

E-Male Matters

February 2018

The newsletter of the Men's Health Forum in Ireland

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News

Planning Group for Men's Health Week 2018

[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 took place in January, and the next one will be held on Tuesday 27th February 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

However, even if this is not possible, why not start thinking about how your group / workplace / church / community / sports club ... could do something to mark this week?

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'Men in the Middle' - Men's Health Symposium 2018 - now Fully Booked

Unfortunately, all of the places at the forthcoming Men's Health Symposium being held on Thursday 15th March 2018 in Dr Steevens' Hospital, Dublin, have now been allocated and there is a long waiting list. Interest in this event was so high, that 85% of all the available spaces were booked within 72 hours of the booking process opening! This 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. It is hoped that at least some elements of the Symposium will be either audio or video taped, and that this will be made available online afterwards. The new 'Middle-Aged Men and Suicide in Ireland' report will also be made available for free downloading from the Men's Health Forum in Ireland website (www.mhfi.org/MAMRMreport.pdf) on the day of the launch.

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New Booklet for Men who want to Continue Working after a Cancer Diagnosis

Have you seen the first-ever guide to help men to keep working during or after a cancer diagnosis? ... If not, you might want to check out '[Working With Cancer](#)' (by the [European Men's Health Forum](#)) - a twelve page booklet that answers many of the questions that working men (whether employed, self-employed or freelance) might have when cancer strikes. The booklet also addresses the employer's perspective, the legal position, and issues around money and general health. To find out more / download a copy, visit: www.emhf.org/new-guide-working-with-cancer

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Show Some Heart

With one person dying every hour from heart disease and stroke, more action is needed. In association with RTE 2FM, the Irish Heart Foundation has launched 'Show Some Heart' this February. This campaign calls upon Irish workplaces to do something special by organising an event to raise funds and highlight the issues of heart disease and stroke. Find out more at: www.irishheart.ie

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Public Health Alcohol Bill - Make Your Voice Heard

The Public Health (Alcohol) Bill is legislation designed to tackle Ireland's harmful relationship with alcohol. It aims to reduce the damage that alcohol causes to individuals, families and society by reducing our alcohol consumption - with a particular focus on protecting children and young people from alcohol harm. You can find out more about the Bill and how to make your voice heard at: <http://alcoholireland.ie/campaigns/bill>

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'A Beginners Kitchen' - for Men

Whittlesea Men's Shed in Australia has compiled a manual on shopping for and cooking healthy meals. It is aimed at men who live alone or who are now required to assume the role of planning, shopping and cooking meals and find this difficult. This booklet seeks to encourage men to be confident about preparing healthy meals on a limited budget, rather than taking the easy option of buying expensive convenience food. You can see a PDF of the booklet on the [Australian Men's Shed Association](#) website at: https://mensshed.org/wp-content/uploads/2015/03/Beginners_kitchen.pdf

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Volunteers (who have been affected by Bowel Cancer) needed to Deliver Short Talks

[Bowel Cancer UK in Northern Ireland](#) is looking for volunteers who have been affected by bowel cancer to give short talks in their local area about the disease in order to raise

awareness of Northern Ireland's second biggest cancer killer. The talks, usually held in nearby workplaces, community groups or anywhere an existing group comes together, will raise awareness of the disease, signs and symptoms, risk factors and the screening programme, as well as highlighting the volunteers' own experience. Bowel cancer is the third most common cancer in Northern Ireland. Over 1,100 people are diagnosed with bowel cancer every year and around 400 people die from the disease. Yet, it is treatable and curable - especially if diagnosed early. If you are interested in becoming a volunteer, Email: niamh.mcdaid@bowelcanceruk.org.uk or Tel: 07798 523668.

