

# E-Male Matters

June 2015

The newsletter of the Men's Health Forum in Ireland

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## Men's Health Week 2015

**Everything you need to know about Men's Health Week, but were too afraid to ask ...**  
[International Men's Health Week](#) (MHW) is just around the corner. It will run from Monday 15<sup>th</sup> until Sunday 21<sup>st</sup> June 2015. The theme in Ireland will focus upon **'Creating Culture Change - it's time for a new script'**. This calls upon everyone to stop just talking about men's health and to do something positive and practical to help to improve it.

However, not everybody knows about MHW, what it hopes to do, why it needs to happen, or how they can get involved. That's why there is a MHW 2015 'Toolbox for Action'. This useful resource can be downloaded at: [www.mhfi.org/mhw2015toolbox.pdf](http://www.mhfi.org/mhw2015toolbox.pdf)

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## Have You Put a Men's Health Week Poster Up Yet?

Even if you don't do anything else to support [Men's Health Week](#) this year, you can at least put up a poster to let everyone know when it's taking place! Former international rugby star Tony Ward (Irish sporting legend, prostate cancer sufferer, and champion of men's health) is acting as the 'face' of Men's Health Week 2015 in Ireland and starring in a nationwide poster campaign. 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-2015.html#Poster](http://www.mhfi.org/mhw/mhw-2015.html#Poster) However, supplies of the hard copies are running out fast!

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## How to Join in Men's Health Week 2015

Absolutely everyone can do something to support and celebrate [Men's Health Week](#) (MHW) 2015. The focus for this year (i.e. '*Creating Culture Change*') 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 could include, for example ...

- Putting-up a poster.
- Advertising MHW on your own website.
- Creating a link from your website to the MHW 2015 web page ([www.mhfi.org/mhw/mhw-2015.html](http://www.mhfi.org/mhw/mhw-2015.html)).
- Sending an email to everyone in your contacts list about Men's Health Week and asking them to forward the message.
- Inserting the MHW logo ([www.mhfi.org/mhw/mhw-image-pack.html#Generic](http://www.mhfi.org/mhw/mhw-image-pack.html#Generic)) into your outgoing emails.
- 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 the link to all your friends.
- Including information about MHW in your mailouts / newsletters.
- Telling others about what is happening in your area during MHW by posting details on the MHW website ([www.mhfi.org/mhw/promote-an-event.html](http://www.mhfi.org/mhw/promote-an-event.html)).
- Reminding your colleagues to follow all the latest MHW news on Twitter ([www.twitter.com/MensHealthIRL](http://www.twitter.com/MensHealthIRL)).
- Tweeting about MHW 2015, and including #CreatingCultureChange in your tweet.
- Encouraging the men you know to get involved in some of the activities taking place around the country ...

Doing one or more of these simple (and cost-free) things would contribute hugely to MHW 2015! For even more ideas, visit: [www.mhfi.org/mhw2015celebrateit.pdf](http://www.mhfi.org/mhw2015celebrateit.pdf)

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## Tell Everyone About What You're Doing

Every year there are hundreds (possibly even thousands) of events throughout Ireland to celebrate Men's Health Week (MHW). 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 2015](#) (see: [www.mhfi.org/mhw2015events.pdf](http://www.mhfi.org/mhw2015events.pdf)). 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) Other submission options are available at: [www.mhfi.org/mhw/mhw-2015.html#TellOthers](http://www.mhfi.org/mhw/mhw-2015.html#TellOthers)

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### **‘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 is being distributed by the [Men’s Health Forum in Ireland](#) to mark [Men’s Health Week 2015](#). This poses ten simple and practical health challenges to men and, to meet every challenge, it offers three choices. 10,000 copies of this manual were printed, but most have already been snapped-up. Unfortunately, we can now only give out small numbers of these on a first-come-first-served basis. You can see a PDF file of what it looks like at: [www.mhfi.org/challenges2015.pdf](http://www.mhfi.org/challenges2015.pdf) 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. To find out how to get copies, visit: [www.mhfi.org/mhw/mhw-2015.html#Challenges](http://www.mhfi.org/mhw/mhw-2015.html#Challenges)

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### **Men’s Health Week 2015 Social Media**

To keep 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 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) Why not Tweet about MHW 2015, and include #CreatingCultureChange in your message?

