

# E-Male Matters

November 2015

The newsletter of the Men's Health Forum in Ireland

## Quick links to articles in this edition ...

### NEWS

[The Hairiest Month of the Year is Here!](#)  
[International Men's Day 2015](#)  
[Asking for Help isn't a Weakness - It's a Strength](#)  
[Building the Community-Pharmacy Partnership](#)

### TRAINING

[Free Connecting with Young Men Workshops](#)  
[The Dad Factor - Practitioner Workshops](#)  
[Hepatitis Workshop](#)  
[Parent-Teen Communication: Facilitators' Course](#)

### WEB LINKS

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

### EVENTS

['Men at Work' - Challenges of Working with Men](#)  
[Get Men Talking Seminars](#)  
[Have Your Say on Cancer](#)  
[Suicide Prevention - What Works?](#)  
[Back to Basics - Put a Spring in your Step](#)

### RESEARCH

[Mental Health Services for Young People](#)  
[Public Consultation on the Future of 'Lifeline'](#)

### NEXT EDITION

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

## News

### The Hairiest Month of the Year 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> to find out more about Movember on the island of Ireland.

[Back to Top](#)

### International Men's Day 2015

[International Men's Day](#) (Thursday 19<sup>th</sup> November) focuses on the health of men and boys, improving gender relations, promoting gender equality, and highlighting positive male role models. It is an occasion for men to celebrate their achievements and contributions, while also highlighting the discrimination that they face. The theme for 2015 is 'Make a Difference for Men and Boys'. [Belfast City Council](#) is marking this day with a celebration in the City Hall from 9.30am - 12.30pm. For more information, contact Una Lappin, Health Equity Project Officer, at Tel: 02890 320202 ext 3777 | Email: [lappinu@belfastcity.gov.uk](mailto:lappinu@belfastcity.gov.uk)

[Back to Top](#)

## Asking for Help isn't a Weakness - It's a Strength

Throughout the month of November, [Together For You](#) is running a campaign to encourage men to look after their mental health and wellbeing by seeking help early. By asking the question *'are you trying to remain strong and silent?'*, Together For You is encouraging men to talk, to ask for help, or to simply say to a friend or loved one *'I'm not feeling myself'*. The stigma that surrounds mental health, in addition to the reluctance of some men to admit that there is something wrong, is quite literally killing men - who are three times more likely to die by suicide than women (77% of those who completed suicide in Northern Ireland between 2005 and 2011 were men). This stereotypical view that men should remain strong and silent needs to change. Asking for help isn't a weakness, it's a strength! Speaking out and challenging the stigma of mental health is courageous. Doing so may help to save not only your life, but the lives of other men who are suffering in agonising, lonely silence. Help is available ... Pick up the phone (028 9032 9150), drop a short email ([TFY@amh.org.uk](mailto:TFY@amh.org.uk)), or visit: [www.togetherforyou.org.uk](http://www.togetherforyou.org.uk)

[Back to Top](#)

## Building the Community-Pharmacy Partnership Funding

[Building the Community-Pharmacy Partnership](#) (BCPP) is an initiative between the [Community Development and Health Network](#) (CDHN) and the [Health and Social Care Board](#). The programme aims to establish stronger partnerships between local communities and community pharmacists to address local health needs in Northern Ireland. It is based upon a community development approach. BCPP funding is, currently, available for Level 2 and 3 projects. For more information, see: [www.cdhn.org/bcpp/how-apply](http://www.cdhn.org/bcpp/how-apply)

[Back to Top](#)

# Events

## 'Men at Work' - The Challenges of Working with Men

You are invited to a half day conference on men's health which will be held on Thursday 19<sup>th</sup> November 2015, from 9.30am - 12.30pm, in the Market House, The Square, Ballynahinch, Co. Down. Dr Ian Banks, President of the [European Men's Health Forum](#), will be the keynote speaker at this event which is aimed at organisations and individuals who work with men or have difficulty engaging with them. The programme will also include Finian Murray from the [Men's Health Forum in Ireland](#) who will talk about how to engage men using humour. Emma Bohill, an independent consultant, will discuss men's resilience in sport, while Philip Campbell from Down Arts will outline how his organisation has had success in linking with men through art projects. There will also be a range of health information stands available. The conference has been organised by the newly formed Men's Health Group in the South Eastern Health and Social Care Trust area. To book a place, Email: [mary@countydownrcn.com](mailto:mary@countydownrcn.com) or Tel: 028 4461 2311.

