

# E-Male Matters

May 2014

The newsletter of the Men's Health Forum in Ireland

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## Men's Health Week 2014

### The Final Countdown to Men's Health Week 2014 has begun

We're nearly there. The clock is ticking ... it won't be long now until [International Men's Health Week](#) (MHW). This year, it will run from Monday 9<sup>th</sup> until Sunday 15<sup>th</sup> June 2014. The theme in Ireland will focus upon **'Challenges, Choices and Celebrations - What's Your Aim?'** This calls upon everyone to stop just talking about men's health, to do something positive and practical to help to improve it, and to celebrate men and boys in our communities.

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. Therefore, any events and activities to celebrate this occasion are very welcome.

To find out more about this week and how you can get involved, visit: [www.mhfi.org/mhw/mhw-2014.html](http://www.mhfi.org/mhw/mhw-2014.html)

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## The Men's Health Week 2014 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 2014 'Toolbox for Action'. This useful resource can be downloaded at: [www.mhfi.org/mhw2014toolbox.pdf](http://www.mhfi.org/mhw2014toolbox.pdf)

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## Free 'Challenges and Choices' Mini-Manual for Men

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. This free 32 page mini-manual (based upon the 'Haynes Manual' model) will soon be launched by the [Men's Health Forum in Ireland](#) to mark [Men's Health Week 2014](#). It poses ten simple and practical health challenges to men and, to meet every challenge, it offers three choices. The publication of this booklet has only been possible because of the generous support given by the [Man Matters](#) project in Northern Ireland (funded through the [Big Lottery Fund](#)), the [Health Service Executive](#) in the Republic of Ireland, and the author - Dr Ian Banks. Details on how to get a copy of this booklet will soon be posted at: [www.mhfi.org/mhw/mhw-2014.html](http://www.mhfi.org/mhw/mhw-2014.html)

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## Men's Health Week 2014 Poster Now Available

Even if you don't do anything else to support [Men's Health Week](#) (MHW) this year, you can at least put up a poster to let everyone know when it's taking place! To highlight [MHW 2014](#), Shane McCaffrey (from Co. Antrim) is starring in an Ireland-wide poster campaign to raise awareness of the week. The message on this poster is very simple: *What's Your Aim?* The posters are free, and are available in A<sub>3</sub> size hard copy as well as in a range of electronic formats (from the Men's Health Forum in Ireland website). You can find details of how to get copies of these posters at: [www.mhfi.org/mhw/mhw-2014.html](http://www.mhfi.org/mhw/mhw-2014.html)

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## Publicise your Men's Health Week Event

Every year there are hundreds (possibly even thousands) of events throughout Ireland to celebrate Men's Health Week. Some of these are well publicised, but most are only known about by a few people! This year, the [Men's Health Forum in Ireland](#) (MHFI) will have a section on its website to promote the details of any activities or events that are being held throughout Ireland during [Men's Health Week 2014](#). 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. Your activity might be health checks, or a conference, or a launch, or a game, or a seminar, or a competition, or a workshop, or a lunch, or a course, or a drama, or a display, or a health fair ... Whatever it is, if you would like to have the details included on this website, please complete and submit a MHW Event Form at: [www.mhfi.org/mhw/promote-an-event.html](http://www.mhfi.org/mhw/promote-an-event.html)

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## What Can I Do to Mark Men's Health Week 2014?

Absolutely everyone can do something to support and celebrate [Men's Health Week](#) (MHW) 2014. The focus for this year (i.e. '*Challenges, Choices and Celebrations*') lends itself to a wide range of ways to mark this occasion. However, you don't have to stick rigidly to this particular topic. Anything which 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. You might have time, energy and resources to plan something big. However, even if you can't, there are still simple and easy ways to get involved. These include ...

- Putting a [MHW poster](#) (or two) up in your workplace / meeting space / community centre / local shop / waiting room / home ...
- Promoting the week on your website - using a copy of the [MHW logo](#) and/or [MHW web banner](#).
- Linking to the Men's Health Forum in Ireland's website page devoted to Men's Health Week 2014 ([www.mhfi.org/mhw/mhw-2014.html](http://www.mhfi.org/mhw/mhw-2014.html)) from your own website, Facebook page or other social networking site.
- Sending an email to everyone in your contacts list to tell them about Men's Health Week, and asking them to forward the message to all their contacts.
- Becoming a fan of the Men's Health Week in Ireland's Facebook page ([www.facebook.com/MensHealthWeek](http://www.facebook.com/MensHealthWeek)) and sending this link to all your online friends.
- Inserting the MHW logo into your outgoing emails for the months of May and June.
- Including information on MHW in your mailouts / newsletters.
- Telling others about what is happening in your area during MHW by posting details on the MHFI website (use the form at: [www.mhfi.org/mhw/promote-an-event.html](http://www.mhfi.org/mhw/promote-an-event.html)).
- Making the MHW logo your computer desktop 'wallpaper' during May and June.
- Reminding your colleagues to follow all the latest MHW news on Twitter ([www.twitter.com/MensHealthIRL](http://www.twitter.com/MensHealthIRL)).
- Tweeting about MHW 2014, and including #WhatsYourAim in your message.
- Encouraging the men you know to get involved in some of the activities taking place during MHW 2014 ...

