

E-Male Matters

June 2018

The newsletter of the Men's Health Forum in Ireland

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Men's Health Week 2018

Men's Health Week is not just for June!

[International Men's Health Week](#) (MHW) may be over, but the key question that it posed - *'what's your small step going to be?'* - remains relevant to everyone. MHW offers an opportunity to focus upon the health needs of men and boys each year. However, it is also a launch pad to do something different in the longer-term that can make a positive difference to the lives of males. So, remember, MHW is not just for June.

You can catch-up with all that happened this year at: www.mhfi.org/mhw/mhw-2018.html

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Ministers Simon Harris and Catherine Byrne launch Men's Health Week 2018 in the Phoenix Park, Dublin



Chief Executives of the Health Trusts and RQIA in Northern Ireland support the launch of Men's Health Week 2018

‘Challenges and Choices’ Man Manual Sold Out

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. During [Men’s Health Week 2018](#), a free, 32 page, Man Manual (called ‘Challenges and Choices’) was distributed by the [Men’s Health Forum in Ireland](#). This posed ten simple and practical health challenges to men and, to meet every challenge, it offered three choices. Almost all of the 20,000 hard copies of this publication available this year were snapped-up within a few weeks of their release. However, if you missed out, and would like to see what it looks like / contains, check out the online preview copy at: www.mhfi.org/challenges2018.pdf The publication of this booklet was only possible due to 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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Did you Organise a Men’s Health Week Event / Activity?

Every year there are hundreds 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) had a section on its website to promote the details of any activities or events that were being held throughout Ireland during the week (see: www.mhfi.org/mhw2018events.pdf) However, a lot of the activities which took place are still not recorded, and it would be great to flag them up. It’s not too late to complete and submit a MHW Event Form at: www.mhfi.org/mhw/promote-an-event.html Other submission options are also available at: www.mhfi.org/mhw/mhw-2018.html#TellOthers

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Keep Informed about Current Men’s Health Work Developments Online

Throughout Men’s Health Week, everyone was kept up-to-date with the latest news and developments in the field of men’s work via Facebook (www.facebook.com/MensHealthWeek) and Twitter (www.twitter.com/MensHealthIRL). However, these social media outlets exist all year round, and seek to highlight what is happening on the island of Ireland and further afield.

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‘One Small Step’ Animation

Everyone involved in Men’s Health Week (MHW) 2018 would like to thank James Vincent from the [Institute of Public Health in Ireland](#) for the time and effort that he put into creating a short MHW animation this year. This clip was viewed over 4,000 times within the first 48 hours of appearing on the MHW Twitter feed - as well as being seen on many other social media platforms. If you haven’t had a look yet, check it out on YouTube at: https://youtu.be/iEra_ZtedFY

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Some of the boys who took part in the ‘Banter Round the Bridges’ walk and talk in Strabane to mark Men’s Health Week 2018

News

WHO-Europe Men's Health Strategy

[WHO-Europe](#) is working on its first [Men's Health Strategy](#). In March this year, they consulted with a wide range of non-governmental stakeholders and experts about different aspects of the strategy at an event held in Dublin on Friday 16th March. There were 33 attendees at the symposium from five countries. A report on the Dublin event, summarising the key messages, can be accessed at: http://gamh.org/wp-content/uploads/2018/06/Report-of-WHO-Consultation-Mens-Health-Strategy-16-March-2018.Final_-1.pdf

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Men's Development Network Seeks CEO

The [Men's Development Network](#) is currently recruiting for the post of Chief Executive Officer to be based in their office in Waterford. Full details of the job role and how to apply can be accessed at: www.activelink.ie/content/vacancies/community/37690

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Building the Community-Pharmacy Partnership Funding

Building the Community-Pharmacy Partnership (BCPP) in Northern Ireland is a collaboration between the [Community Development and Health Network](#) and the [Health and Social Care Board](#) - with strategic direction offered by a multi-agency Steering Group. The programme aims to promote and support communities to work in partnership with local pharmacists to address health and social wellbeing needs using a community development approach by: increasing skills; encouraging community activity and self-help; expanding understanding of health issues; supporting local people to play a key role in promoting health. Applications are now being invited for the Level 2 funding scheme. For more details see: www.cdhn.org/level-2-application

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Events

Men's Cycling and Walking Event

You are invited to be part of a men's health and wellbeing event which is being held on Friday 27th July 2018, from 11am - 2pm, in Bike Park Ireland, Ballingarry, Roscrea, Co Tipperary. This event is being organised by the [Offaly Local Development Company](#), and will include a range of activities - from cycling to walking - suitable for all levels of ability and interest. There will be a bus available to those who wish to avail of the service, and food and refreshments will be offered as part of the day. Booking is essential. Contact Paul on Tel: 087 6925276 or Wayne at Email: wayneharrydoe@gmail.com