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### **List of Men’s Health Week 2015 Events (*that we know about*)**

Have a look at: [www.mhfi.org/mhw2015events.pdf](http://www.mhfi.org/mhw2015events.pdf) to see if there are any events for [Men’s Health Week](#) taking place near you. However, this is just a list of the things that we have been told about - so, if you know about other things, let us know the details as soon as possible! This list is added to daily, so check it out regularly.

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## News

### **Launch of Findings from Review of the National Men’s Health Policy**

The findings from an independent review on the impact of Ireland’s [National Men’s Health Policy 2008-2013](#) (commissioned by the Department of Health / Health Services Executive) were launched in Dublin on Wednesday 15<sup>th</sup> April 2015. This launch took place during the Men’s Health Symposium held in Dr Steeven’s Hospital. Copies of the full report can be downloaded from: [www.mhfi.org/policyreview2015.pdf](http://www.mhfi.org/policyreview2015.pdf)

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### **Technology, Mental Health and Suicide Prevention in Ireland**

On Monday 8<sup>th</sup> June 2015, [ReachOut.com](http://ReachOut.com) is launching a new publication titled: ‘Technology, Mental Health and Suicide Prevention in Ireland - a Good Practice Guide’. This was commissioned by the Health Service Executive’s [National Office for Suicide Prevention](#) (NOSP). For more information contact: Derek Chambers at Email: [derek@reachout.com](mailto:derek@reachout.com)

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## Free MOT Health Checks in Belfast

Throughout June 2015, [Action Cancer](#) will be offering free MOT health checks to males aged 16 years and older in their Belfast office. These tests include cholesterol and glucose testing, blood pressure, lung function, body composition analysis, and facial skin analysis. Action Cancer will also provide advice on diet, nutrition and cancer awareness. To book an appointment, call Action Cancer on Tel: 02890 803344 or visit [www.actioncancer.org](http://www.actioncancer.org) to book online.

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## Events

### 13<sup>th</sup> Annual Gay Health Forum

The Gay Men's Health Service (GMHS), HSE, and partners Gay Health Network (GHN) with the support of the Department of Health, the HSE's National Directorate Health and Wellbeing, and Primary Care and Mental Health is pleased to announce the 13th Annual Gay Health Forum (GHF13). This will take place on Friday 5<sup>th</sup> June 2015, at The Printworks, Dublin Castle. Men who have Sex with Men (MSM) are recognised as a key target group for HIV prevention, sexual health awareness, and care and support services. The GHF13 theme will be: 'Empowering: Sexual Health and Well-Being'. GHF13 provides an important platform for presentations from recent clinical audits, research, and surveillance reports on HIV and STIs. For further information on GHF13, email: [mick.quinlan@hse.ie](mailto:mick.quinlan@hse.ie)

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## Training

### 'Engage' Men's Health Workshop

You are invited to apply for a place on an 'Engage' Men's Health Workshop which will take place on Tuesday 9<sup>th</sup> June 2015, from 9.30am to 4.00pm, in Craigavon Area Hospital, Portadown, Co Armagh. The aim of this training is to increase participants' understanding of best practice in engaging men with health and social services, and will look at: the broad determinants of men's health, including how gender influences men's approach to looking after their own health; how to guide health consultations with men using brief intervention and motivational interviewing techniques; how best practice guidelines in working with men can be used to engage men more effectively with health and social services; the barriers and prompts experienced by men when accessing health and social services. The facilitators will be Rosemary Daly and Nuala Quinn from the [Southern Health and Social Care Trust's Promoting Wellbeing Team](#). To book a place, contact Mairead Casey at Tel: 02837 412129 or Email: [Mairead.Casey@southerntrust.hscni.net](mailto:Mairead.Casey@southerntrust.hscni.net)

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### Healthy Food Made Easy

'Healthy Food Made Easy' is a HSE funded six week nutrition and cookery course. It aims to help people of all ages and abilities to make healthier choices when shopping, cooking and eating. Courses can be run for local clubs or individuals, and requests from men's groups are particularly welcome. For more information, contact Linda Scanlan in [Northside Partnership](#) on Tel: 01 8485608 or visit: [www.northsidepartnership.ie/healthy-food-made-easy](http://www.northsidepartnership.ie/healthy-food-made-easy)

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## **Irish Health and Safety Legislation on Workplace Intoxicants (Drugs and Alcohol)**

