

E-Male Matters

February 2017

The newsletter of the Men's Health Forum in Ireland

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News

A Date for Your Diary - Men's Health Week 2017

Have you got your new diary for 2017 yet? ... If 'yes', that's great. If 'no', then it's time to rush down to your local Pound / Euro Shop and pick-up a reduced price one as soon as possible - because there's a date that you need to get into it!

[International Men's Health Week](#) (MHW) always begins on the Monday before Father's Day and ends on Father's Day itself. This year, it will run from **Monday 12th until Sunday 18th June 2017**.

MHW is celebrated in most European countries, as well as in the USA, Canada, Australia, New Zealand and a number of other places worldwide. 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.

So, why not put these dates into your new diary, and start thinking about how your group / workplace / church / community / sports club / service / Shed ... could do something to mark this week?

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Wanted: Men who have Experience of Caring for Someone with Cancer

Do you know what it's like to go through the cancer journey with a family member or close friend? Would you like to use your experience of caring for someone suffering with cancer to help others who could benefit from your story? The [School of Nursing and Midwifery](#) at Queen's University Belfast want to create a website which can be used for sharing and accessing information about: what it is like to care for someone with cancer; tips and techniques on how to manage the caring experience; supporting your own health and wellbeing while caring for someone with cancer; links to support available to help to manage the caring role. As part of this work, they would like the help of people (especially men) with experience (past or present) of looking after someone to advise on the proposed website content and/or to be filmed talking about what it is like to care for someone with cancer. For more information, contact Theresa McShane at Email: t.mcshane@qub.ac.uk | Tel: 02890 975854 | Mob: 0044 775 3451059.

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Launch of 'Healthy Food for Life'

In December 2016, Minister of State for Health Promotion, Marcella Corcoran Kennedy TD, launched 'Healthy Food for Life' - the new Healthy Eating Guidelines and Food Pyramid for the Republic of Ireland. Healthy Food for Life is a practical resource for the general population (five years of age and over). Its aim is to provide people with the nutrition advice needed to achieve a balanced diet, maintain a healthy weight and encourage positive lifestyles. To find out more, visit: www.healthyireland.ie/health-initiatives/heg

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'Heroes of Hope' Exhibition

This year, over 3,400 men in Ireland will hear the words: '*you have prostate cancer*'. However, for most, such a diagnosis does not mark the end of their journey. Thanks to early detection and advances in treatment, there are over 26,000 prostate cancer survivors in Ireland today. Over 90% of men diagnosed with the disease will survive. While coping with cancer treatment can be difficult, the [Marie Keating Foundation](#) is shining a light on these stories of prostate cancer survival to give hope and support to men affected by the disease. The '[Heroes of Hope](#)' exhibition shares the experience of 15 different men who have survived this cancer. These men have one thing in common: they are living proof that while being diagnosed with prostate cancer will change your life, there is life after it. The exhibition has now moved to the Aviva Stadium and will be there until the end of March 2017. It is in an outdoor area of the stadium, beside Lansdowne Road West, at the DART underpass. This area is permanently open and accessible for visits at anytime. The exhibition will be on display here during the Six Nations rugby matches as well as during two soccer internationals.

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'Healthy Ireland - Men' Action Plan

Ireland was the first country in the world to adopt a [National Men's Health Policy](#), and other countries are now building upon the pioneering spirit and practical learning from the Irish experience. The term of this Policy ended in 2013, and was followed by an [independent review](#) of its impact. This review recommended that the momentum and progress which had already been achieved should be continued, and that future work should align itself closely to the '[Healthy Ireland](#)' framework for action. In November 2016, a new Action Plan (titled: '*Healthy Ireland - Men 2017-2021*') was launched to succeed Ireland's National Men's Health Policy. You can view a PDF copy of this document at: www.mhfi.org/HI-M.pdf

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Cancer Focus NI is Getting ManPowered

