

# E-Male Matters

## September 2016

The newsletter of the Men's Health Forum in Ireland

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### Men's Health Symposium in Dublin - Call for Abstracts

You are invited to apply for a free place at a Men's Health Symposium which will be held in Dr Steeven's Hospital, Dublin, on Wednesday 30<sup>th</sup> November 2016. The title of this event is 'A New Chapter: Healthy Ireland - Men'.

This event will be used to launch the Action Plan which will succeed Ireland's National Men's Health Policy. It will also offer delegates an opportunity to: hear about the background to and content of the 'Healthy Ireland - Men' Action Plan; participate in short workshops which highlight examples of effective practice throughout Ireland; discover local research into men's health which is currently taking place; listen to an internationally recognised speaker on men's health issues.

The organisers are inviting anyone involved in new men's health and wellbeing research to submit a proposal which can be featured in a '3-in-3' session; wherein each presenter will be asked to speak about their research for a maximum of three minutes using three PowerPoint slides for illustration. This will then be followed by questions from the audience. The closing date for abstract submissions is 5.00pm on Friday 28<sup>th</sup> October 2016. Anyone who is not selected to present will be invited to attend and to put-up an A3 size poster on their work.

To book a place at this symposium, Email: [geralyn.nolan@hse.ie](mailto:geralyn.nolan@hse.ie) To discuss / submit an abstract for the '3-in-3' session, Email: [colin@mhfi.org](mailto:colin@mhfi.org)

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## Irish Heart Month 2016

September is Irish Heart Month, and this year it is focusing upon 'Stop the Drama'. The [Irish Heart Foundation](#) aims to take the drama out of family meals by providing child-endorsed, parent-approved, heart-healthy recipes. They have gathered expert tips on managing children's behaviour at mealtimes, healthy food swaps, snack ideas and key nutrition tips. Find out more at: [www.nodrama.ie](http://www.nodrama.ie)

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## 'Movember' Video on Men and Mental Health

Saturday 10<sup>th</sup> September 2016 was World Suicide Prevention Day. To mark this occasion, [Movember](#) launched a new video on men and mental health. Have you seen it yet? If not, check it out at: [www.youtube.com/watch?v=cDYAgurah8g](http://www.youtube.com/watch?v=cDYAgurah8g) For information, signposting and support on mental health issues visit: [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) or [www.mindingyourhead.info](http://www.mindingyourhead.info)

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## Building the Community-Pharmacy Partnership Level 2 Funding

Funding for Building the Community-Pharmacy Partnership (BCPP) projects in Northern Ireland is, currently, available for Level 2 Projects. Level 2 support is for those seeking to develop a community-pharmacy partnership that will address a range of locally identified health and wellbeing needs. Funding of up to £10,000 will be awarded for projects lasting approximately one year. The closing date for applications is Thursday 17<sup>th</sup> November 2016, and application forms and guidance notes are available at: [www.cdhn.org/bcpp-how-apply](http://www.cdhn.org/bcpp-how-apply)

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## Grants to Support the Development of Older Men's Groups in Belfast

Grants are available to support the expansion of existing groups engaging men aged 50 years of age and over, as well as to establish new men's 50+ groups in Belfast. A key focus will be upon recruiting and retaining new members. To be eligible, groups applying must have - or will have by receipt of grant - a constitution, a committee, a bank account and accounts (if the group is over one year old). There are a small number of grants available up to £700 each. All successful applicants must undertake their activities by 31<sup>st</sup> March 2017. The deadline for completed applications is 12.00pm on Friday 14<sup>th</sup> October 2016. To request a grant application form, contact Pamela Higgins at [Volunteer Now](#) on Tel: 02890 232020 | Email: [pamela.higgins@volunteernow.co.uk](mailto:pamela.higgins@volunteernow.co.uk)

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## Same Sex Family Project

A new Northern Ireland support project for same-sex attracted parents and their families is offering social opportunities, training and education programmes, family fun days, advocacy and advice, information, and dedicated family support staff. For more information, contact Grainne Gibson, Tel: 02890 249452 | Email: [grainne.gibson@hereni.org](mailto:grainne.gibson@hereni.org) or Paul Kelly, Tel: 02890 319030 | [paul@rainbow-project.org](mailto:paul@rainbow-project.org)

