

E-Male Matters

September - October 2019

The newsletter of the Men's Health Forum in Ireland

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News

Escape your Chair

We spend more than half of our waking hours at work and, for many of us, that involves sitting down for most or all of the time. Did you know that moving more during your working day can help you feel more alert and be more productive, and that physical activity can also reduce feelings of fatigue by up to 40 per cent? During September, the [Irish Heart Foundation](#) is encouraging everyone to move more and sit less. Find out more at: www.escapeyourchair.ie

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Whole-of-Government Approach - Healthy Ireland

This Governance Snapshot is part of a series that provides examples of whole-of-government and whole-of-society approaches to strengthen health and wellbeing from across the World Health Organisation (WHO) European Region. It describes the whole-of-government example of the 'Heathy Ireland' policy in Ireland. This is the national framework for action to improve the health and wellbeing of people in Ireland over the coming generation. The approach taken by Healthy Ireland draws on Health 2020, the European health policy framework, and on the health-in-all-policies concept. Find out more at:

www.euro.who.int/_data/assets/pdf_file/0018/412821/Ireland-Healthy-Ireland-wog.pdf?ua=1

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Consultation on the Draft Mental and Emotional Health and Wellbeing and Suicide Prevention Training Framework

The Public Health Agency (PHA) Training Framework for Mental Emotional Health and Wellbeing and Suicide Prevention (The Framework) is in line with the Protect Life 2 Strategy to reduce the suicide rate in Northern Ireland. It has been developed to provide clarity on the varying steps and types of training available in Northern Ireland, and to support knowledge and skills development. It provides a pathway through the varying steps of training, and has been developed to encourage consistency and appropriateness in skills and awareness development. The PHA invite you to participate in a consultation on the Draft Training Framework - which was developed following extensive engagement and consultation events held in 2017 and 2018. To participate: (i) download and read the draft Training Framework (<http://pha.site/framework>); (ii) answer the questions in the Survey Monkey questionnaire (<https://www.surveymonkey.co.uk/r/BW2CNMW>); (iii) submit your responses by clicking on the box at the end of the survey. The consultation will close on Thursday 12th December 2019. If you have any queries, email: helen.gibson@hscni.net

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'Is This OK?'

'Is This OK?' is a partnership between Childline and Runaway Helpline, and is funded by Children in Need to offer young people an easy way to access specialist support and advice. There are times in life when a situation or event feels difficult or uncomfortable and you might find yourself asking 'Is This OK?' Through the website, young people can access a team of experts who will talk through the issue and signpost them to appropriate sources of support. For more information, visit: <https://www.isthisok.org.uk>

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Take a Stand Against Silence

New Zealand Rugby is encouraging fans to take a stand against silence as part of a new campaign to support the conversation around mental health and the stigma associated with getting help: <https://www.youtube.com/watch?v=Tme0bOEktnc&feature=youtu.be>

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Do you have a Men's Group in the SEHSCT Area?

Firstly, let me start by introducing myself ... My name is Brien Frazer, and I have recently started in post with the South Eastern Health and Social Care Trust (SEHSCT) as a Community Health Development Practitioner focusing on emotional health and wellbeing. I have worked in various health and wellbeing roles since June 2000, and have a particular passion for men's health and wellbeing. I have been a member of the All-Island Men's Health Week Planning Group for the past three years, and have thoroughly enjoyed coordinating the many events organised each year within the SEHSCT area to celebrate Men's Health Week and highlight topics specific to men's health. In my new role, I am hoping to develop an email database and contact network of men's groups in the SEHSCT area for information sharing. Furthermore, I am hoping to complete a Trust-wide scoping exercise to assess what support and training local groups may require. If you would like to add your men's group / organisation to the database, please forward the details to: brien.frazer@setrust.hscni.net

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Events

Men's Health Symposium at NUIG

You are invited to attend a Men's Health Symposium for health and allied professionals working in the area of men's health. This event is being held on Tuesday 19th November 2019 (International Men's Day) at the [School of Nursing and Midwifery, National University of Ireland Galway](#) in partnership with the Centre for Nursing and Midwifery Education, Galway. This free to attend event aims to highlight current issues that affect men's health across their lifespan, and specifically focuses on the influence masculinity has on men's health, building resilience, and promoting positive mental health and wellbeing for men. The day long event will include experts, practitioners and researchers in men's health, and will feature several high-profile men's health advocates from across Ireland, including: Dr Noel Richardson, ITC; Dr Paula Carroll, WIT; Dr Bróna Mooney and Dr Phil Noone, NUIG; Ms Laura Tully, AIT; Mr Paul Horan, TCD; Mr Paul Gillen, Saolta Group; Mr Cathal Gallagher, Operation Transformation Leader 2019; Mr Davy Glennon, Senior Galway Hurler; and other esteemed speakers. Registration is now open at: www.eventbrite.com/e/mens-health-symposium-the-power-of-building-resilience-in-mens-lives-tickets-73099531667 Enquires about the event can be sent to the Symposium Chairperson, Bróna Mooney, at: brona.mooney@nuigalway.ie

