



E-Male Matters

December 2017

The newsletter of the Men's Health Forum in Ireland

Quick links to articles in this edition ...

NEWS

[Men's Health Week 2018 - Date for Your Diary](#)
['Working With Cancer' Booklet for Men](#)
[Jabs for the Boys](#)
[Donegal Schools Awarded White Ribbon Flags](#)
[Men and Health Literacy](#)
[WHO-Europe Draft Men's Health Strategy](#)

TRAINING

[Zero Suicide Alliance Free Online Training](#)

WEB LINKS

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

EVENTS

[Men's Health Symposium 2018](#)
[The Main Man \(and Woman\)](#)

RESEARCH

[Cost of Childhood Obesity on the Island of Ireland](#)
[PMD Partners' Study](#)
[European MSM Internet Survey 2017](#)

NEXT EDITION

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

News

Men's Health Week 2018 - **THE** Date for your New Diary!

Believe it or not, it's that time again. Yes, it's time to get the most important date of the year into your new 2018 diary ... [International Men's Health Week](#) (MHW) always begins on the Monday before Father's Day and ends on Father's Day itself. This coming year, it will run from **Monday 11th until Sunday 17th June 2018**.

Every year the Men's Health Forum in Ireland (MHFI) convenes an all-island Planning Group for Men's Health Week (MHW). Would you be interested in joining with others from across the island of Ireland to help to shape MHW 2018? This can be done in many ways - from participating in meetings to electronic communication. All input is very welcome, and helps to make the week stronger and more relevant. The first meeting of the Planning Group will take place on Wednesday 10th January 2018, from 10.45am - 1.45pm (including lunch), in Dundalk, Co. Louth. However, even if you cannot make the meetings, your ongoing feedback on developments via email / phone would still be very helpful. If you would be interested in being part of the planning process for 2018 (in any way), email Colin Fowler at: colin@mhfi.org

Even if this is not possible, why not put the dates of MHW 2018 into your new diary, and start thinking about how your group / workplace / church / community / sports club ... could do something to mark this week?

[Back to Top](#)

'Working With Cancer' Booklet for Men

The first-ever guide to help men to keep working during or after a cancer diagnosis has just been published. ['Working With Cancer'](#) (by the [European Men's Health Forum](#)) is a 12-page booklet that answers all the questions that working men (whether employed, self-employed or freelance) might have when cancer strikes. It was written by a working man with cancer; developed alongside a steering group which included working men with cancer; and read and commented on by working men with cancer. The booklet also addresses the employer's perspective, the legal position, and issues around money and general health. To find out more and download a copy, visit: www.emhf.org/new-guide-working-with-cancer

[Back to Top](#)

Jabs for the Boys - New Initiative to Tackle Awareness of HPV Diseases in Men

A campaign has been launched to address the pressing need for greater awareness about the human papillomavirus (HPV) and its potential impact on millions of men and boys in the United Kingdom every year. 'Jabs for the Boys' aims to improve public education about HPV and the HPV vaccination. This follows new research which points to a startling lack of knowledge about the infection. The initiative's website - www.jabsfortheboys.uk - looks to boost public knowledge of HPV, while offering advice and guidance to the parents of boys, boys themselves, and adult men about the pros and cons of HPV vaccination.

[Back to Top](#)

Donegal Secondary Schools Awarded White Ribbon Flags

[Lifeline Inishowen](#) and the [Men's Development Network](#) have recently been rolling out the White Ribbon Campaign in Inishowen (Co. Donegal) to three secondary schools with over 2,000 students between them. On Monday 11th December 2017, the participants from Moville Community College, Carndonagh Community School and Coláiste Chineál Eoghain in Bunrana were awarded their White Ribbon Flags. [White Ribbon Ireland](#) is the national movement of the worldwide male-led campaign to end men's violence against women. It has a presence in over 60 countries, and aims to change the attitudes and behaviours that lead to and perpetuate men's violence against women by engaging boys and men to lead social change and to achieve gender equality.

[Back to Top](#)

Men and Health Literacy

Have you seen the [Irish Cancer Society's](#) (ICS) top tips to help organisations to effectively communicate health information to men? ... Around four in every ten men have low health literacy and this makes it hard for them to find, understand and use health information. Following research conducted by ICS and University College Cork - supported by the National Adult Literacy Agency - a number of key recommendations were made that should be considered when developing health information for men. You can see their infographic at: www.mhfi.org/news/788-men-and-health-literacy.html

[Back to Top](#)

WHO-Europe Draft Men's Health Strategy

A Symposium is being held in Dublin on Friday 16th March 2018 to review and discuss a draft of the first ever Strategy on the Health and Wellbeing of Men in the World Health Organisation (WHO) European Region. The aims of this event are to seek the views of stakeholders and experts working in the area of gender and men's health on key elements of the draft strategy, and to develop a set of recommendations based on the outcomes of the symposium for consideration by WHO when drawing-up the final strategy. The Symposium is, primarily, for non-governmental organisations across the 53 countries of the WHO-Europe region who have a particular interest in the health and wellbeing of men and boys and/or the role of men in

promoting gender equality. The [Men's Health Forum in Ireland](#), [Men's Health Forum \(GB\)](#) and [Global Action on Men's Health](#) are hosting the event, in association with [WHO-Europe](#) and with the support of the [Health Service Executive](#) in Ireland. For more information, email: noel.richardson@itcarlow.ie