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## Vacancies for Mental Health Peer Support Workers

The [HSE](#) is inviting applications for the new role of Peer Support Workers. The successful candidates will work as part of Community Mental Health Teams to support service users in their recovery. For details about these posts and how to apply, visit: [www.hse.ie/eng/staff/Jobs/Job\\_Search/Patient\\_and\\_Client\\_Care/NRS04373.html](http://www.hse.ie/eng/staff/Jobs/Job_Search/Patient_and_Client_Care/NRS04373.html) The closing date for applications is Noon on Friday 7<sup>th</sup> October 2016.

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## It is Never Too Late

*"It was decision time. Accept my depression and address it or ... the inevitable! Reality has hit, YOU CAN'T ESCAPE IT; you can lose yourself but you will be found, you can move but you cannot hide, you can accept it and begin to move on. I'm not after sympathy or a pat on the back, I just want to share my story and let people know how grateful I am to be here to share. I know I am one of the lucky ones ..."* Read more from Neil Kelders' ([See Change Ambassador](#)) Blog about mental health at: [www.seechange.ie/it-is-never-too-late-neil-kelders](http://www.seechange.ie/it-is-never-too-late-neil-kelders)

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## Action Cancer's Annual Men's Health Campaign 2016

The [Action Cancer](#) Health Promotion Team have travelled throughout Northern Ireland promoting and delivering their Annual Men's Health Campaign. The aim of this campaign was to engage and empower men to take action on their own health, and to increase awareness of testicular and prostate cancers. Each year in Northern Ireland, approximately 4,426 men are diagnosed with cancer - this is equivalent to 402 football / soccer teams! The team delivered across 18 community pop-up venues, including sports clubs and community centres. In the 18 community venues, 487 men attended for an MOT health check which involved blood pressure, blood cholesterol, glucose, lung function and body composition checks, as well as an opportunity to learn more about healthier lifestyles and the signs and symptoms of male cancers. Of the 487 who attended, 57% were referred to their GP for either blood pressure, blood cholesterol or blood glucose outside recommended levels. That is equivalent to 18½ Rugby or Gaelic teams making a visit to their GP. Increased numbers of male health checks were also made available within Action Cancer House and on the 'Big Bus' - with GP referral rates of 74% and 41% respectively. For further information on this campaign, or to book a MOT health check, Email: [healthpromotion@actioncancer.org](mailto:healthpromotion@actioncancer.org) or Tel: 02890 80334.

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# Events

## The Time to Talk is Now - Suicide Prevention in Co. Kerry

Suicide prevention is everyone's responsibility and we all have a role to play. The HSE, in partnership with other organisations, is developing a Suicide Prevention Action Plan for Co. Kerry, and want as many people as possible to have their say about what should be included in this plan. To gather feedback, a series of engagement evenings are being held throughout the county in late September 2016. To find out more visit:

[www.hse.ie/eng/services/list/4/Mental Health Services/NOSP/preventionstrategy/connectingforlifeKerry](http://www.hse.ie/eng/services/list/4/Mental_Health_Services/NOSP/preventionstrategy/connectingforlifeKerry) Even if you can't attend one of these events, why not complete the online survey at: [www.surveymonkey.com/r/kerrypublic](http://www.surveymonkey.com/r/kerrypublic)

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## Special Interest Group in Youth Mental Health International Research Conference

This one-day conference (which will be held in Cork on Friday 7<sup>th</sup> October 2016) will showcase the latest research in the field of youth (12-25 years of age) mental health, and will address the challenges and opportunities in providing the best possible care and support to young people experiencing mental health difficulties. To find out more, see:

[https://gallery.mailchimp.com/da2ffbb725507d40491be133d/files/Programme\\_and\\_booking\\_form.pdf](https://gallery.mailchimp.com/da2ffbb725507d40491be133d/files/Programme_and_booking_form.pdf)

