



E-Male Matters

April / May 2018

The newsletter of the Men's Health Forum in Ireland

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Men's Health Week 2018

The Final Countdown to Men's Health Week 2018 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 11th until Sunday 17th June 2018.

Each year, there is a specific theme. During 2018, the theme for the island of Ireland will focus upon the famous words of Astronaut Neil Armstrong - the first man to walk on the moon - when he said: *'That's one small step for [a] man. One giant leap for mankind'*. The key question that everyone will be asked during MHW this year is: **what's your one small step to improve men's health going to be? ...**

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-2018.html

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The Men's Health Week 2018 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 2018 'Toolbox for Action'. This useful resource can be downloaded at: www.mhfi.org/mhw2018toolbox.pdf

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Men's Health Week 2018 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-2018.html#Poster

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Men's Health Week 2018 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 available in hard copy, and details of how to order them can be found at: www.mhfi.org/mhw/mhw-2018.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 2018](#). This poses ten simple and practical health challenges to men and, to meet every challenge, it offers three choices. All copies of this manual were snapped-up within a few weeks last year - and there are only 20,000 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 2018 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-2018.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 2018](#). 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-2018.html#TellOthers

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What can I do to mark Men's Health Week 2018?

Absolutely everyone can do something to support and celebrate [Men's Health Week](#) (MHW) 2018. The focus for this year (i.e. *'what's your small step going to be?'*) 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 2018 web page (www.mhfi.org/mhw/mhw-2018.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 2018, and including #MensHealthWeek 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 2018!

For even more ideas, download a copy of the paper on what you can do to mark MHW 2018 at: www.mhfi.org/mhw2018celebrateit.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 \(MHW\) 2018](#) - 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 2018, and include the hashtag #MensHealthWeek in your message. To make things easy, a pool of ready-made 'Posts' and 'Tweets' will soon be available at:

www.mhfi.org/mhw/mhw-2018.html

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News

Middle-Aged Men and Suicide in Ireland Report

Over the past ten years, the suicide rate among middle-aged men (40-59 years old) in the Republic of Ireland has been the highest of all age bands. The self-harm rate among this age group has also increased in recent years. This worrying situation is compounded by the fact that, within this cohort of men, there are a number of specific 'at risk' groups for whom suicide and suicidal behaviour is more prevalent. This research - commissioned by the Men's Health Forum in Ireland (MHFI), funded by the National Office for Suicide Prevention, and undertaken by the National Centre for Men's Health in IT Carlow - explores the factors underpinning these statistics; with the aim of providing more effective and gender specific programmes, services, and resources to support men's mental health and wellbeing. The report is available for online downloading at: www.mhfi.org/MAMRMreport.pdf

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'Men in the Middle' Video Presentations Available Online

If you weren't able to attend the 'Men in the Middle' Men's Health Symposium held on Thursday 15th March 2018 in Dr Steevens' Hospital, Dublin, you will now be able to get a sense of what took place. All of the speakers' PowerPoint presentations are, currently, online at: www.mhfi.org/resources/men-s-health-symposium-2018.html On this web page there is also video footage of many of the speakers, and there will soon be some short clips of interviews with a number of the key contributors and attendees.

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May is Green Ribbon Month

During May 2018, [See Change](http://seechange.ie) is coordinating a month long Green Ribbon Campaign to encourage people in Ireland to "Say 'No' to Mental Health Stigma". Stigma is a barrier to recovery for many people dealing with mental health issues, but you can help to put a stop to it. 500,000 green ribbons are being distributed - free of charge - as a visual symbol to end the stigma surrounding mental health difficulties. You don't need to be an expert to start talking about mental health or to have all the answers. Sometimes the most helpful thing that you can do is to let someone know that you are there for them and simply listen. Get involved in the campaign at: <https://seechange.ie/green-ribbon>

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MEN'S HEALTH WEEK 2018
Find out more at www.mhfi.org #MensHealthWeek

Events

Nudge, Nudge - Making the Healthier Choice the Easier Choice

This event will focus on 'nudging' as a behaviour change concept to encourage positive behaviours in relation to health and wellbeing and promoting a healthy weight. Presentations will explore the 'nudge concept' and include practical examples. It will be of interest to a broad range of sectors, and will take place on Tuesday 12th June 2018, from 10.00am - 1.30pm, in Belfast. For more details or to book a place, visit: www.safefood.eu/Professional/Events/All-island-Obesity-Action-Forum-Nudge-nudge.aspx

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Man Day

Is your head wrecked? Are you stressed? Do you want to learn to control your anger? ... If so, you might be interested in the Mojo South Dublin 'Man Day' being held on Friday 18th May 2018, from 9.30am to 4.00pm, in Clondalkin Tus Nua, New Nangor Road, Clondalkin, Dublin 22. This free event will include information, exercise, food and relaxation. Text your name to 087 2470464 to reserve a place.

