

E-Male Matters

April 2017

The newsletter of the Men's Health Forum in Ireland

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Men's Health Week 2017

The Final Countdown to Men's Health Week 2017 has begun

We're nearly there. The clock is ticking ... it won't be long now until [International Men's Health Week](#) (MHW). This year, it will run from Monday 12th until Sunday 18th June 2017. The theme in Ireland will focus upon: **'It's all about HIM'**. The starting point for this year's conversation about improving the health of males is to answer the question **'how are you doing?'**... If the answer is 'not very well', then it might be time to think about doing something that will make a positive difference to the health of the men and boys that you have contact with and influence over. MHW 2017 offers a launch pad to do this.

As always, 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 and activities.
- Encourage the early detection and treatment of health difficulties in males.

However, any events, activities and actions to mark this occasion are very welcome.

To find out more about the week, visit: www.mhfi.org/mhw/mhw-2017.html

The Men's Health Week 2017 Toolbox for Action

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 2017 'Toolbox for Action'. This useful resource can be downloaded at: www.mhfi.org/mhw2017toolbox.pdf

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Men's Health Week 2017 Posters Now Available

Even if you don't do anything else to support [Men's Health Week](#) (MHW) this year, you can at least put up a poster to let everyone know when it's taking place! The posters are free, and are available in both A3 and A4 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-2017.html#Poster

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Men's Health Week 2017 Postcards are ready to go

If you don't have space to put up a Men's Health Week poster in your workplace, college, community centre, church, shop, pharmacy, Men's Shed ... why not leave some of the new postcards lying around or, better still, give / send some of them to the men you know? The front of the postcard is a smaller version of the poster image, and the back has a pre-written message and a space for an address. These postcards are only available in hard copy, and details of how to order them can be found at: www.mhfi.org/mhw/mhw-2017.html#Postcard

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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 (based upon the 'Haynes Manual' model) is being distributed by the [Men's Health Forum in Ireland](#) to mark [Men's Health Week 2017](#). This poses ten simple and practical health challenges to men and, to meet every challenge, it offers three choices. All 47,000 copies of this manual were snapped-up within a few weeks last year - and there are only 12,200 available this year - so, if you would like some copies to distribute to the men you know / work with, get in touch soon! The content of the 2017 edition has been updated. You can see what this year's version looks like / find out how to order copies at: www.mhfi.org/mhw/mhw-2017.html#Challenges 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.

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Publicise your Men's Health Week Event

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 2017](#). 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 Other submission options are available at: www.mhfi.org/mhw/mhw-2017.html#TellOthers

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What can I do to mark Men's Health Week 2017?

Absolutely everyone can do something to support and celebrate [Men's Health Week](#) (MHW) 2017. The focus for this year (i.e. *'It's all about HIM'*) 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 and/or sending the postcards to people you know.
- Advertising MHW on your own website.
- Creating a link from your website to the MHW 2017 web page (www.mhfi.org/mhw/mhw-2017.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 and/or badge and/or banner (www.mhfi.org/mhw/mhw-image-pack.html) into your outgoing emails.
- Becoming a fan of the Men's Health Week in Ireland's Facebook page (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).
- Reminding your colleagues to follow all the latest MHW news on Twitter (www.twitter.com/MensHealthIRL).
- Tweeting about MHW 2017, and including #MHW2017 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 will contribute hugely to MHW 2017!

For even more ideas, download a copy of the paper on what you can do to mark MHW 2017 at: www.mhfi.org/mhw2017celebrateit.pdf

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Follow Men's Health Week on Facebook and Twitter

To keep everyone up-to-date with the latest news on [Men's Health Week \(MHW\) 2017](#) - as well as more general developments in the field of men's work - check out Facebook (www.facebook.com/MensHealthWeek) and Twitter (www.twitter.com/MensHealthIRL). However, as all social networkers know, pages such as these are no use unless they have a lot of Fans / Followers. That's where your help is needed! ... Please visit the pages, click on the 'LIKE' button for Facebook and 'FOLLOW' button for Twitter, and send the link to all your friends. If you're really into it, please Tweet about MHW 2017, and include the hashtag #MHW2017 in your message.

