

# E-Male Matters

June 2014

The newsletter of the Men's Health Forum in Ireland

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## News

### 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) was 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 [Health Service Executive](#) in the Republic of Ireland and the author - Dr Ian Banks. Details on how to get a copy of this booklet are posted at: [www.mhfi.org/mhw/mhw-2014.html](http://www.mhfi.org/mhw/mhw-2014.html)

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### Global Action on Men's Health

Globally, men die five years earlier than women and are 50% more likely to die between the ages of 15 and 60. In countries classified as 'least developed' and 'less developed' by the United Nations, adult mortality fell faster among women than among men between 1992 and 2012. In every part of the world, men's health outcomes are substantially worse than women's, yet this inequality has received little national, regional or global attention from health policymakers or healthcare providers. At the start of [Men's Health Week 2014](#), a new organisation called [Global Action on Men's Health](#) (GAMH) was launched to issue an urgent call to improve the poor state of men's health in every part of the world. It is backed by eight organisations based on four continents: Australian Men's Health Forum, Canadian Men's Health Foundation, Danish Men's Health Society, European Men's Health Forum, Men's

Health Forum England and Wales, Men's Health Forum in Ireland, Prostate Cancer Education Council/Men's Health Alliance (USA), and Sonke Gender Justice (South Africa). GAMH wants the World Health Organisation, other international public health bodies, and individual governments to acknowledge the scale of the problems facing men and boys and to take sustained action to tackle them. This work should sit alongside continuing action to improve the health of women and girls. For more details see: [www.gamh.org](http://www.gamh.org)

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### **Cancer Information for Men**

Did you know that you can access Testicular and Prostate Cancer Guides for Men (and information on other cancers) on the Health Service Executive website at: [www.hse.ie/eng/services/list/5/nccp/patient/leaflets/patinfo.html](http://www.hse.ie/eng/services/list/5/nccp/patient/leaflets/patinfo.html) ?

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### **'Click' - a Play about Male Mental Health**

With over four hundred males dying through suicide in Ireland every year, it is essential that men start to open up and discuss their lives and feelings. Despite media coverage, most men still find this idea impossible to countenance. Starting the conversation is not easy - for the man or his family. This is one of the reasons why Michael Collier, from Parting Shot Productions, wrote 'Click'. The play deals with issues such as death, depression, suicide and friendship from a male perspective, and it has previously been run in Dublin (Tallaght, Ballymun and the city centre). The most interesting response after the show was from the female audience. They said that they had never stopped to consider the situations the men face in the play from a male perspective and how deeply depression, suicide and death affect men. They found the play to be very insightful, and it changed how they think about their partners and how they will relate to them. However, it is also a great opportunity for the male audience members to begin a discussion about their emotions in a much more natural way. 'Click' will run in The Viking Theatre, Clontarf, from 9<sup>th</sup> - 21<sup>st</sup> June 2014, and in The Droichead Arts Centre, Drogheda, on 26<sup>th</sup> June. Find out more at: [www.facebook.com/Click.The.Play](http://www.facebook.com/Click.The.Play)

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### **Infertility Network UK in Northern Ireland**

The [Infertility Network UK](http://www.mhfi.org) has a Northern Ireland branch, which has recently produced a new poster about their local support groups and helpline. This can be viewed online at: [www.mhfi.org/infertilitynetwork.pdf](http://www.mhfi.org/infertilitynetwork.pdf) (4.8MB).

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## Events

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

Following the success of the [Institute of Public Health](http://www.iphopenconference.com) (IPH) Open Conference held last year in Croke Park, Dublin, you are invited to attend the next event which will take place on Tuesday 14<sup>th</sup> October 2014 in Titanic Belfast. As before, the programme will be suggested and developed by the participants. Applications are invited from all sectors (statutory, academic, community and voluntary) and from all parts of Ireland. Participants are also invited to submit proposals for an oral presentation at this event. The priority themes for this year are: active travel; positive ageing; promoting mental health and wellbeing; public health approaches to poverty; research, policy, practice cycle - closing the gap. See [www.iphopenconference.com](http://www.iphopenconference.com) for more details. There is no cost to attend this conference.