[Back to Top](#)

## Get Men Talking Seminars

The [Marie Keating Foundation](#) is offering free 'Get Men Talking' seminars. Each event includes an overview of male cancers, a survivor's story, and a session on mindfulness. They will take place in Letterkenny (Tuesday 24<sup>th</sup> November), Limerick (Wednesday 25<sup>th</sup> November), Dublin (Thursday 26<sup>th</sup> November), and Waterford (Thursday 26<sup>th</sup> November). All the seminars run from 6.00pm to 8.30pm, and are open to men who have an interest in health or are affected by cancer. Registration is essential. Visit [www.mariekeating.ie/events](http://www.mariekeating.ie/events) for more details, or Tel: 01 628 3726 | Email: [info@mariekeating.ie](mailto:info@mariekeating.ie)

[Back to Top](#)

## Have Your Say on Cancer

If you, or someone you know, have been affected by cancer - be it through a cancer diagnosis, a friend or family member being diagnosed with cancer, or looking after someone with cancer - [Macmillan Cancer Support](#) and [Belfast Health and Social Care Trust](#) want to hear from you. They are hosting a series of events in local communities throughout Belfast in late November which will give people affected by cancer the chance to have their say on everything from improving services to providing better support. For more information, contact Stephanie McCann at Tel: 02895 043890 | Email: [stephaniea.mccann@belfasttrust.hscni.net](mailto:stephaniea.mccann@belfasttrust.hscni.net)

[Back to Top](#)

## Suicide Prevention - What Works?

The 5th Annual [Contact](#) Suicide Prevention Conference is taking place on Wednesday 11<sup>th</sup> November 2015, from 10.00am - 4.30pm, in the Titanic Conference Centre Belfast. Admission is free, and the day is open to anyone with an interest in suicide prevention. The morning keynote session will be presented by Joe Rafferty, CEO Mersey Care NHS Trust, and will focus on their 'NO MORE' five year strategic policy initiative which seeks to envisage a zero suicide death rate for their region (see: [www.no-more.co.uk](http://www.no-more.co.uk)). Also presenting will be Dr Christabel Owens, Exeter Medical Centre, on her work on the systematic review of psychological autopsy studies following family experience of suicide bereavement. Christabel will speak about the importance of following intuition when assessing suicide risk for a family member, and asking the difficult questions when suicidal ideation and suicide planning may converge. The afternoon session will be devoted to a public debate on the future of the Regional Lifeline Service. To register for a place, Email: [Deirdre.ONeill@contactni.com](mailto:Deirdre.ONeill@contactni.com)

[Back to Top](#)

## Back to Basics - Put a Spring in your Step

The Southern Area Men's Health Group invites you to put a date in your diary for their annual men's health event. This year, the theme will be 'Back to Basics - Put a Spring in your Step', and it will take place on Friday 4<sup>th</sup> March 2016. Further details will be available soon.