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## **Breaking Down Boundaries - Innovation, Participation and Creativity in Public Health**

The [Institute of Public Health](http://www.instituteofpublichealth.com) (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*'. Topics will include: Arts and Creativity, Cancer, Early Years, Food Poverty, Funding Opportunities, Mental Health, Obesity, Older People, Physical Activity, Public Patient Involvement, and Sugar Tax. 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, research and personal experience. They include Bressie and the 'Ironmind Challenge' team (probably the most well-known local advocate for mental health). The event 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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## **'Think Positive' Workshops**

Are you trying for a baby, without success? Do you need professional help and support? ... If so, you are invited to attend five free workshops in Belfast which will look at fertility nutrition, fertility counselling, stress resilience, nourishing your relationship and alternative therapies. These events are being organised by [Infertility Network Northern Ireland](http://www.infertilitynetworkuk.org), and will be held in the Agape Centre, 238 Lisburn Road, Belfast BT9 6GF on the last Thursday of the month, from September 2016 to February 2017, 7.00pm - 9.00pm (excluding December). For more information and to book a place, Email: [sharon@fertilitynetworkuk.org](mailto:sharon@fertilitynetworkuk.org) | Tel: 02890 825677.

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## **22nd Annual Regional Sexual Health Conference**

This year's event will bring together a wide range of experts who will present up-to-date research and practice models from throughout the United Kingdom and Ireland via keynote presentations and interactive workshops. It will focus upon: genito-urinary medicine; dating apps and STIs; LGBTQ research into resilience; PrEP; FGM; and sexual assault / sexual violence. It will be held in the Ramada Plaza, Belfast, on Wednesday 23<sup>rd</sup> November 2016, from 9.00am - 5.00pm. For further information, Email: [shealth.team@belfasttrust.hscni.net](mailto:shealth.team@belfasttrust.hscni.net)

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# Training

## **Good Practice: Developing a Sexual Health Policy**

This one-day training (co-facilitated by the [National Youth Council of Ireland](#) and [HIV Ireland](#)) aims to increase the knowledge and skills of participants to support the development of a policy in sexual health within their respective organisations. The course will be of interest to workers who are addressing the sexual health needs of young people through the provision of education, support and advocacy services as well as other related service provision. It will take place on Thursday 29<sup>th</sup> September 2016, from 10.00am - 4.00pm, in HIV Ireland, 70 Eccles Street, Dublin 7. To book a place visit: [www.hivireland.ie/what-we-do/training/good-practice-sexual-health-policy-development](http://www.hivireland.ie/what-we-do/training/good-practice-sexual-health-policy-development) or email: [niamh.fingleton@hivireland.ie](mailto:niamh.fingleton@hivireland.ie)

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## **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? ... If so, you might like to consider the Master of Arts in Advanced Facilitation Skills for Promoting Health and Wellbeing - an innovative practice orientated programme which is the only one of its kind nationally. It is designed to enhance personal growth and development in order to advance knowledge, skills, attitudes and competencies required for effective facilitation of health and wellbeing programmes with groups, individuals and key populations. This is a full-time course, and its delivery reflects the flexibility required for adult learners. The programme is delivered over two days each month in Dublin, with three residential weekends throughout the year. For further information, visit: [www.wit.ie/courses/school/health\\_sciences/department\\_of\\_health\\_sport\\_exercise\\_studies/ma-in-advanced-facilitation-skills-for-promoting-health-and-well-being](http://www.wit.ie/courses/school/health_sciences/department_of_health_sport_exercise_studies/ma-in-advanced-facilitation-skills-for-promoting-health-and-well-being) If you do not currently hold a Level 8 qualification, contact the course leaders for information on the recognition of prior learning process - as this may make you eligible to apply directly for this MA.