For more ideas, download a copy of our paper on what you can do to mark MHW 2014 at: [www.mhfi.org/mhw2014celebrateit.pdf](http://www.mhfi.org/mhw2014celebrateit.pdf)

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### Facebook and Twitter Pages Seek Fans!

To keep everyone up-to-date with the latest news on [Men's Health Week \(MHW\) 2014](#) - as well as more general developments in the field of men's work - you can pretend that you're young, hip and cool, and visit Facebook and Twitter. To find out more, see: [www.facebook.com/MensHealthWeek](http://www.facebook.com/MensHealthWeek) and [www.twitter.com/MensHealthIRL](http://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! ... Please visit the pages, click on the 'LIKE' button for Facebook and 'FOLLOW' button for Twitter, and send the link to all your friends. If you're really into it ... please Tweet about MHW 2014, and include #WhatsYourAim in your message.

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## News

### May is 'Green Ribbon' Month

During May 2014, [See Change](#) will be coordinating a month long [Green Ribbon](#) campaign to get people in Ireland talking openly about mental health problems. More than 300,000 green ribbons will be distributed nationwide (free of charge) to spark a national conversation about mental health in boardrooms, break-rooms, chat rooms, clubhouses, arts venues, college campuses and around kitchen tables throughout Ireland. The aim is to make the month of May synonymous with promoting open conversation about mental health, and challenging the stigma which is often attached to mental health problems. For more information, visit: [www.greenribbon.ie](http://www.greenribbon.ie)

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## sexlearning

The [Southern Health and Social Care Trust](#) has developed a training resource for professionals who work with young people, under the age of 25 years, on sexual health issues. It is known as 'sexlearning'. This is an online resource - the web address of which has recently changed. For more information, download the flyer at: [www.mhfi.org/sexlearning.pdf](http://www.mhfi.org/sexlearning.pdf) To access the online materials, visit [www.sexlearning.hscni.net](http://www.sexlearning.hscni.net), register for an account, and login.

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## When it's Hard to Become a Dad

Did you know that one in six couples find it hard to have a family, and in 40% of these cases the cause is associated with the man? That's a bit of a shock, as we used to think that having a baby was more of a woman's concern. Just when a man is trying to get this head around this, he and his partner are plunged into a sea of doctors, tests and clinical words which nobody can understand. However, there are sources of information out there for men. A good place to start is with the Infertility Network UK website at: [www.infertilitynetworkuk.com](http://www.infertilitynetworkuk.com) This offers factsheets, contacts for support groups throughout Ireland, and helpful advice.

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## Spirituality and Social Work

You might be interested in having a look at a short video about the taboo subject of spirituality in social work. Gerry Skelton, a Social Work lecturer from [Belfast Metropolitan College](#), shares his views on this matter. See: [www.youtube.com/watch?v=FaQHBoM\\_29U](http://www.youtube.com/watch?v=FaQHBoM_29U)

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## Man Matters Separated Father Resources

[Man Matters](#) is a partnership between the [Workers' Educational Association](#), [Home-Start NI](#), [Parenting NI](#) and the [Men's Health Forum in Ireland](#). In 2013, Man Matters worked with [Family Mediation NI](#) to explore the issues facing, and needs of, separated fathers in Northern Ireland. To date, this alliance has produced a number of resources in this area including: a briefing paper - '[Fathers, Separation and Co-Parenting](#)'; a Practice Paper - '[Separated Fathers: The Experience of Practitioners](#)'; a leaflet - '[Parental Separation: A Father's Guide](#)'; and a video - '[Experiences of Separated Fathers](#)'. All of these materials are available for free download from the Man Matters website at: [www.manmatters.org/index.php/resources](http://www.manmatters.org/index.php/resources)

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## Call for Submissions for the New National Framework for Suicide Prevention

As part of the development of a new National Framework for Suicide Prevention for Ireland, the HSE [National Office for Suicide Prevention](#) (NOSP) wants to hear from members of the public - particularly those with an interest in suicide prevention and those affected by suicide. Submissions from individuals and organisations with professional experience in the area are also being sought. NOSP wants to hear your ideas and opinions about what should be contained in Ireland's new Framework, and invites you and/or your organisation to make a submission. For further information on the background to the consultation process and suggested themes, visit: [www.nosp.ie/consultation](http://www.nosp.ie/consultation) The closing date for submissions is Friday 6<sup>th</sup> June 2014.

