

# E-Male Matters

June 2016

The newsletter of the Men's Health Forum in Ireland

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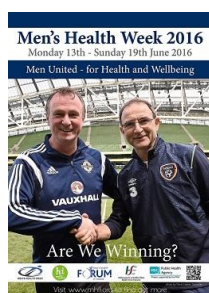
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## Men's Health Week 2016



### Men's Health Week 2016 has arrived

After a long and patient wait, [International Men's Health Week](#) (MHW) has now arrived. From Monday 13<sup>th</sup> until Sunday 19<sup>th</sup> June 2016 individuals and organisations from across the island of Ireland are focusing upon the theme of **'Men United - for Health and Wellbeing'**, and asking **'are we winning?'** If the answer is 'no', then it's time to join with other people to do something positive and practical about it! To find out everything about the week, visit: [www.mhfi.org/mhw/mhw-2016.html](http://www.mhfi.org/mhw/mhw-2016.html)

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### Do you know what Men's Health Week is all about? ...

Not everybody knows about [Men's Health Week](#) (MHW), what it hopes to do, why it needs to happen, or how they can get involved. That's why there is a MHW 2016 'Toolbox for Action'. This useful resource can be downloaded at: [www.mhfi.org/mhw2016toolbox.pdf](http://www.mhfi.org/mhw2016toolbox.pdf) Check it out to find the answers to all the questions you've been dying to ask.

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## **Men's Health Week 2016 posters and postcards sold out**

To promote [Men's Health Week](#) (MHW) this year, 7,000 posters and 12,000 postcards were produced and disseminated. Given that we are now in the middle of the Euro 2016 Championship, we were delighted that Martin O'Neill (Republic of Ireland Team Manager) and Michael O'Neill (Northern Ireland Team Manager) generously agreed to be the 'face' of Men's Health Week 2016 in Ireland by starring in this nationwide campaign. The posters were made available in both A<sub>3</sub> and A<sub>4</sub> size hard copy, but all of them have now been given out. However, they are still available for free downloading in a range of electronic formats (from the Men's Health Forum in Ireland website). You can find details of how to get digital copies of these posters at: [www.mhfi.org/mhw/mhw-2016.html#Poster](http://www.mhfi.org/mhw/mhw-2016.html#Poster)

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## **47,000 copies of the 'Challenges and Choices' Man Manual now in circulation**

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) was distributed by the [Men's Health Forum in Ireland](#) to mark [Men's Health Week 2016](#). This poses ten simple and practical health challenges to men and, to meet every challenge, it offers three choices. Amazingly, all 47,000 hard copies of this manual were snapped-up within a few weeks of their launch! However, you can still view a low resolution online version of the booklet at: [www.mhfi.org/mhw/mhw-2016.html#Challenges](http://www.mhfi.org/mhw/mhw-2016.html#Challenges)

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## **What's happening during Men's Health Week 2016?**

The [Men's Health Forum in Ireland](#) (MHFI) has a section on its website ([www.mhfi.org/mhw2016events.pdf](http://www.mhfi.org/mhw2016events.pdf)) to promote the details of any activities or events that are being held throughout Ireland during [Men's Health Week 2016](#). Hopefully, this will help everyone to find out what is happening during the week, where it will take place, and how to join in. However, we also always like to know the big picture of what has happened each year - so it's not too late to submit the details of your event / activity (even if it has already taken place). If you would like to have the details included, please complete and submit the online 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-2016.html#TellOthers](http://www.mhfi.org/mhw/mhw-2016.html#TellOthers)

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## **Keep up-to-date with Men's Health Week developments**

To stay up-to-date with the latest news on [Men's Health Week \(MHW\) 2016](#) - as well as more general developments in the field of men's work in Ireland - why don't you keep an eye on: [www.facebook.com/MensHealthWeek](http://www.facebook.com/MensHealthWeek) and [www.twitter.com/MensHealthIRL](http://www.twitter.com/MensHealthIRL) Better still, become a Fan / Follower and help to spread the news!

