

E-Male Matters

November 2014

The newsletter of the Men's Health Forum in Ireland

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News

International Men's Day 2014

Did you know that it will be International Men's Day on Wednesday 19th November 2014?... The theme for 2014 is '*Working Together for Men and Boys*'. There are six aims for this day: promote positive male role models; celebrate men's contributions; focus on men's health and well-being; highlight discrimination against males; improve gender relations and gender equality; create a safer, better world. To find out more, visit: www.internationalmensday.com

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Movember is Here!

During the month of November each year, 'Movember' is responsible for the sprouting of moustaches on men's faces in Ireland and around the world. The aim of this month is to raise funds for, and awareness of, men's health. Visit <http://ie.movember.com> or <http://uk.movember.com> for more information on Movember on the island of Ireland.

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Building the Community-Pharmacy Partnership: Level 2 Funding Available

The [Community Development and Health Network](#) (CDHN) has opened a new round of funding through their Building the Community-Pharmacy Partnership (BCPP) programme. They are seeking new community-pharmacy partnerships throughout Northern Ireland, and will continue to support partnerships that were previously involved. The BCPP programme supports local communities to work in partnership with community pharmacists to address local health and social wellbeing needs using a community development approach. Level 2 funding is for those who have a clear vision of what the project wants to achieve, and consists of a maximum of £10,000 for a project that can last up to two years. Level 3 funding is also available to those who have completed several Level 2 projects. The closing date for applications is Thursday 13th November 2014. Application packs can be downloaded from www.cdhn.org/bcpp For further information, Tel: 02830 264606.

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Active Ageing Programme

Being physically active on a regular basis is one of the healthiest things that you can do. Studies have shown that exercise provides many health benefits, and that older adults can gain a lot by staying physically active. The [South Eastern Trust's](#) Health Development Department has teamed up with [Ards Borough Council](#), [Lisburn City Council](#) and [North Down Borough Council's](#) Leisure Services to design and develop an Active Ageing programme specifically for older adults. The programme aims to give as many older people as possible the opportunity to experience enjoyable, appropriate, and sustainable physical activities (including walking football) in a safe, friendly, supportive and fun environment. It is hoped that this will help to improve their health, wellbeing and independence. The Active Ageing programme will run for a period of 12 months across the councils' main leisure sites. To find out more visit: www.mhfi.org/SEHSCTActiveAgeing.pdf

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DHSSPS Adds New Statistical Information Section to its Website

The [Department of Health, Social Services and Public Safety](#) (DHSSPS) recently announced the launch of a new statistical information section on their website. Based around health and social care themes, the new site includes information on hospitals, community and primary care, inequalities, public health, and performance measures at various geographic levels. It encourages users to explore the information using a range of infographics and interactive visual tools, and to download data for further analysis. A search function has been developed for both statistical reports and downloadable data tables. End users can search the document of interest by theme, topic, year of publication and / or keyword search. This enhanced search facility will enable users to quickly find the information that they require. The site can be accessed at: www.dhsspsni.gov.uk/index/statistics.htm

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Little Things Can Make a Big Difference

On Monday 20th October 2014, Kathleen Lynch TD, Minister for Primary Care, Social Care and Mental Health, launched the HSE [National Office for Suicide Prevention's](#) new mental health campaign titled: *'The Little Things'*. This initiative was created in partnership with over 25 organisations working in the area of mental health in Ireland. The campaign highlights that we all experience difficult times in our lives and that, when we do, there are some simple, evidence-based, little things that can make a big difference to how we feel. It answers two key questions: (1) What can I do? (2) Where can I go? A new website (www.yourmentalhealth.ie) provides a wealth of online resources, including information on mental health issues, top tips for little things that can make a difference, real life stories, and a comprehensive database of mental health support services in Ireland. These services are searchable by both location and topic, and this new interactive online resource is mobile, tablet and desktop friendly.