[ManPowered](#) is an innovative healthy lifestyle project - recently launched by [Cancer Focus Northern Ireland](#) - that aims to improve the health outcomes of local men who have low risk prostate cancer. In Northern Ireland, over 1,000 men are diagnosed with prostate cancer every year, making it the most common form of cancer in males. ManPowered will begin in the greater Belfast region, and will later move out into the Western, Southern and South Eastern Trust areas. This lifestyle project is being offered to men who are having their prostate monitored by their GP (i.e. 'under active surveillance'). The programme is tailored to men's needs and interests, and includes a range of physical activities, cookery classes as part of a healthy eating regime, health checks, lifestyle goals, music and social activities to improve social connections and mental health. The year-long project is being funded by the Burdett Trust for Nursing and will run throughout 2017. If you'd like to find out more, contact Maresa McGettigan on Tel: 02890 680743 or Email: maresamcgettigan@cancerfocusni.org

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SimPal - Connecting People Thru Cancer

Have you heard about SimPal? ... SimPal provides free calls / text / data and mobiles, where appropriate, to people in the UK who are affected by cancer. The main aim is to minimise some of the isolation, loneliness and financial pressure that many people affected by cancer face. This service offers six months of free calls and texts to help when spare money may be tight. It is also available to people supporting the patient, not only to the patient themselves. For more information, visit: www.yoursimpal.com or call: 0800 567 7890. You can also apply on someone else's behalf if, for example, if you are a carer or health care professional.

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Events

Men Who Care - Who Cares For Men?

Most men act as a carer at some stage in their life. However, many of these men don't see themselves as 'carers'. Instead, they often describe their role as simply one aspect of being a good father, husband, son, brother, friend ... This can, however, often leave these men as a vitally important, but hidden, statistic - unaware of the support which is available to them. To rectify this situation, the [Southern Area Men's Health Group](#) Annual Seminar for 2017 will focus upon 'Men Who Care ... Who Cares For Men?' This free event will explore: the valuable role that male carers play; what it's like to be a male carer; support available to male carers; how these carers can have their voice heard; ways to help men to care for themselves. The seminar will take place on Friday 31st March 2017, from 9.30am - 1.30pm, in Brownlow Community Hub, Craigavon, Co. Armagh. To register for a place, email: donna@youthaction.org

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See Change's Green Ribbon Campaign 2017

[Green Ribbon](#) month kicks off on 1st May 2017. [See Change](#) is asking everyone to wear a green ribbon and support the movement to spark a national conversation about mental health in Ireland's boardrooms, break-rooms, chat rooms, clubhouses, arts venues and around kitchen tables. Are you thinking about getting your community talking about mental health for Green Ribbon month? This year, half a million ribbons are available free of charge. Orders will be accepted for 50 or more, with individual ribbons available from Irish Rail stations and all Boots stores throughout May. Order your ribbons at: <http://bit.ly/1JtOnuv>

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Talk on Health and Vitality for Men

You are invited to a [free talk](#) on Friday 24th March 2017, from 7.30pm to 9.00pm, in the Holistic Centre of Ireland, 183 Rathmines Road Lower, Dublin. During this event, Kris Deva North will introduce techniques to increase vigour, improve stamina, prevent indiscriminate draining of the life force, and improve sexual health. Recent surveys have found that men in static jobs have lower libido and sperm count than those in active work, and even lower for men who spend a lot of time on computers and computer games. This is perfectly normal because blood and energy flow needs air and movement. The sages of ancient China said everyone is entitled to a hundred years of healthy life. The idea is that by keeping the body healthy we keep mind, soul and spirit healthy too. Kris is also facilitating a weekend Taoist Workshop for men in the same venue (25th and 26th March from 10.30am to 5.00pm) which will focus upon turning stress into vitality for peak performance and maximum enjoyment. Full information on this can be found at: www.healing-tao.co.uk/ht_jadearrows_workshops_for_men.htm

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Training

'Positive Living Programme' for People Impacted by Cancer

[Action Cancer](#) is running a group support programme called the 'Positive Living Programme' on 25th and 26th February 2017 in the White Horse Hotel, Derry / Londonderry. This is a free two day programme aimed at supporting individuals and family members who have been impacted by cancer. The programme helps participants to reflect on their cancer journey and to learn new ways to cope. If you are interested in attending, please call Mary Morrow on Tel: 0781 3044178. In addition, Action Cancer provide 1:1 counselling and complementary therapies to any child/adult impacted by cancer. In the North West area, they work in partnership with the Pink Ladies, Derry Well Women and LCDI to provide these services in five different venues in Derry / Londonderry, Limavady and Strabane. To avail of these services, Tel: 02890 803344.