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## Events

### 12th Annual Gay Health Forum

The 12th Annual Gay Health Forum (GHF12) will take place on Friday 6<sup>th</sup> June 2014 in Dublin Castle from 10.00am to 3.30pm. This annual event is organised by the [Gay Men's Health Service](#) (GMHS), in association with partners in the [Gay Health Network](#) (GHN), and with the support of the [Department of Health](#), the HSE's [National Directorate on Health and Wellbeing](#), and Primary Care and Mental Health. The theme for this year's forum is ACCESS, with presentations and new research on a range of issues for men who have sex with men (MSM) on accessing HIV and STI testing, access to condoms, and access to sexual health information and support. Presentations will include surveillance updates on HIV and STIs in Ireland, a new report from the 2010 EMIS research on STI testing among MSM in Ireland, updates on the Man2Man.ie programme and other community initiatives, and a celebration of 20 years of the Gay Health Network. Attendance at the event is free, with a light lunch provided. Places are limited, and will be allocated on a first-to-register basis. To register, email your details (name, organisation and email address) to: [info@ghn.ie](mailto:info@ghn.ie)

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### Redeeming the Father

This event will invite men to recall their dad - who he was/is as a man, how he did/does as a dad, his successes and failures. Participants will seek to recall him by telling stories, writing letters, 'biographies' and 'obituaries', or doing collage or constellations. This will be done in an atmosphere of understanding and respect. How has this man impacted upon the participant's life - for better or for worse? Where participants are fathers themselves - how has he impacted upon their fathering? This workshop will take place on Saturday 14<sup>th</sup> June 2014, from 10.00am to 2.00pm, in St Dominic's Retreat Centre, Ennismore, Montenotte, Co. Cork. For more details, contact Mick Devine at Tel: 087 4171422 or Email: [mick.devine@hotmail.com](mailto:mick.devine@hotmail.com)

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### Men's Policy Forum in NICVA

The Men's Policy Forum provides an opportunity for a diverse range of individuals and organisations to network and share information in the field of men's work, as well as to collaboratively highlight and address the needs of men in Northern Ireland. The next meeting of the Forum will take place on Wednesday 21<sup>st</sup> May 2014, from 10.00am - Noon, in NICVA, 61 Duncairn Gardens, Belfast BT15 2GB. Everyone with an interest in men's work and issues is welcome. This meeting will focus on the Northern Ireland Gender Equality Strategy. For further details, or to register your attendance, see: [www.nicva.org/events/mens-policy-forum-working-together-highlight-mens-issues-northern-ireland](http://www.nicva.org/events/mens-policy-forum-working-together-highlight-mens-issues-northern-ireland)

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### ManAlive Conference 2014

[Cancer Focus Northern Ireland](#) invites you to attend the 2014 [ManAlive](#) Conference. This event will examine communication strategies in health and wellbeing, with a focus on effective messaging and empowering men to improve their health, make healthier choices, and access support where it is needed. It will also look at how men receive and interpret information. It will be held on Wednesday 4<sup>th</sup> June 2014, from 9.00am to 1.30pm, in the Dunsilly Hotel, Antrim. The event is free and places are limited. To register your attendance, or for further information, contact Eilish Martin by Email: [eilishmartin@cancerfocusni.org](mailto:eilishmartin@cancerfocusni.org) or Tel: 02890 680743.

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## Men of Ireland Gathering

Every year, during Men's Health Week, men and boys from the four corners of the island of Ireland gather in brotherhood, solidarity and care in the journey of being male. They meet on the Hill of Uisneach, Co. Westmeath - an ancient place of assembly in the centre of Ireland. In 2014, men and boys will gather at midday on Saturday 14<sup>th</sup> June. You are invited to join this gathering for an unforgettable experience. To find out more, visit: [www.menofireland.com](http://www.menofireland.com)