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Social Isolation and Loneliness: Health Consequences and Policy Implication

You are invited to apply for a place at a free event where you will hear the latest research on the impact of loneliness on health and wellbeing from International and National experts. TILDA and the Department of Sociology in Trinity College Dublin (TCD), in collaboration with the Institute of Public Health in Ireland, have organised this event to examine the relationship between social isolation, loneliness and health, and the policy implications of this. It will be held on Monday 21st October 2019, from 1.00pm - 5.00pm, in TCD. Register for a place at: <https://www.eventbrite.ie/e/social-isolation-and-loneliness-health-consequences-and-policy-implication-tickets-72674163379>

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25th Annual Regional Sexual Health Conference

You are invited to the 25th Annual Regional Sexual Health Conference which will be held on Wednesday 13th November 2019, from 9.00am - 5.00pm, in the La Mon Hotel and Country Club, Castlereagh, Belfast. This year's event will bring together a wide range of experts who will present up-to-date research and models from throughout the UK and Ireland via keynote presentations and interactive workshops. These will focus upon: sexual health in Northern Ireland 25 years on; GUM update for Northern Ireland; inequalities and addictions in sexual health; young people; and gender issues. The delegate rate (including lunch) is £60.00. For further details, Tel: 028 9504 7028 or Email: shealth.team@belfasttrust.hscni.net

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Mental Health Congress

#123GP and PPR invite you to a Mental Health Congress on Thursday 10th October 2019, from 11.00am - 4.00pm, in the Spectrum Centre, Shankill Road, Belfast, BT13 3AB. There is an escalating mental health crisis in Northern Ireland. Yet, at 5.2% of the health budget, funding for mental health in NI lags far behind that of other UK jurisdictions, and is below the global average. This event will bring together people directly affected by this crisis, activists, concerned practitioners, service providers, academics and others to discuss these issues with the United Nations Special Rapporteur on the Right to Health. For more information, visit: www.pprproject.org/mental-health-congress-10-october-2019

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Physical Activity and Older Adults: What Works?

The Institute of Public Health in Ireland, in partnership with the All-Ireland Physical Activity and Ageing Group, invite you to their upcoming event titled '*Physical Activity and Older Adults: What Works? - The Role of Health Professionals*'. This event will take place on Tuesday 22nd October 2019, in Chartered Accountants House, 47/49 Pearse Street, Dublin. The keynote speaker will be Shane O'Mara, Professor of Experimental Brain Research in Trinity College Dublin, and author of the book '*In Praise of Walking*'. Places are limited. To register, email: leah.friend@publichealth.ie

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Training

Connecting with Young Men Workshop in Dun Laoghaire

You are invited to apply for a place on a 'Connecting with Young Men' workshop. This free event will take place on 23rd September 2019, from 9.30am to 4.30pm, in Dun Laoghaire. The aim of this workshop is to assist a broad range of practitioners to effectively connect with young men on mental health and wellbeing issues. It focuses on the engagement process i.e. WHY and HOW to build relationships with young men. It seeks to: demonstrate why we need to work with young men as a specific group; help participants to reflect on their own value base, experience, attitudes towards, and expectations of young men; explore the world of young men, the issues that they face and opportunities that exist to engage with them; consider the practicalities of 'what works'; increase the confidence of participants in relation to working with young men. To apply for a place on this workshop, or for further information, email: helen.mccormack1@hse.ie

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MA in Advanced Facilitation Skills for Promoting Health and Wellbeing

Do you want to become a highly skilled facilitator and advance within your chosen profession or seek new employment opportunities? ... If so, the Master of Arts in Advanced Facilitation Skills for Promoting Health and Wellbeing is an innovative practice orientated programme; the only one of its kind nationally. It is designed to enhance personal growth and development, and to advance the knowledge, skills, attitudes and competencies required to effectively promote health and wellbeing with groups, individuals and key populations. Experiential learning is central to the course, and this supports students to develop their skills through the medium of the group process, reflective practice, practical experience and research. For more information, visit: www.wit.ie/wd591

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Level 3 Diploma in Mental Health

You are invited to apply for a place on the OCN NI Level 3 Diploma in Mental Health course which will soon be starting in the North West Regional College, Strand Road, Derry / Londonderry on Wednesdays from 6.00pm - 9.00pm. For further information, contact Fergal Mellon at Email: Fergal.Mellon@nwrc.ac.uk

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WHST Men's Health Workshop

Applications are invited for a workshop which focuses upon increasing understanding of men's health issues and how to engage men with health and social services. This full day 'Engage' training is being offered by the Western Health and Social Care Trust's Health Improvement Team, and will take place on the 26th of September 2019 in Omagh, Co. Tyrone. It is suitable for any practitioner, of any gender, who works with men in any setting. The workshop will

explore: why we need to work with men as a specific group; understanding men through their eyes; gender bias and health; our own value base, experience and attitudes; barriers to men seeking help and support; opportunities to create the conditions for positive engagement. For more information, Email: health.improvement@westerntrust.hscni.net or Tel: 02871 865127.

