

E-Male Matters

April 2015

The newsletter of the Men's Health Forum in Ireland

Quick links to articles in this edition ...

NEWS

[Are You Ready For It?](#)

[MHW Poster and Postcards Available Soon](#)
[Updated 'Challenges and Choices' Man Manual](#)
[Facebook and Twitter Pages Seek Fans!](#)

[May is 'Green Ribbon' Month](#)

[Building the Community-Pharmacy Partnership](#)
[Launch of British Society of Gerontology NI](#)

EVENTS

[Men's Health Symposium in Dublin](#)

WEB LINKS

[Men's Issues on the Web](#)

TRAINING

[Gender and Health Workshop](#)
['Let's Talk About... Safer Sex' Training for Trainers](#)

RESEARCH

[MSM Internet Survey Ireland \(MISI\) 2015](#)
[Identity of Young Men in Post-Conflict NI](#)
[Health Inequalities and Young People in Ireland](#)
[Living with and Loving Someone with Bipolar](#)

NEXT EDITION

[Submit an Article for the Next Issue](#)

News

Are You Ready for It? ...

An all-island Planning Group has been meeting. Posters are being printed as we speak. A Man Manual is being designed. Ideas for action are being formulated. Events are slowly taking shape ... Yes, you've guessed it - it's almost time for Men's Health Week 2015!

This year, International Men's Health Week (MHW) will run from Monday 15th until Sunday 21st June 2015. Groups throughout Ireland will be joining with other European countries - as well as the USA, Australia, New Zealand and a number of other places worldwide - to mark this occasion.

Each year, there is a specific theme. This year, the island of Ireland will focus upon '**Creating Culture Change**'. This calls upon EVERYONE to stop just talking about men's health and to do something positive and practical to help to improve it - as the strapline for the week says: '**it's time for a new script**'.

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 / activities; encourage the early detection and treatment of health difficulties in males. Any events and activities to celebrate this occasion are very welcome. Have you started to plan something for this week yet? If so, why don't you tell other people about it? Visit www.mhfi.org/mhw/mhw-2015.html to find out more.

[Back to Top](#)

Men's Health Week 2015 Poster and Postcards Available Soon

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 2015](#), Tony Ward - former Ireland international rugby player - is starring in an island-wide poster campaign to raise awareness of the week. The message on this poster is very simple: *'It's time for a new script'*. The posters will be ready by early May, are free, and will be available in A₃ size hard copy as well as in a range of electronic formats (from the Men's Health Forum in Ireland [website](#)). Following on from the success of last year, an A₆ size 'postcard' version of the poster will also be available. This can be sent to men you know or given out as a flyer. To order copies of the poster and postcard, email: colin@mhfi.org Please give your name, organisation (if applicable), postal address, telephone number, and state how many of each publication you would like to have.

[Back to Top](#)

Updated 'Challenges and Choices' Man Manual

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. A free 32 page Man 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 2015](#). It poses ten simple and practical health challenges to men and, to meet every challenge, it offers three choices. All 10,000 copies of this manual were snapped-up within a few weeks last year - so, if you would like some copies to distribute to the men you know / work with, get in touch soon! You can see what last year's version looked like at: www.mhfi.org/challenges.pdf The 2015 edition will update some of the content in this version. To order copies, email: colin@mhfi.org and provide your name, organisation (if applicable), postal address, telephone number, and state how many copies you would like to have. The publication of this booklet has only been possible because of the generous support given by the [Public Health Agency](#) in Northern Ireland, the Health Promotion and Improvement Department within the [Health Service Executive](#) in the Republic of Ireland, and the author - Dr Ian Banks.

[Back to Top](#)

Facebook and Twitter Pages Seek Fans!

To keep everyone up-to-date with the latest news on [Men's Health Week \(MHW\) 2015](#) - 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 and 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 2015, and include #MHW2015 in your message.

[Back to Top](#)

May is 'Green Ribbon' Month

During May 2015, [See Change](#) will be coordinating a month long [Green Ribbon](#) campaign to get people in Ireland talking openly about mental health problems. More than 500,000 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

[Back to Top](#)

Building the Community-Pharmacy Partnership Funding

The [Community Development and Health Network](#) (CDHN) has opened up 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 continue to support partnerships previously involved in BCPP. The BCPP programme promotes and 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 with established partnerships who have a clear vision of what they want the project to achieve. It consists of a maximum of £10,000 for a project that can last up to two years. The closing date for Level 2 applications is Thursday 16th April 2015 at 4.00pm. For more information, visit: www.cdhn.org/bcpp

[Back to Top](#)

Launch of British Society of Gerontology in Northern Ireland

A new branch of the British Society of Gerontology in Northern Ireland (BSGNI) is being formed which will bring together practitioners, educators, policy-makers, students and older people. The aim of the Society is to increase awareness of social gerontology, and to develop a vibrant, cross-sector, social gerontology research network within Northern Ireland. To launch BSGNI, an event titled 'Representing Age' will take place on Wednesday 22nd April 2015. Professor Julia Twigg (University of Kent) will present her research on clothes, fashion and age, whilst Dr Maeve Rea (Queen's University Belfast) will talk about 'Super Vivere: Reflections on long life and ageing well'. This event will take place in the Arts Council, 77 Malone Road, Belfast, from 3.00pm - 5.00pm. Registration begins at 2.30pm. The event is free. However, places are limited and, so, must be booked in advance by emailing: caroline.rice@qub.ac.uk

[Back to Top](#)