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## **Raise the profile of Men's Health Week 2016 - Get Tweeting!**

Social media (especially Facebook and Twitter) has become a powerful tool for organisations to spread their message. During [Men's Health Week 2016](#), everyone is encouraged to 'Post' and 'Tweet' about it to their heart's content and, when possible, to use the hashtag: **#MHW2016** If you would like to support MHW 2016 using your own social media channels - but don't have the time, energy or knowledge to develop your own messages - we have just the thing for you ... A document has been prepared which offers a range of Posts and Tweets that you can simply cut-and-paste from. Feel free to use them all, or pick and choose the ones that suit yourself / your organisation / your location. Download these ideas from: [www.mhfi.org/Tweets2016.pdf](http://www.mhfi.org/Tweets2016.pdf)

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## New YouTube Channel Launched for Men's Health Week 2016 in Ireland

Supporters of [Men's Health Week 2016](#) (MHW) on the island of Ireland have been uploading videos to a new YouTube Channel dedicated to this week. Hear why they are getting involved in MHW at: [www.youtube.com/channel/UCIQEP0jZprHvXTqjSnbeyow](http://www.youtube.com/channel/UCIQEP0jZprHvXTqjSnbeyow)

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## News

### #NotALabel

#NotALabel is a short film made by the Positive Solutions Young Men's Group in Derry / Londonderry about finding work, facing challenges, and looking to the future. The group interviewed young men about what is it like to be young and male in today's world. See their online video at: [www.youtube.com/watch?v=FLGxXwhIYOM&feature=youtu.be](http://www.youtube.com/watch?v=FLGxXwhIYOM&feature=youtu.be)

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### 'Staying Fit for Farming' Booklet

Men, who are farmers, often overlook the most important element to good farming - themselves. The '*Staying Fit for Farming*' booklet is about looking after yourself. It looks at different situations and illnesses, and sets out how you can spot problems early. In this booklet, some farmers tell their stories - not to make you worry, but to make you act. To view a Portable Document Format (PDF) version of the booklet, visit:

[www.teagasc.ie/publications/2013/2874/StayingFitForFarming.pdf](http://www.teagasc.ie/publications/2013/2874/StayingFitForFarming.pdf)

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### New Northern Ireland Life and Times Survey Teaching Datasets now available

Two new teaching datasets have been created by [ARK](#), based on the 2014 [Northern Ireland Life and Times Survey](#) - one focusing on ageing and one on dementia. The datasets are available in SPSS format, and the accompanying teaching materials include background information and a codebook. These resources are aimed at both undergraduate and postgraduate level. Find out more at: [www.ark.ac.uk/teaching](http://www.ark.ac.uk/teaching)

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## Events

### Cancer Focus NI Men's Health Conference 2016

[Cancer Focus Northern Ireland](#) invites you to attend their free 2016 Men's Health Conference. This will look at some of life's challenges and barriers for men, and will review practical strategies that build resilience and allow men to bounce back. This event will take place on Thursday 15<sup>th</sup> September 2016, from 9.00am - 1.30pm, in the Dunsilly Hotel, Antrim. To register / get further information, email Denise Bownes: [denisebownes@cancerfocusni.org](mailto:denisebownes@cancerfocusni.org)

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**Men's Health Week 2016**

find out more at [www.mhfi.org](http://www.mhfi.org)

## Technology for Wellbeing Conference

Plans are coming together for the fourth Technology for Wellbeing Conference. This will take place on Wednesday 14<sup>th</sup> September 2016 in The Marker Hotel, Dublin. [ReachOut](#) is calling for abstracts from interested researchers, service providers and students. Abstracts of no more than 250 words should be sent by email to the conference convenor, Derek Chambers ([derek@reachout.com](mailto:derek@reachout.com)), by Friday 17<sup>th</sup> June 2016. There will be two categories of presentation: one for research and one for service provision. For all other enquiries, Email: [conference@reachout.com](mailto:conference@reachout.com) / Tel: 01 7645666.

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## IPH Open Conference - Call for Proposals

The [Institute of Public Health](#) (IPH) invites you to attend the 5<sup>th</sup> Public Health Open Conference which will take place on Tuesday 11<sup>th</sup> October 2016 in Titanic Belfast. The aim of this free event is to provide a platform to: showcase cross-sectoral work in public health; provide opportunities for cross-disciplinary networking; enhance knowledge, skills and leadership in public health. The theme this year will be: '*Breaking down boundaries - innovation, participation and creativity in public health*'. As in previous years, registered delegates will be invited to help to shape the conference by voting on who should make presentations. A call is now out for potential presenters to submit their ideas for this event. To find out more, visit: [www.iphopenconference.com](http://www.iphopenconference.com)

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## Mental Health and Wellbeing Summit