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Understanding Chemsex

You are invited to apply for a free place on a course focusing upon: '*Understanding Chemsex*'. This will take place on Wednesday 2nd October 2019, from 9.30am - 1.30pm, in HIV Ireland, 70 Eccles Street, Dublin 7. This programme aims to increase participants' knowledge and awareness of Chemsex and issues related to this type of drug use. Participants will gain knowledge about this growing trend and the confidence to deal with issues that may arise when working with population groups that engage in Chemsex. The training will be beneficial to sexual health workers, health advisers, drug service providers, LGBT services, mental health practitioners, GPs, counsellors, social workers, nurses, and other professionals who may work with / have contact with people who use drugs associated with Chemsex.

Registration is essential. For further details, Email: susan.donlon@hivireland.ie

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Elevate Capacity Building Training

The Elevate Capacity Building Team within the [Community Development and Health Network](#) is delivering practical programmes in each Health and Social Care Trust area in Northern Ireland. This is a free, interactive, activity-based, two-day training course which focuses upon community development as a way to reduce health inequalities. The sessions will cover: the values and principles of community development; what health inequalities are, why they exist and how they look in your community; how to know you are making a difference in your community and how to share this learning with others; how to action plan and take ideas forward in your local community. Anyone, from any sector, with an interest in community development and health inequalities is invited to apply for a place. Participants must be available for both days of the training. However, there are limited places on each training programme and booking is essential. Find out more at: <https://elevateni.org>

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Research

Men on the Move

'Men on the Move' is a 12-week programme for inactive men in Ireland. It uses physical activity as a 'hook' to engage men, with a view to improving their overall health and wellbeing. An evaluation report on the project was published during [Men's Health Week 2019](#). This showed the positive impact of the project, and recommended that it should be further developed and extended across the Republic of Ireland. View the report online at:

www.hse.ie/eng/services/news/media/pressrel/men-on-the-move-evaluation-report.pdf

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State of the World's Fathers

'*State of the World's Fathers*' - by [Promundo](#) - is a biennial report and advocacy platform which aims to change power structures, policies, and social norms around care work and to advance gender equality. The third State of the World's Fathers report reveals new research on men's caregiving from 11 countries, with additional cross-country analysis of data from over 30 countries. Download the report at: <https://stateoftheworldsfathers.org/report/state-of-the-worlds-fathers-helping-men-step-up-to-care>

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How Emergency Departments Deal with Self-Harm

Research has found that people who present to Emergency Departments following an episode of self-harm sometimes do not receive the care they need. It has also been found that some people leave the Emergency Department before being assessed by a clinician. The voices of service users are key to understanding how responses and outcomes may be improved.

Researchers at the [School of Nursing and Midwifery in Trinity College Dublin](#), in partnership with [3Ts](#), are seeking to interview people (aged 18 and over) in the Republic of Ireland about their experiences of presenting to the Emergency Department following an episode of self-harm or suicidal behaviour. For more information and/or to participate, contact Dr Louise Doyle at Email: louise.doyle@tcd.ie | Tel: 01 8963102.

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Men Wanted for CHERISH Carers' Survey

Do you provide care to a family member or loved one? ... If so, researchers on the [CHERISH](#) initiative at Maynooth University, who aim to promote a 'Think Carer' approach in health and social care services, would love to hear about your experiences. Over 39% of family carers in Ireland are men and, therefore, the research team would like to encourage the participation of men in this important research. Please consider taking the time to complete this anonymous and confidential survey, and share it with men who may be providing care. It will take about 10-15 minutes to complete, and the responses will be used to inform the design of future services to carers in community healthcare settings. You can take part by visiting:

https://maynoothpsychology.eu.qualtrics.com/jfe/form/SV_e4Kc6cRdghaxwUZ

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Parenting NI - Big Parenting Survey 2019

Last year, [Parenting NI](#) launched their Big Parenting Survey - a first of its kind study into the realities of parenting in Northern Ireland. The 2018 survey had over 1,000 responses from parents; providing valuable insights about the struggles, hopes and successes of parents from every part of the community. This year, Parenting NI are encouraging as many parents as possible to take part in a study which focuses upon the role and influence of technology on parenting. They are particularly keen to hear from men in parenting roles. This survey is available online at: <https://bps2019.questionpro.com>

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Web Links

Men's Issues on the Web ...

[Breakthrough programme a huge success](#)

[Mental health problems the hidden legacy of the Troubles](#)

[Conor urges Northern Ireland men to open up about their mental health](#)

[Fast-food outlets on commuter routes may fuel obesity crisis](#)

[Sport is part of the solution to address young men's mental health](#)

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Next Edition

Do you know of anything (research, events, resources, news etc.) affecting men and boys which should be included in the next edition of 'E-Male Matters'? ...

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

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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