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Research

Sexual Wellbeing for Men and their Partners after a Prostate Cancer Diagnosis

Researchers at [Ulster University](#) are set to lead a pioneering international research programme which aims to improve the sexual health of men, and their partners, after a prostate cancer diagnosis. Prostate cancer is the most common cancer among men and treatments can lead to a number of physical and emotional challenges. In Northern Ireland, there are over 8,000 men living with and after prostate cancer, and there are over 330,000 men living with the disease UK-wide. More than three quarters of those who have had treatment for prostate cancer report experiencing erectile dysfunction. This three year study will see the creation of new flexible support packages designed to address individual needs and empower men and their partners to manage their sexual health challenges prior to and after treatment. The resources include: a web-based sexual recovery programme for men and their partners; an engagement tool to ensure quality communication between health professionals and men and their partners; an online sexual health training programme for health professionals caring for

men living with prostate cancer. The research will be led by Professor Eilís McCaughan at Ulster University's [Institute of Nursing and Health Research](#) alongside colleagues from the Northern Ireland Cancer Centre, Ninewells Hospital in Dundee, University of Surrey, University of Southampton, University of Michigan and University of Toronto.

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Survey on HPV Vaccination and Young Adult Men who have Sex with Men

[Cancer Research UK](#) has funded a study of HPV vaccination in young adult men who have sex with men (MSM). One part of this study involves an online survey of healthcare professionals potentially involved in MSM vaccination (e.g. sexual health clinicians, nurses, GPs etc.). If you are one of these people, the researchers would like you to consider completing their survey or circulating the link to anyone who you think it might be relevant to. This survey can be found at: www.surveymonkey.co.uk/r/HealthcareProf

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The Impact of Caring

Unpaid carers play a vital role in supporting our health and social care system. Buckner and Yeandle (2015) estimated that the support provided by the 220,500 carers in Northern Ireland is £4.6 billion per year. This is similar to the entire 2016/17 Stormont health budget. '[The Impact of Caring](#)' is a Research Update produced by [ARK](#) which draws upon data from the [Northern Ireland Life and Times Survey](#), and focuses upon the impact of caring on carers. It sets the data in the context of recent and forthcoming policy developments. To download this document, visit: www.ark.ac.uk/publications/updates/update109.pdf

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Northern Ireland Veterans' Health and Wellbeing Study

The Northern Ireland Veterans' Health and Wellbeing Study is a large scale tri-service (Navy, Army, RAF) research project which seeks to provide an evidence base about the support veterans receive once they leave the Armed Forces. The research will examine what veterans' current and future needs may be by using face-to-face interviews and by asking veterans to complete an online questionnaire. The research team (from Ulster University in partnership with the NI Veterans' Support Committee) is inviting veterans / ex-Service personnel living in Northern Ireland to complete an anonymous two-minute survey at: <http://tinyurl.com/gsbq82z> All the information that is collected will be treated as confidential and anonymous. If you have any questions, or are interested in getting involved, Email: niveteranstudy@gmail.com or Tel: 02870 124872.

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Knowledge of Cancer Risk Factors in Irish Males

The number of cancers occurring worldwide is increasing. This is partly because populations are living longer, but also because of an increase in cancer causing behaviours. It is estimated that at least one third of all cancers could be prevented through adopting a healthy diet, staying active, and maintaining a healthy body weight. Researchers at University College Cork have compiled a set of questions relating to cancer risk factors. They are asking men in Ireland to complete this survey in order to better understand how much local males understand about cancer risk factors. This is important, as it will help health professionals and policy makers to develop better cancer awareness programmes in the future. To access / complete the survey, visit: www.surveymonkey.com/r/C6MZJWQ

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Web Links

Men's Issues on the Web ...

[Fathers' experience of their own mental health during pregnancy and the first year](#)

[15 reasons why men die younger](#)

['Huge leap' in prostate cancer testing](#)

[The male contraceptive pill: how close are we?](#)

[Work-life balance 'increasingly stressful for fathers'](#)

[Obese fathers may harm their child's ability to make friends](#)

[Exercise and infertility: what regimen is best for sperm quality?](#)

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Next Edition

The next edition of 'E-Male Matters' will be released in March 2017. 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 one paragraph / 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 March edition is Monday 27th February 2017.

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**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