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Events

Get Men Talking Campaign 2014

You are invited to get active in managing your health by attending 'Get Men Talking' - a free health information and cancer awareness event to mark the [Marie Keating Foundation's](#) Men's Health Month. This launch will feature a panel discussion with Tony Ward (rugby legend and prostate cancer survivor), Prof John McCaffrey (Consultant Oncologist) and Prof Niall Moyna (School of Health and Human Performance, Dublin City University). 'Marathon Man' Gerry Duffy will give a special presentation on motivation, and Chris Donoghue, from Newstalk Breakfast, will act as MC. This event will take place on Tuesday 4th November 2014, at 6.30pm, in the Aviva Stadium, Dublin 4. To register, Email: info@mariekeating.ie or visit www.mariekeating.ie for more information. Please note that places are limited.

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Five Ways to Wellbeing

Would you like to learn more about promoting emotional health and wellbeing? ... If so, join Nic Marks, Founder of the Centre for Wellbeing at the New Economics Foundation, to hear about the 'Five Ways to Wellbeing' and how you can use this concept to effectively engage with others. This event will take place in Lough Neagh Discovery Centre, Lurgan, Co. Armagh, on Thursday 6th November 2014, from 9.30am - 4.00pm. For more information, contact: Deirdre McParland, Senior Health Improvement Officer for Mental Health, Southern Health and Social Care Trust, at Email: deirdre.mcparland@southerntrust.hscni.net

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Invitation to 'Age Encounters' Seminar on Socially Isolated Older Men

The [ARK Ageing Programme](#) invites you to the next meeting of 'Age Encounters'. This is a network of researchers, academics and practitioners with an interest in age. Each 'Age Encounter' has presentations from speakers and time to chat over coffee. The next event will take place on Tuesday 25th November 2014, in the Old Staff Common Room, Lanyon Building, Queen's University Belfast. Tea / coffee / registration begins at 2.30pm, and presentations will start at 3.00pm. The speakers will be Lorna Montgomery and Janet Carter Anand ([School of Sociology, Social Policy and Social Work](#), Queen's University Belfast) who will discuss their recent research on services for socially-isolated older men in Belfast. [The Rejuvenate Project](#) from North Belfast will also highlight their services for men aged 55+ living across North Belfast. This event is free, but places must be booked in advance. Book your place by Friday 21st November 2014, by contacting Caroline on Email: caroline.rice@qub.ac.uk or Tel: 02890 973222.

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5 for Life!

The [South Eastern Health and Social Care Trust](#) invites you to a free men's health and wellbeing seminar on Tuesday 11th November 2014, from 9.15am - 1.00pm, in the La Mon House Hotel and Country Club, 41 Gransha Road, Castlereagh, Belfast BT23 5RF. This event will focus upon the 'Five Ways to Wellbeing', and is open to men and anyone who works with men. To book a place, contact Carol Brown at Tel: 02891 510275 or Email: carol.brown@setrust.hscni.net

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

What Works?: Suicide Prevention Conference

Northern Ireland counselling organisation [Contact](#), invites you to their fourth 'Suicide Prevention - What Works?' international conference. This will take place on Monday 10th and Tuesday 11th November 2014 in the Titanic Conference Centre, Belfast. This two day conference will offer an opportunity to hear from, learn, and network with, some of the foremost suicide prevention activists, researchers and academics. The first day will raise the voice of mental health recovery, while the second will explore suicide attempt survival, towards near perfect depression care, and driving suicide to zero in health care systems. For more information, visit: www.contactni.com/news/suicide

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Belfast's First International Men's Day Seminar

[Belfast City Council](#) would like to invite you to Belfast's first [International Men's Day](#) seminar in Belfast Castle, on Wednesday 19th November 2014, from 9.30am - 3.30pm. This event, which is being opened by the Lord Mayor of Belfast, will feature a number of speakers from men's organisations including Men's Advisory Project, Men's Sheds, and Men's Rights Northern Ireland. The event will look at topics such as mental health and wellbeing and family courts, as well as celebrating men's achievements in the City. For more information, or to book a place, contact Lucy Magee at Email: mageel@belfastcity.gov.uk or Tel: 02890 320202 ext. 3776.

