

E-Male Matters

December 2014

The newsletter of the Men's Health Forum in Ireland

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Merry Christmas and a Happy New Year!
- from everyone in the Men's Health Forum in Ireland

Little Things can make a Big Difference to Young Men's Mental Fitness

The [Men's Health Forum in Ireland](#) (MHFI) has just released a report on the findings from the first phase of their 'Engaging Young Men Project' (EYMP). This report highlights that young men do care about their mental health and that - by changing even little things - service providers can make a huge difference to the quality of their engagement with young men. Between March 2011 and October 2012, MHFI coordinated an action learning project which sought to identify a range of possible means to promote positive mental health among young men on the island of Ireland. The final report on this initiative made twelve key recommendations. During 2014, MHFI was supported by funding from the [National Office for Suicide Prevention](#) to support the roll-out of one of these recommendations. This led to the establishment of the Engaging Young Men Project - which seeks to develop a training package that will increase the capacity of service providers to effectively engage with young men in relation to their mental health and wellbeing. The full report on the first phase of EYMP is available for free downloading at: www.mhfi.org/EYMPmappingreport.pdf

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Men's Health Week 2015 - A Date for Your Diary

Yes, it's that time again ... The turkey isn't even in the oven yet, and already someone is talking about next year!!! It seems like only yesterday when we were all hyped-up for Men's Health Week 2014, and now the next one is just around the corner ... [International Men's Health Week](#) (MHW) always begins on the Monday before Father's Day and ends on Father's Day itself. This coming year, it will run from Monday 15th until Sunday 21st June 2015. At this stage, the all-Ireland Planning Group for MHW has agreed the provisional theme for 2015 as: '*Creating Climate Change - writing a new script for men*'. Why not put these dates into your diary, and start thinking about how your group could mark this week? More details will follow in the New Year. After all, we want you to enjoy your Christmas break first.

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All-Island Planning Group for Men's Health Week

Every year, the [Men's Health Forum in Ireland](#) (MHFI) convenes an all-island Planning Group for Men's Health Week in Ireland. Organisations are invited to attend a number of meetings (some face-to-face and some via video-conference between Dublin and Belfast) to discuss the week and help to shape it. The second meeting of this body will take place on Wednesday 14th January 2015, from 11.00am - 1.45pm (including lunch), in the Diocesan Pastoral Centre, Dundalk, Co. Louth. If you would be interested in contributing to this meeting, please contact Colin Fowler at email: colin@mhfi.org

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Consultation on Parental Responsibility for Unmarried Fathers

The [Department of Finance and Personnel](#) has commenced a public consultation on the law relating to parental responsibility for unmarried fathers and contact with their children post-separation. To access the consultation paper, please download the Portable Document Format (PDF) file at: www.dfpni.gov.uk/consultation-paper-parental-responsibility-and-contact-with-children-post-separation.pdf The consultation will end on Monday 19th January 2015.

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

Newry Rainbow Community Drop-In Centre Now Open on Thursday Afternoons

The [Newry Rainbow Community](#) (NRC) Drop-in Centre is now open on Thursday afternoons from 12.30pm to 5.30pm. Are you lesbian, gay, bisexual and/or transgender? Do you want to meet other lgb&t people in a safe space? Maybe you could use a bit of advice, support, or just someone to talk to? ... If so, just drop in to 82a Hill Street, Newry BT34 1BE. Full details of all Centre opening times are available at www.gaynewry.com

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How to Make Weight-Loss Services Work for Men

A new guide launched recently by the [Men's Health Forum in England and Wales](#), shows how to adapt and run weight-loss programmes so that they are tailored specifically for men. In the UK, 67% of men are overweight or obese (significantly more than women at 58%), yet men are much less likely to join weight-loss programmes. Only 10-30% of those in weight-loss programmes are men, and some programmes attract almost no men. *'How to Make Weight-Loss Services Work for Men'* is based upon the findings from research led by the University of Aberdeen, in partnership with the University of Stirling and Bournemouth University (see: www.journalslibrary.nihr.ac.uk/hta/volume-18/issue-35 for a copy of this report). The [Men's Health Forum in Ireland](#) was delighted to be part of the Advisory Group for this wide-reaching systematic review. The 'How To' practice guide offers advice to anyone who is trying to attract men to weight-loss programmes. A free PDF copy of the booklet can be accessed online at: www.menshealthforum.org.uk/sites/default/files/pdf/how_to_weight_final_Ir_1.pdf

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Connect Counselling Extends Christmas Support Service

[Connect](#), the Freephone National Counselling and Support Service for adults who experienced abuse in childhood, will, once again, extend its service to open every evening from Wednesday 17th December 2014 to Sunday 4th January 2015, from 6.00pm - 10.00pm. Each year, Connect has noticed an increase in men availing of this service - very often to speak confidentially and anonymously with a professionally trained psychotherapist about experiences of childhood neglect and trauma. The Christmas period can be quite an isolating and stressful time, and we encourage anyone to avail of the service which is Freephone 1800 477 477 to callers from the Republic of Ireland, and 00800 477 477 77 to callers from Northern Ireland / the UK.