[Back to Top](#)

Events

Men's Health Symposium 2018

On Wednesday 30th November 2016, a landmark Men's Health Symposium was held in Dr Steeven's Hospital, Dublin. This event was used to launch the 'Healthy Ireland - Men' Action Plan which succeeded Ireland's National Men's Health Policy. Participants at this event appreciated the opportunity to: hear about examples of effective practice throughout Ireland; discover local research into men's health and wellbeing which is currently taking place; listen to high profile speakers in the field of men's health. A further Symposium is being arranged for Thursday 15th March 2018 and this will, once again, be held in Dr Steeven's Hospital. The March event will focus on the health and wellbeing needs of middle-aged men, and a new report on Middle-Aged Men and Suicide in Ireland will be launched on this day. A call will be issued in January for abstracts from researchers who would like to present their work at this Symposium. To register your interest in this event, please email Colin Fowler at:

colin@mhfi.org

[Back to Top](#)

The Main Man (and Woman) - A Date for your Diary

The Southern Area Men's Health Steering Group invites you to their annual seminar which will be held on the morning of Friday 23rd March 2018, in the Palace Demesne, Armagh City. This year's event is called '*The Main Man (and Woman)*' and it will: encourage participants to see why men's health issues need to be addressed; offer a practical example of how men can be effectively engaged; explore what participants could realistically offer in their own settings to support men's health and wellbeing. This event will be of interest to anyone who has male workers, volunteers or participants within their setting, and who would like to help to improve the health of these people. To register your interest, email: donna@youthaction.org

[Back to Top](#)

Training

Zero Suicide Alliance - Free Online Suicide Prevention Training

The [Zero Suicide Alliance](#) is a partnership of Health Service Trusts, businesses and individuals who are committed to suicide prevention in the United Kingdom and beyond. The Alliance recently launched a new, free, twenty minute online suicide prevention training programme. The aims of this training are to: enable people to identify when someone is presenting with suicidal thoughts / behaviour; help them to speak out in a supportive manner; empower them to signpost the individual to the correct services or support. To find out more, or to take the training, visit: www.zerosuicidealliance.com

[Back to Top](#)

Research

What are the Estimated Costs of Childhood Overweight and Obesity on the Island of Ireland?

Over the past three decades, the prevalence of overweight and obesity has increased markedly in Ireland and worldwide. While the personal and social costs of this global phenomenon are incalculable, researchers and policy makers in a number of countries have estimated the economic costs of overweight and obesity. [SafeFood](#) has commissioned a report on current and projected lifetime costs on the island of Ireland as part of its ongoing work to guide and inform responses to this public health crisis. The report can be accessed online at: www.safeFood.eu/SafeFood/media/SafeFoodLibrary/Documents/Publications/Research%20Reports/Cost-of-childhood-obesity-Report.pdf

[Back to Top](#)

PMD Partners' Study

The PMD Partners' Study is recruiting partners of women who have experienced a mental health problem in the year after having a baby. For most families, having a baby is a happy occasion. However, a small number of women will experience a mental health problem such as anxiety, postnatal depression and/or postpartum psychosis that may or may not have received a clinical diagnosis. Often the woman's partner can play an important role during this time, but there is currently little knowledge about what the partner experiences. This study aims to provide insights into understanding partners' experiences in order to provide the support they need during this time. This study is being undertaken by Jill Atkinson, a PhD student at the [School of Nursing and Midwifery](#), Trinity College Dublin and has been funded by the Health Research Board. If you would like to participate, or would like more information, please contact Jill on Tel: 087 0629892 | Email: atkinsje@tcd.ie

[Back to Top](#)

European MSM Internet Survey 2017

A major European internet survey aimed at men who have sex with men (MSM) has been launched in Ireland. EMIS 2017 aims to generate data to understand the sexual health needs of MSM, including gay, bisexual and transgender men. This data will also be used to help direct HIV and sexually transmitted infection prevention programmes. EMIS 2017 takes around 20 minutes to complete and is anonymous. If you are over 17 years of age, living in Ireland, and are a man who has sex with other men, you are invited to participate. The survey can be found at: www.demographix.com/surveys/3Y9Q-VHRX/6BNEKQJV

[Back to Top](#)

Web Links

Men's Issues on the Web ...

[Looking beyond men as the problem: Recalibrating our approach to men's health](#)

[The science behind 'Man Flu'](#)

[Male rape and sexual torture in the Syrian war](#)

[I was a rock 'n' roll roadie for 30 years ... Nobody understood my depression](#)

[Addressing a blind spot in the response to HIV - reaching out to men and boys](#)

[Harassment revelations are good for men](#)

[8 golden rules for men's health](#)

[Back to Top](#)

Next Edition

Due to the Christmas holidays, the next edition of 'E-Male Matters' will be released in February 2018. 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 and no more than 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 February edition is Monday 29th January 2018.

[Back to Top](#)

**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