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Training

Walking with a Health Condition

Are you a person with a health condition who would like to slowly increase your activity levels? Did you know that walking can help you to: lose weight; keep your joints, bones and muscles strong; reduce anxiety and depression; increase good cholesterol; control blood pressure and blood sugar ...? If you live near Lurgan (Co. Armagh) or Banbridge (Co. Down) there are three different types of organised walk to suit all abilities. These are held on Wednesdays (meet at the Waves entrance to Lurgan Park) and Thursdays (meet at the Solitude Park Toilets in Banbridge) and begin at 10.00am for a 10 minute walk, 10.45am for a 20 minute walk, and 11.30am for a 30 minute walk. To register your interest, contact Sean Collins by email at:

Sean.Collins@southerntrust.hscni.net

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Research

The Untold Story: Harms Experienced in the Irish Population due to others' Drinking

For many years, the focus in discussing harm from drinking has been on the harm suffered by the drinker. This harm is, indeed, widespread and often severe. However, what has been missing from the picture is the burden that occasional or regular heavy drinking imposes directly on others at an interpersonal level - whether in families, at work, among friends, or in chance encounters in public places. This report approaches such harm in a comprehensive fashion; basing its findings on answers from a probability sample of the whole Irish adult population about their experience of the adverse effects from others' drinking. You can download a PDF of the report at: www.askaboutalcohol.ie/helpful-resources/research-reports/the-untold-story-harms-experienced-in-the-irish-population-due-to-others-drinking.pdf

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The Views and Experiences of Fathers on Healthy Infant Growth

Researchers at [NUI Galway](#) are recruiting parents of children in Ireland under two years of age to seek their views and experiences on healthy growth and how this could best be supported. The team is particularly keen to hear from fathers, as their views on these issues have not been captured to any great extent to date. The study will involve one interview with a member of the research team which will last about an hour. Interviews will be held at a time and a place that suits the participant. Fathers will be asked about their experiences and opinions on healthy growth in young children. All information will be kept confidential. This study is being undertaken by Marita Hennessy, a SPHeRE PhD scholar within the Health Behaviour Change Research Group at NUI Galway, funded by the Health Research Board. If you would like to participate, or would like more information, contact Marita at Tel: 089 2459405 | Email: m.hennessy11@nuigalway.ie

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First Large-Scale Survey of Prostate Intraepithelial Neoplasia Patients

Researchers at [Queen's University Belfast](#) are conducting the first large-scale survey of prostate intraepithelial neoplasia patients and individuals with other precancerous conditions to investigate the effect of being diagnosed and living with a precancerous condition. They are particularly interested to know more about how men feel about prostate intraepithelial neoplasia and the impact, if any, this has had on their life since diagnosis. The findings from this study will be used to inform future healthcare service provision for individuals with precancers and will be published in a scientific peer reviewed journal. To learn more about this study and to take part, visit: www.surveymonkey.co.uk/r/XX27PTH All responses to the survey will be anonymous, and it should take no longer than 15-20 minutes to complete.

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Web Links

Men's Issues on the Web ...

[Men's health: the case for global action](#)

[Man Friday: Dr Phil Kieran on men's sexual health](#)

[Queen's launches first cancer caregivers website](#)

[Mental health: Lifting the spirits on the farm](#)

[New study once again casts doubt on PSA screening](#)

[Labelling alcohol products: It's time to put the facts where they belong - on the bottle](#)

[Single fathers: neglected, growing, and important](#)

['Man Up': The importance of placing male reproductive health centre stage](#)

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Next Edition

The next edition of 'E-Male Matters' will be released in June 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 June edition is Friday 1st June 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