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News

‘Through the Eyes of Men’ Videos

The [Men’s Health Forum in Ireland](#) (MHFI) recently produced eight new videos on working with men - three for use as group work resources in the [Engage National Men’s Health Training Programme](#) and five examples of effective practice with men. The latter five videos focused upon: (1) Men on the Move Project in Dungarvan, Co. Waterford; (2) Mojo Project in Tallaght, Dublin; (3) Kilcock Men’s Shed in Co. Kildare; (4) Men About The Town (MATT) in Newry, Co. Down; (5) The Larkin Centre in North Inner City Dublin. All of these five short videos give a sense of why men wanted to join the projects and what they get from being there. You can view them online at: www.youtube.com/channel/UCukqjWhGpp1SlnJklo-0VvA/videos MHFI is, currently, trying to recruit 100 subscribers to this YouTube Channel so that they can get a user-friendly web address. If you have a Google Account, would you be willing to subscribe and/or ask your colleagues and friends to do so? If so, visit:

www.youtube.com/channel/UCukqjWhGpp1SlnJklo-0VvA and click the red ‘Subscribe’ button. [Back to Top](#)

Male Walking Football and Health Information Project

You are invited to apply for a place on an eight week 'Male Walking Football and Health Information Project' which will commence on Tuesday 25th April 2017, from 11.00am - 12.30pm, in the Jethro Centre, Lurgan, Co. Armagh. In addition to a weekly walking football session, there will be health checks and health information talks. If this is something you would like to get involved in, contact Frances Haughey on Tel: 07500 772905 | Email: frances.haughey@armaghbanbridgecraigavon.gov.uk

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Stop Targeting Kids Petition

The [Irish Heart Foundation](#) is inviting everyone to sign their petition to stop junk food and drink brands deliberately targeting children behind their parents’ backs on social media. One in four children in Ireland is obese or overweight. However, slick marketing tactics by junk food brands help establish and encourage eating habits that cause obesity and can have lifelong and, sometimes, life-limiting health consequences. The Irish Heart Foundation is asking government to end the daily bombardment of such adverts by regulating online and social media marketing, and extending the current broadcast ban to 9.00pm. Find out more at:

<https://irishheart.ie/campaigns/stop-targeting-kids>

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Events

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 to 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.

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Healthy Workplaces Public Consultation

At the end of March 2017, Minister for Health Promotion, Marcella Corcoran Kennedy TD, and Minister for Employment and Small Business, Pat Breen TD, launched a public consultation on a new Healthy Workplace Framework. The Framework will provide guidance, which can be adapted to any workplace setting, to help create and sustain healthy workplaces throughout the Republic of Ireland. The development of the Framework is an initiative within the Healthy Ireland agenda. Interested parties are invited to submit their views via an online survey at: www.surveymonkey.com/r/HealthyWorkplaceFramework or by attending a consultation workshop in Limerick (10th May 2017) or Sligo (17th May 2017). Register for these events at: www.surveymonkey.com/r/VV25FYS

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Training

Gender and Health Workshop

Health professionals, youth and community workers, and frontline staff are invited to apply for a place on a Gender and Health Workshop which will take place on Tuesday 9th May 2017, from 9.15am - 4.30pm, in the Regional Education Centre, Ardee, Co. Louth. The aims of the workshop are to: explain the difference between sex and gender; explore how gender intersects with other determinants of health and can determine health status; identify how our own perceptions of gender roles can influence our attitudes and behaviours; describe roles and norms concerning masculinities and femininities; look at ways of working from a gender sensitive perspective to reduce inequity and improve health outcomes. This training is being facilitated by Finian Murray (Development Officer for Men's Health, HSE) and Jacqueline Healy (National Women's Council of Ireland). For more details, contact Orla Brady at Tel: 046 9076443 | Email: orla.brady@hse.ie

