

E-Male Matters

November 2018

The newsletter of the Men's Health Forum in Ireland

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News

International Men's Day 2018

[International Men's Day](#) (IMD) takes place on the 19th of November each year. This day offers an opportunity for everyone to celebrate the important contribution that men and boys make to their families, friends, communities, workplaces, society and the world. However, it is also a time to highlight some of the key issues facing males, and to provide practical support and positive encouragement to overcome these. Keep an eye out for IMD activities and events in your area.

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Planning for Men's Health Week 2019

Every year, the Men's Health Forum in Ireland (MHFI) convenes an all-island Planning Group for [International Men's Health Week](#) (MHW). The first meeting of this body for 2019 took place on Friday 9th November in Dundalk, Co. Louth. The next gathering will be held in January 2019. Would you be interested in joining with others from across the island of Ireland to help to shape MHW 2019? ... This can be done in many ways - from participating in meetings to email / phone communication. All input is very welcome, and helps to make the week stronger and more relevant. For more information, email Colin Fowler at: colin@mhfi.org

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Dry January / Feel Good February Grant Scheme

The [SEDACT](#) 'Dry January' / 'Feel Good February' grant scheme for 2019 is now open. Groups within the [South Eastern Health and Social Care Trust](#) area are welcome to apply for a grant up to £500 to run activities to mark Dry January and Feel Good February. The activities must be aimed at over-18s, be run during January or February, and promote the key messages behind the campaign. The closing date for applications is 4.00pm on Friday 30th November 2018. For more information / an application form, Email: connections@sedact.info

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Twenty Years of ARK Surveys

For twenty years, [ARK](#) has been recording public attitudes to key social issues in Northern Ireland. The [Northern Ireland Life and Times Survey](#) began in 1998 and focuses on the opinions of adults. In 2003, [Young Life and Times](#) began monitoring the attitudes of 16 year olds, whilst [Kids' Life and Times](#) started recording the opinions of 10-11 year olds in 2008. These data provide authoritative, independent and statistically-robust evidence which is freely accessible to everyone. You are invited to an event in Belfast on Tuesday 27th November 2018 (4.00pm - 5.00pm) which will: celebrate the wealth of data provided by the surveys; launch a publication which outlines public attitudes to key social issues over time; highlight the major contribution that the surveys have provided to policy making in Northern Ireland. This event is free of charge, but places need to be booked by Tuesday 20th November, by emailing: e.gray@qub.ac.uk

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Events

International Men's Day Concert: #ImWorthMore

To mark and celebrate [International Men's Day](#) (IMD) on Monday 19th November 2018, you are invited to a concert to raise awareness of men's mental health issues and raise funds for suicide prevention work. This musical event, being organised by [Men's Action Network](#), will: take place in the Millennium Forum in Derry~Londonderry; feature local artists; focus upon building hope, support and inspiration. Find out more at: https://twitter.com/MAN_IN_DERRY

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Full Disclosure: should I open up about my mental health difficulties?

The [School of Nursing and Midwifery](#), in partnership with [See Change](#), are delighted to welcome Professor Sir Graham Thornicroft to Trinity College Dublin. Prof Thornicroft will deliver a free public lecture which will explore the issues that people with mental health difficulties experience around disclosure, and will offer some strategies to help people to manage information about their mental distress. This lecture will take place on Thursday 29th November 2018, at 5.15pm, and is open to anyone who has an interest in mental health - including service users and service providers. Find out more at: www.eventbrite.ie/e/full-disclosure-should-i-open-up-about-my-mental-health-difficulties-tickets-51451970228

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White Ribbon Ireland Seminar

The [Health Service Executive](#) and [Men's Development Network](#) invite you to join with leading Irish men and women to talk about the need for gender equality and to highlight the International [White Ribbon](#) campaign. This event will take place on Monday 19th November 2018, from 10.00am - 1.00pm, in Dr Steevens' Hospital, Dublin. To book a place, visit: www.eventbrite.ie/e/white-ribbon-ireland-seminar-tickets-52207779875

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Training

Community-Based Men's Health and Lifestyle Programme

This free programme is open to all men and offers: weekly health information talks; physical activity sessions; dedicated staff to support you with your goals; health checks. It will run for ten weeks - every Thursday, at 7.00pm, from 10th January to 14th March 2019. It will be held in Banbridge Leisure Centre, Banbridge, Co. Down. If you are interested in hearing more, contact Frances Haughey (Health Improvement Officer, Armagh City, Banbridge and Craigavon Borough Council) at Email: frances.haughey@armaghbanbridgecraigavon.gov.uk | Tel: 07500 772905.