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## Training

### 'Engage' Men's Health Training for Trainers in the Republic of Ireland

In recent years, a National Men's Health Training programme (called 'Engage') has been rolled-out in the Republic of Ireland. Engage was developed in response to the growing demand from service providers for support to improve their engagement and work with men. The content is based upon evidence from academic and evaluation literature, the authors' practice experience, and an extensive 24 month pilot phase. During September and October 2014, a further Training for Trainers programme will be delivered in the Republic of Ireland. Participants will be selected on the basis that they represent the broadest possible range of men's work experience, geographic locations, workplace settings and interest groups throughout the Republic. On completion of the course, they will each be required to deliver sessions to front line practitioners. Applications are now being accepted for this programme. A full overview of the programme is available at: [www.mhfi.org/engagetraining2014RoI.pdf](http://www.mhfi.org/engagetraining2014RoI.pdf) while application forms can be accessed at: [www.mhfi.org/engageapplication2014RoI.doc](http://www.mhfi.org/engageapplication2014RoI.doc) Please note that the deadline for submission of applications is 5.00pm on Friday 6<sup>th</sup> June 2014.

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### Gender Related Violence: Action within Youth Work

You are invited to apply for a place on a training day, led by [YouthAction Northern Ireland](#), which will provide participants with conceptual and practical tools to reclaim youth work as a vehicle for challenging oppression and inequalities rooted in gender related violence. This workshop will explore how gender oppression is experienced in the lives of young men and young women in Ireland. This event will take place on Friday 16<sup>th</sup> May 2014, from 9.30am - 4.30pm, in Hall E, Arts Block, North Campus, National University of Ireland, Maynooth. To register, please Email: [bernadette.mcmahon@nuim.ie](mailto:bernadette.mcmahon@nuim.ie)

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### Courses at the Belfast Centre for the Study of Suicide

The Belfast Centre for the Study of Suicide was established by Dr Philip O'Keeffe in August 2013. Its mission is to bridge the gulf between the reality of human suicide and common myths that exist about suicide in society. Everyone is welcome to attend the Centre's courses. The next course is part of the QUB School of Education's Open Learning Programme. It will run weekly, from 8<sup>th</sup> May until 5<sup>th</sup> June 2014. Each class lasts for two hours, from 7.00pm to 9.00pm. Further courses are planned for 2014 and 2015. For more information on the next course, visit: [www.qub.ac.uk/schools/SchoolofEducation/StudyattheSchool/OpenLearning](http://www.qub.ac.uk/schools/SchoolofEducation/StudyattheSchool/OpenLearning)

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### The Hero's Journey

You are invited to take part in a seven day residential workshop presented by The Fool's Dance Gestalt Company - Paul Rebillot School in Ireland. This will take place in the Slí an Chroí Centre, Kiltegan, Co. Wicklow, from Sunday 6<sup>th</sup> July to Saturday 12<sup>th</sup> July 2014. Titled 'The Hero's Journey', it will focus upon participants' openness to change and to facing the unknown. For full details, see: [www.mhfi.org/theherosjourney.pdf](http://www.mhfi.org/theherosjourney.pdf)

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## Research

### 2013 Young Life and Times Survey: Preview of Results

You are invited to the Preview of the 2013 [Young Life and Times](#) (YLT) Survey Results, which will be held on Thursday 16<sup>th</sup> May 2014, from 9.30am - 11.30pm, in Queen's University Belfast. The Young Life and Times Survey is an annual survey which records the views of 16 year olds living in Northern Ireland about the issues that directly concern them. The main topics in the 2013 survey were: mental health and self-harm, community relations and cross-community contact, and financial wellbeing. YLT is a component of [ARK](#). The dataset and key tables of results will be made publicly available after this event at: [www.ark.ac.uk/ylt](http://www.ark.ac.uk/ylt) During the preview, there will also be a presentation on the new Young Life and Times book - published to celebrate the Survey's 10<sup>th</sup> anniversary. Books will be available to all seminar participants at a reduced price. To reserve a free place, Email: [e.gray@qub.ac.uk](mailto:e.gray@qub.ac.uk) or Tel: 02890 975906. Places are limited, and the deadline for registration is Monday 12<sup>th</sup> May 2014.

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## Web Links

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

[How many middle-aged men need HRT?](#)

[Shorter life expectancy and higher cancer risk for men due to loss of Y chromosome](#)

[Symptoms of depression surge in young men during early fatherhood](#)

[Men want to support breastfeeding partners](#)

[Male health linked to testosterone exposure in womb, study finds](#)

[Men 'don't know how to check for testicular cancer'](#)

[Belief that eating disorders 'only affect women' hinders treatment for men](#)

[BMA consultants' conference calls for extension of cervical cancer vaccine to boys](#)

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## Next Edition

The next edition of E-Male Matters will be released in June 2014. 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 June edition is Wednesday 28<sup>th</sup> May 2014.

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**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