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## **At the Crossroads: Preparing for an Ageing Population**

[Age NI](#) and [ARK](#) invite you to a conference titled: 'At the Crossroads: Preparing for an Ageing Population'. This conference will bring together leading experts on ageing, and will explore how policy makers and service providers in Northern Ireland can best prepare for demographic change. Academics and practitioners will present their analyses and recommendations on key issues including dementia, housing, employment, building an age-friendly Northern Ireland, effective consultation processes, and engaging with 'hard to reach' groups. This conference will take place on Wednesday 27<sup>th</sup> August 2014, from 9.30am - 4.00pm, in Riddel Hall, Queen's University Belfast. Places are free of charge and lunch will be provided. To register your interest, contact Michele by Email: [michele.young@ageni.org](mailto:michele.young@ageni.org) or Tel: 02890 892606.

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## **Transitions and Youth Mental Health - Call For Abstracts**

To coincide with World Mental Health Day (10<sup>th</sup> October 2014), the 4th National Research Conference on Youth Mental Health will take place in Cork. This dynamic and multi-disciplinary one day event (co-hosted by the Association for Child and Adolescent Mental Health Special Interest Group in Youth Mental Health, the Inspire Ireland Foundation, and the National Suicide Research Foundation) will: bring together researchers, clinicians, policy-makers and others who care for and work with adolescents and young adults; showcase the latest research and innovation in the area of youth mental health; address the multiple transitions (mental health, developmental, social, psychological and service transitions) faced by young people; draw together a multi-disciplinary audience across specialties and services; highlight the role young people can and do play in promoting good policy and practice in mental health. Participation from students, clinicians, community organisations and researchers is greatly encouraged, and the organisers are seeking submissions for oral and poster presentations in the area of youth mental health. Further details are available from Fenella Murphy, Email: [fenella@inspireireland.ie](mailto:fenella@inspireireland.ie)

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# Training

## **Men Only Training in Meath**

[Meath Local Sports Partnership](#), in association with the [HSE](#), will be implementing an exciting new project called 'Men Only Training' this August. Men Only Training is aimed at men in Meath aged 30 years and over, to get them active, have fun, and improve their fitness levels. Men Only Training will offer men a variety of activities throughout the project. It will involve weekly activity sessions which are tutor-led. You don't need to be fit to take part - the training sessions are structured so that you can find the level appropriate for you to join, and to progress your fitness at a pace to suit you. Men Only Training will be delivered in three areas in Meath: Laytown/Bettystown, Navan and Kiltale. The M.O.T. project will be launched in early August 2014 and, following this, there will be information evenings in the each area during the week commencing Monday 25<sup>th</sup> August. These evenings will also include free health checks for men. If you are interested in this new project, contact Ruairi Murphy, Meath Local Sports Partnership, on Tel: 046 9067337 or Email: [rmurphy@meathcoco.ie](mailto:rmurphy@meathcoco.ie)

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## **Working with Fathers**

[Parenting NI](#) is, once again, running a Summer programme for practitioners. This will include workshops on Engaging Dads (10th July in Derry / Londonderry and 7th August in Belfast) and Supporting Separated Fathers (29th July in Belfast and 12th August in Derry / Londonderry). For further information, contact Louise on Tel: 02890 310891 or Email: [louise@parentingni.org](mailto:louise@parentingni.org)

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## The Recipe for Tackling Male Obesity

Fewer men join weight loss programmes, but they are more likely than women to stick with them, according to analysis of international obesity studies. Men also prefer the use of simple 'business-like' language, welcome humour used sensitively, and benefit from the moral support of other men in strategies to tackle obesity. These are some of the findings in a new report which suggests that, if weight loss programmes were specifically designed for men, these might be more effective at helping them to lose weight. Researchers from the Universities of Aberdeen, Bournemouth and Stirling analysed evidence from around the world - gathered from weight loss trials and studies that have also taken on-board men's views. The team particularly investigated what would make services more appealing to men. View the launch press release at: [www.mhfi.org/obesitystudy.pdf](http://www.mhfi.org/obesitystudy.pdf) and the full report on the study at:

[www.journalslibrary.nihr.ac.uk/hta/volume-18/issue-35](http://www.journalslibrary.nihr.ac.uk/hta/volume-18/issue-35) The Men's Health Forum in Ireland was delighted to play a supporting role in this research.

