: Youth Depression and Suicide**

The [National Children's Bureau NI](#) (NCB NI), [Public Health Agency](#) (PHA) and [Northern Ireland Association for Mental Health](#) (NIAMH) invite you to a seminar titled: 'Down but not out: Youth Depression and Suicide'. This event will focus upon the promotion of positive mental and emotional wellbeing among young people, and the guest speaker is Ian Manion (PhD, CPsych), Executive Director, Ontario Centre of Excellence for Child and Youth Mental Health. This seminar will take place on Thursday 3<sup>rd</sup> October 2013, from 10.30am - 1.00pm, in NCB's offices at Albany House, 73-75 Great Victoria Street, Belfast. To register, contact Owen Whitford at Email: [owhitford@ncb.org.uk](mailto:owhitford@ncb.org.uk)

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### **Know Your Numbers Health Day**

It is important to keep a regular check on your own health statistics and to know your 'health numbers'. This day offers an opportunity to avail of free checks and advice without having to make an appointment. Drop-in to the Maureen Sheehan Centre, 106 Albert Street, Belfast BT12 4HL, on Tuesday 8<sup>th</sup> October 2013, from 1.00pm to 4.00pm, to benefit from a range of checks, therapies and advice including: height, weight, BMI, cholesterol, blood sugar, blood pressure, age progression, carbon monoxide testing, nutrition, skin scanner, testicular awareness, spine age progression, allergy testing, complementary therapies ... For more information, contact Clan Mor Sure Start on Tel: 02890 327755 or the [HEART Project](#) on Tel: 02890 310346.

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### **Networking with Elected Representatives to Tackle Health Inequalities**

The [Community Development and Health Network](#) (CDHN) invites you to a networking event with the Stormont Outreach Team and members of the Northern Ireland Executive. This will take place in the All-Saints Parish Centre, Ballymena, Co. Antrim on Thursday 3<sup>rd</sup> October 2013. This event will: provide an opportunity to engage with MLAs; help to increase knowledge of Northern Ireland Assembly structures; develop skills and confidence in engaging with elected representatives on issues relating to health inequalities. To register, contact Caroline McNulty at Email: [carolinemcnulty@cdhn.org](mailto:carolinemcnulty@cdhn.org) or Tel: 02830 264606.

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### **Institute of Public Health: Open Conference**

The second [Institute of Public Health](#) (IPH) Open Conference will be held on Tuesday 8<sup>th</sup> October 2013 in Croke Park, Dublin. This free all-island 'Open Conference' is unique. The programme is suggested and developed by the participants, and provides an opportunity for 24 papers to be delivered. Attendees can choose which papers to attend. This will enable participants to develop a conference programme to suit their needs. For more detail, visit: [www.iphopenconference.com](http://www.iphopenconference.com)

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### **Getting the Information you Need: Open Access in Health and Wellbeing**

Open Access (OA) is the immediate, freely available, online access to research outputs. These outputs include peer-reviewed journal articles, conference papers and datasets of various types. The restrictions to use - commonly imposed by publisher copyright, patents or other mechanisms of control - do not apply. This seminar is part of Open Access Week - a global opportunity to learn more about the benefits of OA - and is being co-hosted by the Institute of Public Health and the Regional Library in Dr Steevens' Hospital. It will take place on Tuesday 22<sup>nd</sup> October 2013 in St. Patrick's University Hospital, Dublin. To register your interest, contact Louise Bradley at Email: [louise.bradley@publichealth.ie](mailto:louise.bradley@publichealth.ie) / Tel: 01 478 6307.

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### **Addressing Sexual Health within the Primary Care Setting**

You are invited to the 19th Annual Sexual Health Conference which will take place on Wednesday 20<sup>th</sup> November 2013, from 9.00am - 5.00pm, in Armagh City Hotel, 2 Friary Road, Armagh, Co. Armagh, BT60 4FR. This year's event will bring together a wide range of experts who will present up-to-date research and practice from throughout the UK and Ireland via keynote addresses and interactive workshops. There will be a focus upon: RQIA inspection into sexual health services; abortion; NI legislation and equality issues; genito-urinary medicine and primary care services; Sexual Assault Referral Centre NI; young people and consent. To get a booking form, Email: [shealth.team@belfasttrust.hscni.net](mailto:shealth.team@belfasttrust.hscni.net)