Health and safety legislation on workplace intoxicants in Ireland will provide new opportunities for EA professionals. Section 13(1)b of the Safety Health and Welfare at Work Act 2005 requires that employees reporting under the influence of intoxicants are removed from their place of work and are provided with reasonable accommodation. This accommodation will require initial assessment, treatment and rehabilitation for alcoholism and other addictions. To consider the implications of this legislation, the EAP Institute will conduct a seminar titled 'Reporting for Work under the Influence of Drugs and Alcohol - Employer's Legal Obligations' on Thursday 24<sup>th</sup> September 2015 in the Ballsbridge Hotel, Dublin. Details are available at: [www.eapinstitute.com/drugalcohol.php](http://www.eapinstitute.com/drugalcohol.php)

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## **One Day Sexual Health Training**

The [Irish Family Planning Association](http://www.ifpa.ie) (IFPA) is offering comprehensive one-day training on the basics of sexual and reproductive health. This training is recommended for health professionals, educators, carers, youth, social and community workers, or anyone who wants to know more about sexual and reproductive health. The course content includes: contraception; sexually transmitted infections; unplanned or crisis pregnancy; sexual health; healthy relationships; legislation and the age of consent. The next training takes place on Thursday 17<sup>th</sup> September 2015. To find out more, visit: [www.ifpa.ie/Education-Training/Programmes/Sexual-Health](http://www.ifpa.ie/Education-Training/Programmes/Sexual-Health)

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## **Hepatitis Workshop**

You are invited to apply for a place on a workshop which will provide participants with up-to-date and relevant information on Hepatitis A, B, and C - including transmission, prevention, testing and treatment. This will take place on Tuesday 23<sup>rd</sup> June 2015, from 10.00am to 1.30pm, in HIV Ireland, 70 Eccles Street, Dublin 7. For further information and a booking form, visit: [www.hivireland.ie](http://www.hivireland.ie)

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# Research

## **Research Assistant Needed for 'Men on the Move' Project**

The Health, Sport and Exercise Science Department within [Waterford Institute of Technology](http://www.wit.ie) is seeking to recruit a full-time Research Assistant (on a nine month contract) to help with an evaluation of the 'Men on the Move' (MoM) initiative. MoM is a community-based physical activity programme for adult men. This study will investigate the impact of the programme on the physical fitness, weight status and general health of the men who attend, and will explore how it could inform the development of a model of good practice that could be adopted elsewhere. The closing date for applications is Thursday 11<sup>th</sup> June 2015. Further details can be found at: [www.irishjobs.ie/Jobs/Research-Assistant-Ref-No-014858-7574649.aspx](http://www.irishjobs.ie/Jobs/Research-Assistant-Ref-No-014858-7574649.aspx)

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## **Is Northern Ireland a Good Place to be Old?**

The [ARK Ageing Programme](http://www.arkageingprogramme.com) invites you to a seminar titled: 'Is Northern Ireland a Good Place to be Old?' This event (in [Queen's University Belfast](http://www.qub.ac.uk), on Wednesday 17<sup>th</sup> June 2015, from 10.30am - Noon) marks the launch of the results of the 2014 [Northern Ireland Life & Times Survey](http://www.northernirelandlifetimesurvey.com), and will focus on attitudes to ageing and ageism. During the seminar, Paula Devine and Gemma Carney (ARK Ageing Programme) will discuss key findings from the 2014 Life &

Times survey. Claire Keatinge ([Commissioner for Older People for Northern Ireland](#)) will highlight the importance of research in helping policy makers make Northern Ireland a better place for older people. For more information, contact Caroline at Tel: 02890 973222 | Email: [caroline.rice@qub.ac.uk](mailto:caroline.rice@qub.ac.uk) or visit: [www.ark.ac.uk/ageing](http://www.ark.ac.uk/ageing)

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## Web Links

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

[Strokes 'double in men aged 40-54' in Northern Ireland](#)

[E-cigarettes alter lungs 'at cellular level'](#)

[Offering the HPV vaccine for boys as well as girls](#)

[Exercise 'not key to obesity fight'](#)

[WHO predicts Ireland to be Europe's fattest country by 2030](#)

[Prostate cancer: risk of death may be raised by Western diet](#)

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## Next Edition

The next edition of 'E-Male Matters' will be released in August 2015. 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 Wednesday 29<sup>th</sup> July 2015.

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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**