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## Factsheet on Older Men

To mark [Men's Health Week 2014](#), [ARK](#) (within Queen's University Belfast and the University of Ulster) published a new factsheet which looks at the health and wellbeing of older men in Northern Ireland. Using statistics from the [Health Survey Northern Ireland](#), as well as the Census of Population, this report looks at a range of topics including general health, age-related diseases, lifestyle, and mental health. This is the tenth report in the Men in Northern Ireland (MiNI) series. All of these reports are available for free online downloading at:

[www.ark.ac.uk/publications/factsheets/#mini](http://www.ark.ac.uk/publications/factsheets/#mini)

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## Census 2011: Ireland and Northern Ireland

The [Central Statistics Office](#) (CSO) in the Republic of Ireland and the [Northern Ireland Statistics and Research Agency](#) (NISRA) have just released a new publication which presents, for the first time, results from both censuses. This explores the similarities and differences in the two populations, as well as looking at how these populations have changed over time. This large document (which is 5.5MB in size) is available online for free downloading at:

[www.cso.ie/en/media/csoie/releasespublications/documents/population/2011/Cen2011IrelandNorthernIreland.pdf](http://www.cso.ie/en/media/csoie/releasespublications/documents/population/2011/Cen2011IrelandNorthernIreland.pdf)

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## Alcohol's Harm to Others in Ireland

In Ireland, the burden of alcohol related harm is often experienced by those around the drinker - be they family member, friend, co-worker or innocent 'bystander'. Alcohol's harm to others (AH<sub>2</sub>O) undermines public safety, and is experienced in every community. The negative effects from other people's drinking are visible in the public domain, and can range from the nuisance factor, feeling unsafe in public places, to violent attack by an intoxicated drinker. Physical assaults and driving a car while under the influence of alcohol can contribute to injuries, accidents, disabilities and the death of innocent people. Although not often publicly visible, alcohol's harm to others within the family can have very serious consequences for the safety and well-being of family members - with children being the most vulnerable. This report from the Health Service Executive (HSE) examines alcohol's harm to others in three Irish settings - the general population, the workplace and children in families. The information is based on self-reported responses in the national drinking surveys of 2006 and 2010, and you can download the report as a PDF file at:

[www.hse.ie/eng/services/Publications/topics/alcohol/ah2oreport.pdf](http://www.hse.ie/eng/services/Publications/topics/alcohol/ah2oreport.pdf)

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## CARDI Older People and Depression Research Report

Research funded by the [Centre for Ageing Research and Development in Ireland](#) (CARDI) has found that regular exercise reduces depression in older people - whether patients report pain or not. The all-Ireland study led by Dr Frank Doyle, Royal College of Surgeons in Ireland, examined the links between physical activity, pain, and depressive symptoms across three datasets. The study found that pain is associated with increased depression and physical activity is associated with lower depression levels. It also found that having pain does not stop people benefitting from physical activity. Overall, the findings suggest that health professionals can consider and promote physical activity for the treatment of depressive symptoms and mental well-being, irrespective of pain levels. For a copy of the full report, see:

[www.cardi.ie/news/exercisereducesdepressioninolderpeople](http://www.cardi.ie/news/exercisereducesdepressioninolderpeople)

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## Web Links

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

[‘Danderball’ is out to kickstart men’s health](#)

[Recession associated with over 10,000 suicides across Europe and North America](#)

[Infertility: is it primarily seen as a woman's problem?](#)

[Men with hypertension and type 2 diabetes benefit from recreational football](#)

[Census results show NI public less positive about health than those in RoI](#)

[Breast Cancer Care launches information pack for men with breast cancer](#)

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## Next Edition

The next edition of E-Male Matters will be released in August 2014. Due to the holiday period, there will not be a July edition. 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 August edition is Monday 28<sup>th</sup> July 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