Ireland's inaugural '*Mental Health and Wellbeing Summit*' is taking place in the Aviva Stadium on Friday 14<sup>th</sup> October 2016. This event is open to all sectors - from health practitioners, to the corporate sector, to the general public. The Summit will cover many topics over the course of the day through a series of talks and workshops. The speakers come from various areas of expertise including medical, psychological, sports, nutrition and personal experience. They include Prof Jim Lucey (Medical Director for St. Patrick's Mental Health Services), Dr Kara McGann (IBEC), and (probably the most well-known local advocate for mental health) Bressie and the 'Ironmind Challenge' team. The day will also feature a panel of speakers who will discuss their own personal experiences and how they cope with mental health issues on a daily basis. For more information, visit: [www.mentalhealthandwellbeingsummit.com](http://www.mentalhealthandwellbeingsummit.com) or contact [info@whitediamondevents.ie](mailto:info@whitediamondevents.ie)

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## Supporting Fathers

You are invited to participate in an experiential workshop which will focus on how our view of our father influences our mental health. Using biography, song, poetry, family trees and jokes, the workshop will assist participants to become aware of the influence of the father figure in our day-to-day consciousness. Family constellations and interactive group discussions will focus on downloading the good support that can come to us through our father. This event will take place on Saturday 18<sup>th</sup> June 2016, from 10.00am to 12.30pm, in St. Dominic's Meditation Centre and Hermitage, Montenotte, Cork City. For more information, contact Mick Devine at Tel: 087 4171422 | Email: [mick.devine@hotmail.com](mailto:mick.devine@hotmail.com)

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## Training

### Master of Arts in Advanced Facilitation Skills for Promoting Health and Wellbeing

Do you want to become a highly skilled facilitator and advance within your chosen profession or seek new employment opportunities? ... The Master of Arts in Advanced Facilitation Skills for Promoting Health and Wellbeing is an innovative practice orientated programme - the only one of its kind in the Republic of Ireland. It is designed to: enhance personal growth and development; increase knowledge and skills; help participants reflect upon attitudes; improve the competencies required for effective facilitation of health and wellbeing programmes. The skills acquired on this programme are essential when engaging with men. This is a full-time course, and its delivery reflects the flexibility required for adult learners. The programme is delivered on evenings, some Saturdays, and some residential weekends throughout the year. For further information, see: [www.wit.ie/wd591](http://www.wit.ie/wd591)

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### Managing Workplace Behavioural Health Risks

The EAP Institute invites you to apply for a place on a seminar titled '*Managing Workplace Behavioural Health Risks*' which will take place in the Ashling Hotel, Dublin, on Thursday 16<sup>th</sup> June 2016. Whereas much progress has been made in maintaining the physical health and life expectancy of employees, mental health is now increasingly an issue. Work stress is a major concern; caused by constant change, pressure to obtain results, uncertainty, lack of control and work overload. Boundaries are often eroded between work, personal and family life. It is important for employers and employees to know about their legislative rights and responsibilities in relation to mental health at work. For more details see: [www.eapinstitute.com/documents/WorkplaceBehaviouralHealth2016.pdf](http://www.eapinstitute.com/documents/WorkplaceBehaviouralHealth2016.pdf)

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## Research

### Foodbook24

Foodbook24 is an exciting collaboration between researchers in [University College Dublin](#) (UCD) and [University College Cork](#) (UCC). The project is funded by the [Department of Agriculture, Food and Marine](#) and sets out to develop an online research tool to collect regular, accurate, dietary information on the Irish adult population. Such information could, potentially, direct new health initiatives and policy in Ireland. The tool has been made freely accessible to the public, and the researchers now need as many adults (18 years+) as possible to sign up and complete the various stages. All aspects can be completed on a desktop or laptop from work or home. Those who provide information on their diet and health will receive free dietary feedback via email from qualified nutritionists in UCD. Read more about the project at: [www.ucd.ie/foodbook24](http://www.ucd.ie/foodbook24) and sign up at: [www.foodbook24.com](http://www.foodbook24.com)



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## Web Links

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

[Gender and poverty in Britain: solo-living men are emerging as a new poor group](#)

[Masculinity perceptions higher for men who wear deodorant](#)

[Alzheimer's linked to loss of Y chromosome in men](#)

[Prostate awareness 'dangerously low' in British men](#)

[Why some bisexual men stay in the closet](#)

[Fatty diets lead to daytime sleepiness, poor sleep](#)

[Men's health: a global problem requiring global solutions](#)

[New research suggests that early life factors could increase prostate cancer risk](#)

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## Next Edition

The next edition of 'E-Male Matters' will be released in August 2016 (there won't 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 Thursday 28<sup>th</sup> July 2016.

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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**



**Happy Men's Health Week 2016!**