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Training

Master of Arts in Advanced Facilitation Skills for Promoting Health and Wellbeing

Do you want to become a highly skilled facilitator, advance within your chosen profession, or seek new employment opportunities? ... If so, you might consider the Master of Arts in Advanced Facilitation Skills for Promoting Health and Wellbeing - an innovative practice orientated programme which is the only one of its kind in the Republic of Ireland. It is designed

to enhance personal growth and to advance the knowledge, skills, attitudes and competencies required for effective facilitation of health and wellbeing initiatives with groups, individuals and key populations. This is a full-time programme, but its delivery reflects the flexibility required for adult learners. It is delivered two days per month each semester (in Dublin) and entails three residential weekends throughout the year. For more information, see:

www.wit.ie/courses/school/health_sciences/department_of_health_sport_exercise_studies/ma-in-advanced-facilitation-skills-for-promoting-health-and-well-being

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Developing an Integrated Employee Health and Wellbeing Programme

The Health and Safety Authority's strategy for 2016-2018 places an increased focus on work related health risks. Employers have a legal obligation to assess all workplace health risks which may cause illness, and to comply with health and safety general application regulations. This seminar - being held in Portlaoise on Thursday 20th September 2018 - will focus upon: developing a workplace health and wellbeing policy; conducting risk assessments on all workplace physical and behavioural risks; reducing stress and increasing personal resilience.

For more details, visit: www.eapinstitute.com/documents/EmployeeHealthWellbeing2018.pdf

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Research

International Journal of Men's Social and Community Health

The [International Journal of Men's Social and Community Health](#) (IJMSCH) is an interdisciplinary journal that aims to contribute to the advancement of men's health by publishing high quality research, policy and practice papers of contemporary relevance. There is a specific focus on health experiences, social context and on community-based approaches to maintaining or improving men's health. View the current issue at: www.ijmsch.com

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Hiding in Plain Sight: Men's Health and the Response of Global Organisations

Men's health is widely known to be problematic at the national and global levels. Recent WHO data shows that, in 2016, global male life expectancy at birth was a little under 70 years. Over 20 countries, mostly in Africa, had a male life expectancy below 60 years. This paper by [Global Action on Men's Health](#) highlights some of the key statistics and issues, as well as the benefits of taking action: http://gamh.org/wp-content/uploads/2018/06/Hiding-in-Plain-Sight.GAMH-report.june2018.final_.pdf

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Young Men, Help-Seeking, and Mental Health Services: Exploring Barriers and Solutions

This research explores the barriers and solutions to seeking professional help for mental health problems among young men living in the North West of Ireland. A qualitative approach - using two focus groups with six participants each and five face-to-face interviews - was conducted with men aged 18 to 24 years (total N = 17). Data were analysed using thematic analysis. Seven key barriers to help seeking were identified: acceptance from peers; personal challenges; cultural and environmental influences; self-medicating with alcohol; perspectives around seeking professional help; fear of homophobic responses; and traditional masculine ideals. Five key solutions to these barriers included: tailored mental health advertising; integrating mental health into formal education; education through semi-formal support services; accessible mental health care; and making new meaning. Read the full journal article at: www.ncbi.nlm.nih.gov/pmc/articles/PMC5734535

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Fathers Wanted!

Nicole Cooke - a postgraduate student currently completing an MSc in Health Psychology in NUI Galway - is conducting research with parents on their intentions / decisions to introduce solid foods to their baby or to begin the process of weaning onto solid foods. She is looking for both mothers and fathers to participate, but is finding it most difficult to engage with men. The survey takes no longer than 20 minutes to complete, and eligible parents must be either a parent or guardian of a young child aged between two and four months old. The survey can be completed at: <https://tinyurl.com/infantfeedingsurvey>

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Web Links

Men's Issues on the Web ...

[Irish Men's Sheds Association wins prestigious EU award](#)

[Why older men should do more housework](#)

[One in eight people set to have type 2 diabetes by 2045, says study](#)

[A pain you can't prepare for](#)

[Warning signs of stroke in men](#)

[How is dad doing?](#)

[High physical activity at work may increase death risk](#)

[Anti-HPV jab close to being available for boys](#)

[Why all men 'should be concerned about declining testosterone'](#)

[Farmers' health study to offer screen tests at marts](#)

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Men's Health Week activities organised by Limerick Sports Partnership

Next Edition

Due to the Summer holidays, the next edition of 'E-Male Matters' will be released in August 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. Please 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 August edition is Monday 30th July 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