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Events

The Importance of Fathers in Children's Lives

[Improving Children's Lives](#), in association with [Parenting NI](#), [Family Mediation NI](#) and the [Men's Health Forum in Ireland](#), is hosting a seminar on *'The Importance of Fathers in Children's Lives: Outcomes, Evidence and Rights into Practice'*. This will take place on Thursday 12th February 2015 in the Canada Room, Queen's University Belfast. Visit www.mhfi.org/QUB2015.pdf for more details. This is a free, open event, but registration is essential. To register for a place, contact David Piekaar, Improving Children's Lives Administrator, at Email: d.piekaar@qub.ac.uk

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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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Training

Muslim Male Health and Wellbeing Programme

Closing the Gap, in conjunction with the Muslim Association of Craigavon, is running a new eight week Muslim Male Health and Wellbeing Programme which will commence on Tuesday 13th January 2015, at 7.00pm, in the Legahory Centre, Craigavon, Co. Armagh. The aim of this programme is to promote and encourage physical activity amongst males currently not considered active, to develop interaction between men, and to help sustain new local networks which encourage positive mental health by increasing engagement and interaction. The programme will provide weekly health information for men, and will address their health issues (particularly physical activity, heart disease, cancer, healthy eating, mental health, physical activity, drugs, alcohol and smoking). Participants will benefit from a health check at the beginning and at the end of the programme - to help to monitor any changes over time. On completion of the programme, participants will receive a time-bounded gym membership to help sustain their health and wellbeing changes. Expressions of interest must be sent before Noon on Friday 2nd January 2015 to Shameem Qureshi, Muslim Association of Craigavon, 131 Bleary Road, Portadown BT63 5NG | Tel: 07889 392570.

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The Dream Tarot

You are invited to a seven day residential workshop with 'The Fool's Dance Gestalt Company' from 14th - 20th February 2015, in the Waterville Lake Hotel, Waterville, Co. Kerry, Ireland. In this workshop you will discover how to explore your dreams using Paul Rebillot's powerful '*hyperGestalt*' methodology - a fusion of Gestalt process with ritual, drama, art, movement, music and meditation - and will: use images from your dreams to create your own unique personalised deck of Tarot cards; learn an expanded form of Gestalt process that you can apply, not only to reading your dream cards, but to the classic Tarot as well; stage your dreams, as you would a play, with yourself and other members of the group playing the roles; dance your dreams to completion, discovering what they are telling you in relation to the most important questions of your life. For further information, contact Fergus Lalor, 2 Harbour View Terrace, Summerhill North, Cork City | Tel. 021 4505711 | Email: fergus.lalor@upcmail.ie

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Pathways to Health Training

The [Community Development and Health Network](#) (CDHN) is delivering Level 3 training in 'Pathways to Health'. 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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Men's Health Programme in Banbridge, Co. Down

Closing the Gap is organising an eight week Men's Health and Wellbeing Programme which will target men from across the most deprived areas within the [Banbridge District Council](#) area. This will commence on Tuesday 13th January 2015, at 7.00pm, in [Banbridge Leisure Centre](#), Banbridge, Co. Down. This programme aims to: encourage physical activity amongst males currently not considered active; develop interaction between men; increase awareness and knowledge of health and wellbeing choices. The programme will offer weekly physical activity sessions and support. Eligible participants will benefit from a health check at the beginning and end of the programme, and will also receive a time-bounded gym membership to help to sustain these changes after the programme has ended. Interested individuals must complete and return an expression of interest form, which can be obtained from Emma McCabe by emailing: emma.mccabe@banbridge.gov.uk or phoning: 028 4062 8800. Completed forms must be returned before Noon on Friday 2nd January 2015.

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Research

Men's Food Behaviour

On Monday 8th December 2014, [Safefood](#) will be publishing a report on Men's Food Behaviour. This will explore key food-related public health issues, including both food safety and nutrition, and will examine relevant socio-cultural influences, knowledge, attitudes and behaviours. The report shows that, in Ireland, men are generally less engaged with food - both in terms of food hygiene and healthy eating - and this is having a detrimental effect on their health. Qualitative research with men revealed a number of influences on men's food behaviour, such as overcoming traditional gender stereotypes, perception of ability, life stage, and influence of the media. It concludes that we have a responsibility to tackle this challenge, particularly by raising awareness of weight as a major men's health issue, but also by teaching boys basic food skills such as shopping and cooking, and by creating positive role models for men's day-to-day involvement in safe and healthy food. For a copy of the report (on or after 8th December 2014) visit: www.safefood.eu/mensfoodbehaviour

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New Statistical Information Section on DHSSPS 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. The site can be accessed at: www.dhsspsni.gov.uk/index/statistics.htm On this site, you can also find a link to 'Health Inequalities: NI Health and Social Care Inequalities Monitoring System - Regional 2014' published in November 2014 (see: www.dhsspsni.gov.uk/hscims-2014-bulletin.pdf).

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Web Links

Men's Issues on the Web ...

[Teenage boys' weight perception](#)

[10 ways to get more exercise - without really trying](#)

[Older men less likely to receive osteoporosis screening and treatment](#)

[JCVI supports vaccinating men who have sex with men](#)

[High consumption of trans fats linked to poorer memory in men](#)

[What, in a man's face, makes him masculine?](#)

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Next Edition

Due to the Christmas holidays, there will NOT be a January edition of E-Male Matters. The next newsletter will be released in February 2015. 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 The submission deadline for the February edition is Thursday 29th January 2015.

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