Events

Men's Health Symposium in Dublin

You are invited to apply for a place on a Men's Health Symposium which will be held in Dr Steeven's Hospital, Dublin, on Wednesday 15th April 2015. The aim of this event is to launch / disseminate a report on the review of Ireland's National Men's Health Policy, and to consider the implications of this report in the context of 'Healthy Ireland' and future men's health work. This symposium will also showcase recent outputs in men's health work that can inform ongoing and future initiatives. To see a copy of the programme, visit:

www.mhfi.org/symposium2015.pdf For an application form, email: susan.broderick@hse.ie

[Back to Top](#)

Training

Gender and Health Workshop

Health professionals, healthcare workers, educators, youth workers and community workers are invited to apply for a place on a 'Gender and Health Workshop' which will take place on Wednesday 13th May 2015, from 9.15am - 4.30pm, in the Regional Education Centre, Ardee, Co. Louth. This training is being facilitated by Rosemary O'Callaghan (Development Officer for Women's Health) and Finian Murray (Development Officer for Men's Health) from the HSE Dublin North East. For more details, visit: www.mhfi.org/GenderCourse2015.pdf

[Back to Top](#)

'Let's Talk About... Safer Sex' Training for Trainers

The primary aim of this programme is to train youth and community workers to deliver HIV, hepatitis, and sexual health education programmes to the groups in their care. Over four days, participants will be trained on HIV, hepatitis, STIs, negotiating safer sex, and general sexual health. Guest speakers will also form part of the programme including speakers on contraception and family planning, relationships and sexuality education, LGBT issues, and best practice guidelines with regard to sexual health education programmes. The dates are: 12th May, 19th May, 26th May and 2nd June 2015, with the programme commencing at 10.00am and lasting until 4.30pm each day. Participants will receive the 'Let's Talk About... Safer Sex' training resource manual on completion of the programme. For further information, visit:

www.dublinaidalliance.ie/index.php?page=Training-for-Trainers

[Back to Top](#)

Research

MSM Internet Survey Ireland (MISI) 2015

The HSE has launched a major survey of men who have sex with men (MSM) in Ireland. The MSM Internet Survey Ireland (MISI) 2015 aims to identify the sexual health and HIV prevention needs of MSM living in Ireland. The survey went live on 1st March at www.misi.ie and will be open for participation until the 31st May 2015. MISI 2015 is a cross-sectoral partnership of statutory organisations, NGOs and voluntary organisations working in the area of HIV prevention and sexual health; consisting of the HSE's Gay Men's Health Service (GMHS), Health Protection Surveillance Centre (HPSC), Crisis Pregnancy Programme (CPP), and the Gay Health Network (GHN). The project is supported by an advisory group of international experts. The partnership is urging as many men as possible to participate in the survey and to contribute to the future planning of HIV prevention and sexual health services and promotion.

[Back to Top](#)

'We Missed out on the Troubles': Understanding the Identity of Young Men in Post-Conflict Northern Ireland

A post-graduate student from the United States is conducting research for a project that addresses issues regarding young men in Northern Ireland today. The project focuses on understanding how young men's social and political identities have been influenced by their experiences of living in Northern Ireland during the 1990s transitional period. Furthermore, the project examines how these experiences have impacted not only young men's mental health and behaviour, but also their perceptions of masculinity. The researcher is looking to interview men who are between the ages of 27-38, and who were not only born in Northern Ireland, but also lived in Northern Ireland during the 1990s - particularly between 1994 to 1998. Research will be conducted throughout March until 30th April 2015. To participate, contact Jenna Lada at email: jl238309@ohio.edu

[Back to Top](#)

Health Inequalities and Young People in Ireland: A Review of the Literature

Young people across Ireland are growing up in a wide variety of settings and environments - all of which powerfully influence their health outcomes. The majority of these young people experience good health. However, the enjoyment of health is not evenly distributed across Ireland's youth. The National Youth Council of Ireland (NYCI) has produced 'Health Inequalities and Young People in Ireland: A Review of the Literature' to provide a comprehensive analysis of key national and international evidence in relation to health inequalities, along with an overview of the extent of health inequalities among young people in Ireland. The review highlights gaps and limitations in knowledge in Ireland, and provides an

overview of recent policies and initiatives that can contribute to strengthening our capacity to address health inequalities across the youth sector. You can access a PDF version of this report at: www.mhfi.org/NYCI2015.pdf

[Back to Top](#)

Living with and Loving Someone with Bipolar

I am a 51 year old woman living with Bipolar; married for 24 years to a man who has walked the demanding path of Bipolar with me. However, it has had a cost for him. As a man, he has had to carry the pressure alone. My taking Lithium has helped, but it has left him stressed and questioning his own self-confidence. At 45, I returned to University and studied Psychology. I wanted to increase the research and support for men living and loving someone with Bipolar. At the moment, there is nothing available to help men living with a partner with bipolar. This is a silent sector suffering alone. I am dedicating my present Thesis to examining the experience of Irish men. I am asking Irish men to come forward to be interviewed for my research and, from this, to develop a specific therapy for men living with this burden. I am asking you - any men with this experience - to tell me your story, and let me know the supports you need. The interviews will be under an assumed name, in confidence, and can be completed through Skype. To help with this study, Email: dooley.breda@gmail.com or Tel: 086 8598792.

[Back to Top](#)

Web Links

Men's Issues on the Web ...

[Men's heart disease risk linked to high testosterone and low oestrogen](#)
[Eating fruits and vegetables with high pesticide residue may affect sperm quality](#)
[Men have more complications after total knee and hip replacements](#)
[Fit middle-aged men 'at lower risk for some cancers'](#)

[Back to Top](#)

Next Edition

The next edition of 'E-Male Matters' will be released in May 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 May edition is Thursday 30th April 2015.

[Back to Top](#)

**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