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## **Get Your Mojo Back!**

The [Mojo programme](#) seeks to support men who are affected by employment issues. The target group is men who are: directly affected by the recession, unemployment, or issues with employment which have increased their risk of distress; 18 years or older; living in South County Dublin; motivated to change and who want to get their Mojo back; able to participate in a 12 week programme - 2 mornings per week, starting in September 2016. Participation on this course does not affect social welfare benefits. If you want to know more, call Catherine Mooney on Tel: 087 147 1152 or 01 4649300 | Email: [catherine.mooney@sdcpartnership.ie](mailto:catherine.mooney@sdcpartnership.ie) | Visit: [www.mojo-programme.org](http://www.mojo-programme.org)

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## **Create the Great in You**

How do men understand their identities and roles in these times of rapid social change? Put simply: what does it mean to be man in modern Ireland? ... In its second year, this programme offers a series of ten, two hour, learning experiences which look at key issues facing men of all ages in contemporary Ireland. Themes which will be explored include: nature-nature / are men born or made; the changing patterns of work; violence, power and control; sexuality and partnerships; fatherhood and families; emotional and physical health. This series of discussions challenges the widespread stereotypical assumption that men don't talk and that they want to 'keep it all in'. The programme will begin on Wednesday 5<sup>th</sup> October 2016, and will be held in the WIN Conference Centre, Newry, Co. Down. For further details, contact Mark on Tel: 0035387 119 4839 or to register contact Michelle on Tel: 0044 2830 267011.

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## Managing Workplace Behavioural and Mental Health Risks

It is important for employers and employees to know about their legislative rights and responsibilities in relation to mental health at work. Two of the most relevant pieces of legislation are the Safety, Health and Welfare at Work Act 2005 and the Employment Equality Acts 1998-2011. The purpose of the Employment Equality Acts 1998-2011 is to promote equality and prohibit discrimination across nine grounds, including the ground most relevant to mental health: disability. At the end of this seminar, attendees will have knowledge of: the evolution from duty of care to reasonable accommodation and the implications for business; how to conduct a behavioural risk assessment for all risks, including mental health and disabilities; reasonable accommodation for employees with disabilities. Two seminars are being held to address this issue. They will be held in Dublin on Thursday 26<sup>th</sup> January 2017 and Limerick on Thursday 23<sup>rd</sup> February 2017. Find out more at: [www.eapinstitute.com](http://www.eapinstitute.com)

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## Research

### Prostate Cancer Research Study - Male Volunteers Required

Researchers at [Queen's University Belfast](http://www.qub.ac.uk) are running a study which will look at how men cope with a diagnosis of prostate cancer. They need your help in recruiting a group of men over 60 years of age who have never had cancer. This will help them to better understand the results of the cancer patients in their study. The study involves filling out a survey four times over a nine month period. The survey asks questions about background, quality of life, and general emotional wellbeing. Participation in the study is voluntary, and all survey responses will be kept strictly confidential. If you, or someone you know, meets this criteria and wants more information, contact Eimear Ruane-McAteer at Tel: 02890 972684 | Email: [eruanemcateer01@qub.ac.uk](mailto:eruanemcateer01@qub.ac.uk)

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### Active Leisure and Sport Participation in an Aging Rural Ireland

The School of Hospitality Management and Tourism within [Dublin Institute of Technology](http://www.dit.ie) is inviting applications for a PhD Studentship for a study which will look at 'Active Leisure and Sport Participation in an Aging Rural Ireland'. The deadline for applications is Friday 30<sup>th</sup> September 2016. To find out more, visit: [www.dit.ie/researchandenterprise/graduateresearchschool/phdopportunities/phdprojects/artstourism](http://www.dit.ie/researchandenterprise/graduateresearchschool/phdopportunities/phdprojects/artstourism)

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## Web Links

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

[Breadwinning men have worse mental and physical health](#)

[Anxiety - a risk factor for death from cancer in men](#)

[Middle-aged men at highest risk of dying from drug overdose, report finds](#)

[Survey of 15,000 women and men reveals scale of infertility](#)

[Men's hidden body fat fears fuelling gym attendance](#)

[Obesity is three times as deadly for men than women](#)

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## Next Edition

The next edition of 'E-Male Matters' will be released in mid-October 2016. 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 October edition is Friday 7<sup>th</sup> October 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**