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Ulster GAA Health and Wellbeing Conference

[Ulster GAA](#) is running a Health and Wellbeing Conference (titled 'Sláinte is Táinte - Health is Wealth') which will take place in the Ramada Plaza Hotel, Belfast, on Saturday 8th November 2014, from 9.00am - 3.30pm. The workshops will include: Addressing Addiction; Coping with Crises; From Playing Well to Staying Well; 'Heads Up' - Mental Health; Mol an Óige - Clubs enhancing Young People's Health. There will also be a number of keynote addresses by guest speakers. To register, or for more information, Email: conference.ulster@gaa.ie or call Fionntan O'Dowd on Tel: 02837 517180.

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Training

Pathways to Health Training

The [Community Development and Health Network](#) (CDHN) is delivering Level 2 and Level 3 training in 'Pathways to Health'. Level 2 training is designed for people who are engaging with local communities to address a range of social and inequality issues. Level 3 is delivered as a series of master classes (one per fortnight, for 14 weeks) and has been developed for individuals who have a strategic and policy development role within their organisation. Booking and further information is available at:

[www.cdhn.org/pages/index.asp?title=Pathways to Health Training Dates 2014 2015](http://www.cdhn.org/pages/index.asp?title=Pathways%20to%20Health%20Training%20Dates%202014%202015)

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Promoting Wellbeing Training Courses - SHSCT

The [Southern Health and Social Care Trust's](#) Promoting Wellbeing Training Brochure for September 2014 - March 2015 is now available online at:

www.southerntrust.hscni.net/pdf/PWB_Training_Brochure_Sept_2014_March_2015.pdf

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Seven Key Questions for a Better Life

Throughout Autumn 2014, the [Men's Development Network](#) (MDN) will be delivering their highly successful 'Seven Key Questions for a Better Life' training throughout Ireland. This day is facilitated in an open, friendly and experiential way, and draws upon discussion, group work and presentations to explore relevant topics. These questions can be used in a number of settings to positively address issues which impact upon men's lives, and to map next steps to a better life. The training provides a valuable insight into why supporting men is crucial; demonstrates successful ways to support men; and highlights best practice for engaging men with health and life issues. For further information, contact Lorcan Brennan (Email: lorcan@mens-network.net | Mobile: 086 3619884) or Martin Doheny (Email: martin@mens-network.net | Mobile 087 318 0156).

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Research

Male Carers: Husband, Partner, Dad, Son, Carer?

More than four in ten (42%) of the UK's unpaid carers are male. The report '*Husband, Partner, Dad, Son, Carer?*' looks into the experiences and needs of male carers, in order to raise awareness of the fact that they may not be getting the support that they need. The [Carers Trust](#) and the [Men's Health Forum](#) carried out a survey of male carers at the start of 2014. 609 male carers from across the UK took part. The report found that: more than one in four male carers in employment would not describe or acknowledge themselves as a carer to others - meaning they may not get the support they need at work; over half of the male carers surveyed felt that the needs of male carers were different to those of female carers - many citing that men find it harder to ask for help and support, and that balancing work and caring is challenging, particularly if they are the main earner; one quarter of men surveyed cared for more than 60 hours per week and worked; four in ten male carers said that they never had a break from their caring role; 56% of male carers aged 18-64 said being a carer had a negative impact on their mental health, and 55% said that their health was 'fair or poor'. For a copy of the report, visit: www.menshealthforum.org.uk/male-carers-husband-partner-dad-son-carer

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Web Links

Men's Issues on the Web ...

[Exposure to aluminium may impact on male fertility](#)

[Y chromosome linked to cancer and death risk in men](#)

[Self-reported sleep disturbances are linked to higher risk for Alzheimer's disease in men](#)

[Why men are the weaker sex when it comes to bone health](#)

[Queen's University Belfast Movember Video](#)

[Alcohol more likely to induce 'social bravery' in men than in women](#)

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Next Edition

The next edition of E-Male Matters will be released in December 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 a 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 November edition is Friday 28th November 2014.

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E-Male Matters is also available online at:
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