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Events

Hope from Hopelessness

Men are three times more likely to die by suicide than women. But, there is hope, and things can be done to change this situation by empowering men to understand and improve their mental health. This free event is aimed at anyone who works with men or who has an interest in men's health. It will: explore the urgent need to address suicide in men; look at how to make a difference in practice; highlight the real life experiences of local men (portrayed through drama); offer an opportunity to take part in interactive, practical workshops to improve wellbeing. The Hope from Hopelessness seminar will take place on Monday 5th March 2018, starting at 9.30am finishing with lunch at 1.30pm, in the Student Zone, Northwest Regional College, Derry / Londonderry. Places are limited, so early booking is advised. To find out more and to book a place, visit: <https://view.pagetiger.com/MenandSuicide/version2>

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The Main Man (and Woman)

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 (Dr Ian Banks, President of the European Men's Health Forum); offer a practical example of how men can be effectively engaged (Richard Taylor, Governor of Hydebank Wood College); explore what participants could realistically offer in their own settings to support men's health and wellbeing (group discussion). 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 find out more and/or to book a place see: www.mhfi.org/SAMH2018.pdf

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WHO-Europe Draft Men's Health Strategy

On Friday 16th March 2018, Ireland will be hosting an event 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 European 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 for consideration by WHO when drawing-up the final strategy. This meeting 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 gathering is being hosted by the [Men's Health Forum in Ireland](#), [Men's Health Forum \(GB\)](#) and [Global Action on Men's Health](#), in association with [WHO-Europe](#) and with the support of the [Health Service Executive](#) in Ireland. For more details, email: noel.richardson@itcarlow.ie

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Male Mental Health at the MAC

EdgeFest at the [MAC](#) in Belfast is a mini-theatre festival featuring plays (produced in collaboration with Prime Cut Productions and Tinderbox Theatre) which explore male mental health issues. To support the importance of the themes dealt with in the plays, there are also free talks and workshops. Find more details at: www.themaclive.com/whats-on

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Male Psychology Conference 2018

The list of conference speakers and posters for the 5th Annual Male Psychology Conference has just been announced. This event will take place on Friday 22nd and Saturday 23rd June 2018, and is being held in University College London. Full details are available at: www.malepsychology.org.uk/the-conference-2018

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Research

Social Determinants of Male Health: A Case Study of Leeds, England

The social determinants of health have a disproportionate impact on mortality in men. A study into the state of health of the male population in Leeds, England, was undertaken to guide public health commissioning decisions. This study found that there appears to be a lack of sex/gender analysis of current cross-city data. In areas of deprivation, a complex picture of multiple social problems emerged, with marked gender differences in the social determinants of health and males appearing to be more negatively affected. Find out more at:

<https://link.springer.com/epdf/10.1186/s12889-018-5076-7>

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Injury, Interiority, and Isolation in Men's Suicidality

Men's high suicide rates have been linked to individual risk factors including history of being abused as a child, single marital status, and financial difficulties. While it has also been suggested that the normative influences of hegemonic masculinities are implicated in men's suicide, the gendered experiences of male suicidality are poorly understood. In this study, twenty men who previously had suicidal thoughts, plans, and/or attempts were interviewed, as a means to better understand the connections between masculinities and their experiences of suicidality. Read more at: <http://journals.sagepub.com/doi/10.1177/1557988316679576>

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Women Live Longer than Men - even During Severe Famines and Epidemics

Women in almost all modern populations live longer than men. Research, to date, provides evidence for both biological and social factors influencing this gender gap. However, the outcomes when both men and women experience extremely high levels of mortality risk has been an unexplored area. This study investigates the survival of both sexes, in seven populations, under extreme conditions including famine, epidemics and slavery. It shows that women survived better than men. In all populations, they had lower mortality across almost all ages and, with the exception of one slave population, they lived longer on average than men. For more details, visit: www.pnas.org/content/pnas/early/2018/01/03/1701535115.full.pdf

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Web Links

Men's Issues on the Web ...

[Even light exercise can increase men's lifespan](#)

[The Wellbeing of the \[Irish\] Nation 2017](#)

[The secret to living longer may be your social life](#) [video]

[Take it from the insiders: Silicon Valley is eating your soul](#)

[Cancer charity says it'll sue NHS if it persists in refusing HPV vaccination to boys](#)

[Mortality in single fathers compared with single mothers and partnered parents](#)

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Next Edition

The next edition of 'E-Male Matters' will be released in March 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 March edition is Thursday 1st March 2018.

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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