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HIV and Hepatitis C: One-day Training Course

This training aims to provide participants with basic up-to-date and relevant information on HIV and Hepatitis C, including transmission, prevention, testing and treatment. It will be beneficial to professionals across a range of sectors who work with people that may be living with, or at risk of, HIV and Hepatitis C. The training will take place on Thursday 18th May 2017, from 10.00am to 4.30pm, in HIV Ireland, 70 Eccles Street, Dublin 7. For further information, Email: sue.carter@hivireland.ie

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Good Practice: Developing a Sexual Health Policy

This one-day training seeks to increase the knowledge and skills of participants to support the development of a sexual health policy within their respective organisations. It 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. The training is co-facilitated by the [National Youth Council of Ireland](#) and [HIV Ireland](#), and will take place on Thursday 4th May 2017, from 10.00am to 4.30pm, in HIV Ireland, 70 Eccles Street, Dublin 7. Places can be booked at: www.eventbrite.ie/e/good-practice-developing-a-sexual-health-policy-tickets-32922274409

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Men's Health Week 2017
find out more at www.mhfi.org

Research

Prevalence, Co-occurrence and Clustering of Lifestyle Risk Factors among UK Men

This paper explores the prevalence, co-occurrence and clustering of four core lifestyle risk factors, and examines the socio-demographic variation of their distribution among men living in two central London boroughs. A stratified street survey was undertaken with 859 men. Over 72% of men presented with combinations of lifestyle risk factors. Physical inactivity combined with a lack of fruit and vegetables was the most common combination. Co-occurrence was more prominent for unemployed, widowed, divorced/separated and white British men. Clustering was evident for adherence and non-adherence to UK health recommendations. The paper concludes that men may benefit from targeted health interventions that address multiple, rather than single, health related behaviours. To read the full article, visit:

www.ijomh.org/index.php/JMH/article/view/24/14

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Getting Dads Involved

[Parenting NI](#) seeks to ensure that parents are involved in the design and development of services for families. They are especially keen to improve understanding of what dads need and what they would benefit from. To meet this aim, they are conducting a survey, and are seeking fathers to participate in it. The questionnaire takes approximately 2-3 minutes to complete and responses will remain strictly confidential. To get involved, visit:

<http://gettingdadsinvolved.questionpro.com>

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State of Caring Survey 2017

[Carers Northern Ireland](#) are inviting people to participate in their annual online 'State of Caring' survey to highlight the reality of what it means to care for a family member or friend in 2017. Participants are asked to share their experience, and to make suggestions about what needs to change. To contribute, visit: www.surveymonkey.co.uk/r/stateofcaring2017

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Do you Support Someone with Cancer?

If you are supporting someone with a cancer diagnosis, researchers from [Queen's University Belfast](#) would like to hear about: your experience and the impact on you; how you cope; the support you might need. This would involve an informal interview with a researcher and the completion of a short questionnaire. To participate, you must: live in Northern Ireland; be over the age of 18 years; be a spouse/partner, family member, or close friend of the person with cancer; support someone with cancer who has now finished or is coming towards the end of their treatment. If you'd be willing to take part in this study, contact Emily for further information at Tel: 02890 975764 | Email: emoffat01@qub.ac.uk

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Web Links

Men's Issues on the Web ...

[Men's health: time for a new approach to policy and practice?](#)

[More than 20 million Britons 'physically inactive'](#)

[Men have as many issues as women, we just don't know what they are](#)

[Overweight boys much more likely to suffer liver disease when older](#)
[Sex differences in coronary heart disease and stroke mortality](#)
[Early infant male circumcision: systematic review, risk-benefit analysis, and policy](#)

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Next Edition

The next edition of 'E-Male Matters' will be released in May 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 May edition is Friday 28th April 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