[Back to Top](#)

# Training

## Free Connecting with Young Men Workshops

One of the big questions of the age is: *'Are young men not interested in looking after their own health, or are we simply not offering them the right things in the right way? ...'* If you work in the Republic of Ireland, are curious about the answer to this question, and would like practical ideas to help your organisation to engage more effectively with young men, then you might be interested in a free one day workshop titled 'Connecting with Young Men'. This workshop has been developed by the [Men's Health Forum in Ireland](#) (MHFI) - funded by the HSE's [National Office for Suicide Prevention](#) - and is a new Unit within the highly regarded ['Engage' National Men's Health Training Programme](#). MHFI is, currently, looking for groups who would like to host this free workshop for their staff / volunteers / activists. For more details, visit: [www.mhfi.org/ConnectingWorkshops.pdf](http://www.mhfi.org/ConnectingWorkshops.pdf)

[Back to Top](#)

## **The Dad Factor - Practitioner Workshops**

Following the highly successful launch of 'The Dad Factor' briefing paper in September 2015, [Parenting NI](#) will be delivering a series of free workshops to practitioners who work with dads. These workshops will take place throughout Northern Ireland during late November. They will reflect on the key messages contained in the briefing paper, and will explore the role of fathers, the challenges fathers face, and how practitioners can influence policies and practice to ensure fathers are supported to be actively engaged in their child's life. For more information, Email: [education@parentingni.org](mailto:education@parentingni.org) | Tel: 02890 310891.

[Back to Top](#)

## **Hepatitis Workshop**

The aim of this Workshop is to provide participants with basic up-to-date and relevant information on Hepatitis A, B, and C, including transmission, prevention, testing and treatment. It will take place on Tuesday 17<sup>th</sup> November 2015, from 10.00am to 1.30pm, in HIV Ireland, 70 Eccles Street, Dublin 7. Further information and booking forms are available at: [www.hivireland.ie/what-we-do/training/hepatitis-workshop](http://www.hivireland.ie/what-we-do/training/hepatitis-workshop) or by emailing: [sue.carter@hivireland.ie](mailto:sue.carter@hivireland.ie)

[Back to Top](#)

## **Parent-Teen Communication: Facilitators' Training Course**

This training course - organised by ACET - will be beneficial to anyone wishing to develop and extend their knowledge and skills in the area of parent-teen communication as part of their role in the wider community within the Belfast Health and Social Care Trust area. The programme has been accredited by the Open College Network with 6 Credits at Level 3, and is free of charge. For full details see: [www.mhfi.org/ACETtraining2015.pdf](http://www.mhfi.org/ACETtraining2015.pdf)

[Back to Top](#)

# Research

## **Mental Health Services Survey for Young People**

A group of young people taking part in the Northern Ireland Assembly 'Connections' Project are conducting a survey to find out what 11-25 year olds know about the mental health services available to them. They are seeking to recruit respondents. The survey is completely anonymous, and should take around 10 minutes to complete. The survey closes on Friday 13<sup>th</sup> November 2015, and can be accessed at: [www.surveymonkey.com/r/MentalHealthSurvey15](http://www.surveymonkey.com/r/MentalHealthSurvey15)

[Back to Top](#)

## **Public Consultation on the Future of the Lifeline Crisis Intervention Service**

The [Public Health Agency](#) (PHA) is consulting on the future of the Lifeline crisis intervention service. This consultation will run until the 19<sup>th</sup> of November 2015. Lifeline is Northern Ireland's crisis response helpline service for people who are experiencing distress or despair. The PHA is keen to engage with the public and relevant stakeholders to ensure that the future service specification is appropriately informed. During this consultation period, the PHA will also host a series of workshops to ensure that all stakeholders have the opportunity to input fully. See: [www.publichealth.hscni.net/consultation-lifeline-crisis-response-service](http://www.publichealth.hscni.net/consultation-lifeline-crisis-response-service)

[Back to Top](#)

## Web Links

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

[Expectant dads get depressed too](#)

[Prenatal exposure to fracking chemicals may affect men's fertility](#)

[Breast cancer: are men the forgotten victims?](#)

[The father effect - how environmental memories may be transmitted to grandchildren](#)

[Male suicide on rise as result of austerity](#)

[Please hear what I'm not saying ...](#)

[Back to Top](#)

## Next Edition

The next edition of 'E-Male Matters' will be released in December 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](mailto:emalematters@mhfi.org) The submission deadline for the November edition is Friday 27<sup>th</sup> November 2015.

[Back to Top](#)

**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**