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Designing Employee Support Services for Workplace Mental Health

It is important for employers and employees to know about their legislative rights and responsibilities in relation to mental health at work. The EAP Institute is organising three seminars across Ireland to explore '*Designing Employee Support Services for Workplace Mental Health*'. These will take place on Thursday 31st January 2019 (Dublin), Thursday 28th February 2019 (Kilkenny) and Thursday 21st March 2019 (Galway). Full details can be found at: www.eapinstitute.com/documents/EmployeeSupportServices2019.pdf

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Men's Leadership in Gender Based Violence - Let's End the Silence

The South Eastern Domestic and Sexual Violence Partnership and Vital Voices Global Partnership, are pleased to invite you to participate in leadership training on gender violence prevention with Jackson Katz (www.jacksonkatz.com) - an internationally known expert in the field. '*Men's Leadership in Gender Based Violence - Let's End the Silence*' will be held on Wednesday 28th November 2018, from 10.00am to 4.00pm, in the Burrendale Hotel, Newcastle, Co. Down. Jackson Katz is the co-founder of Mentors in Violence Prevention, and has achieved global recognition for his pioneering work and activism on issues of gender, race and violence. To find out more, contact Patricia McMurray, Coordinator, South Eastern Domestic and Sexual Violence Partnership at Email: patricia.mcmurray@setrust.hscni.net or Tel: 02844 615208.

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Research

The Man Box

This study - on being a young man in Australia - is the first comprehensive research that focuses on the attitudes to manhood and the behaviours of Australian men aged 18 to 30. It involved an online survey of a representative sample of 1,000 young men from across the country, as well as focus groups with two gatherings of young men. The findings shed new light on the social pressures to be a 'real man' and the impact this can have on the young men's wellbeing, behaviours and the safety of the wider community. Find out more at:

<https://jss.org.au/what-we-do/the-mens-project/the-man-box>

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Family Practitioner Services - Statistics for Northern Ireland 2017/18

The [Health and Social Care Business Services Organisation](#) has published its Family Practitioner Services Statistics for Northern Ireland 2017-18. The report contains high level summary information on activity and payments in relation to General Medical, General Dental, Ophthalmic and Pharmaceutical Services. Information is provided at Northern Ireland level, with further breakdowns presented at both Local Commissioning Group (LCG) and Local Government District (LGD) level. The publication is available on the Business Services Organisation's website at: <http://www.hscbusiness.hscni.net/services/2990.htm>

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Healthy Ireland Survey 2018 - Summary of Findings

This report provides an overview of results from the fourth wave of the Healthy Ireland Survey - an annual, interviewer administered, face-to-face survey, commissioned by the [Department of Health](#) in the Republic of Ireland. Survey data plays a number of roles, including supporting the Department in ongoing engagement and awareness-raising activities in the various policy areas, as well as supporting better understanding of policy priorities. The fourth wave consisted of 7,701 interviews, conducted with a representative sample of the population aged 15 years and older living in Ireland. A summary of the findings can be found at:

<https://health.gov.ie/wp-content/uploads/2018/10/Healthy-Ireland-Survey-2018.pdf>

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Web Links

Men's Issues on the Web ...

[Outcry as boys' HPV 'catch-up' is rejected by the government](#)

['Early detection saved my life' - testicular cancer survivor](#)

[Ugandan army launches Ulinzi condom brand](#)

[Movember helping men put their health front and centre](#)

[Breaking down barriers in HIV testing for gay and bisexual men](#)

[The gender agenda: WHO Europe's new men's health strategy](#)

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Next Edition

The next edition of 'E-Male Matters' will be released in December 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 December edition is Friday 30th November 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