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### **Healthy Food for all National Conference 2013**

Food Poverty is a serious national policy concern. This multi-dimensional issue requires a cross-sectoral response. Healthy Food for All's inaugural conference (titled: 'Food Poverty: Local Solutions to a National Issue') will explore the main issues, consider the causal factors, and propose potential solutions. This event will take place on Wednesday 20<sup>th</sup> November 2013 in Dublin city centre. For more information, Tel: 01 5494643 / Email:

[info@healthyfoodforall.com](mailto:info@healthyfoodforall.com)

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### **Men 50+ ... Let's Get Physical**

The Belfast Active Ageing Partnership is inviting older men (50 years +) and older men's groups to a day of fitness and fun. This will take place on Friday 4<sup>th</sup> October 2013, from 11.00am - 2.00pm, in the Ozone Complex, Ormeau Embankment, Belfast. Lunch and refreshments will be provided, and transport is available from designated pick-up points throughout the city for those with restricted mobility. Activities will include: walking, rambling, bowling, indoor climbing, fitness circuits, health checks (e.g. cholesterol, blood pressure, allergy testing), and complementary therapies. To find out more and to register, contact Pamela or Carol at Tel: 02890 232020.

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## Training

### Seminars for Practitioners Working with Fathers

As part of its work with the [Man Matters](#) project, [Parenting NI](#) will be facilitating three seminars across Northern Ireland to support practitioners who work with fathers. These free seminars will focus upon: 'Engaging Fathers' (Tuesday 5<sup>th</sup> November 2013 in Belfast), 'The Value of Fathers' (Wednesday 20<sup>th</sup> November 2013 in Coleraine), and 'Good Practice in Work with Fathers' (Tuesday 4<sup>th</sup> February 2014 in Omagh). There will also be opportunities for discussion, networking, sharing knowledge / experience, and questions. For more information, contact Pauline Martin at Email: [pauline@parentingni.org](mailto:pauline@parentingni.org) / Tel: 02890 310891.

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### SHSCT Promoting Wellbeing Training Courses

The Southern Health and Social Care Trust (SHSCT) Promoting Wellbeing Team has a range of training opportunities available in their October 2013 - March 2014 brochure. You can access a Portable Document Format (PDF) version of this publication at: [www.mhfi.org/shsct-training.pdf](http://www.mhfi.org/shsct-training.pdf) For further information, contact: Mairead Casey, Promoting Wellbeing Training Coordinator, at Tel: 02837 412406 / Email: [mairiad.casey@southerntrust.hscni.net](mailto:mairiad.casey@southerntrust.hscni.net) or visit: [www.southerntrust.hscni.net/124.htm](http://www.southerntrust.hscni.net/124.htm)

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## Research

### Men, Fertility and Assisted Reproductive Technologies

Following the event 'Men, In/fertility and Assisted Reproductive Technologies', hosted at De Montfort University in April 2012, a selection of papers presented at this event were published as a symposium collection in the September 2013 issue of [Reproductive BioMedicine Online](#). The guest editors for the symposium were Prof Lorraine Culley (De Montfort University), Dr Nicky Hudson (De Montfort University) and Dr Maria Lohan (Queen's University Belfast).

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### How Do Men Prepare for Fatherhood?

A new special issue of the [Journal of Family Issues](#) (August 2013) explores men's roles in matters related to family planning, conception, abortion, adoption and preparing for childbirth. The issue arose from a panel at the International Sociology Association World Conference in Buenos Aires in 2012. The guest editors of the collection are Dr Maria Lohan (Queen's University Belfast), Prof William Marsiglio (University of Florida) and Prof Lorraine Culley (De Montfort University).

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*The Men's Health Forum in Ireland is proud to support the 'See Change' partnership*

## Web Links

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

[Give teenage boys the HPV vaccine to prevent men getting cancers](#)

[Menopause for men: oestrogen affects middle-aged males](#)

[Tailoring Child Maintenance reforms for Northern Ireland](#)

[Amen Support Services Annual Report 2012 now available](#)

[Study finds men are more likely to develop physical illness than women](#)

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## Next Edition

The next edition of E-Male Matters will be released in November 2013. 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 November edition is Tuesday 29<sup>th</sup> October 2013.

E-Male Matters is also available online at:

[www.mhfi.org/newsletters/about-e-male-matters.html](http://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**

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