

# E-Male Matters

October 2018

The newsletter of the Men's Health Forum in Ireland

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## News

### Strategy on the Health and Wellbeing of Men in the WHO European Region

In recent years, the health and wellbeing of men has received increasing attention in the WHO European Region. A key trigger for this attention has been the high level of premature mortality among men - particularly in Eastern Europe. However, the focus on men's health has also been driven by a growing body of evidence that provides a better understanding of how gender intersects with social, economic, environmental, political and cultural determinants which influence exposure to risk factors and interactions with health systems. At a meeting of the WHO Europe Regional Committee in Rome on 19<sup>th</sup> September 2018, the delegates approved a new men's health strategy which aims to inform action by Member States to improve men's health and wellbeing while promoting gender equality. Find out more at: [www.euro.who.int/\\_data/assets/pdf\\_file/0003/378165/68wd12e\\_MensHealthStrategy\\_180480.pdf?ua=1](http://www.euro.who.int/_data/assets/pdf_file/0003/378165/68wd12e_MensHealthStrategy_180480.pdf?ua=1)

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### International Men's Day 2018

[International Men's Day](#) (IMD) takes place on the 19<sup>th</sup> 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. Better still, why not organise something yourself to mark this day!

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## **Please Talk**

As the 2018/19 academic year gets underway, are you aware of the 'Please Talk' initiative which is based in third level institutions across Ireland? ... Please Talk is a student-led mental health movement which signposts students to both on-campus and off-campus support services. It also aims to empower students to look after their mental health and to reduce stigma around mental health on campus. Find out more at: [www.pleasetalk.org](http://www.pleasetalk.org)

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## **Building the Community-Pharmacy Partnership Funding - Level 1**

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 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 1 funding scheme. For more details see: [www.cdhn.org/bcpp](http://www.cdhn.org/bcpp)

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## **Gay and Bisexual Dads Support Group**

The Rainbow Project's [Gay and Bi Dads' Group](#) aims to provide gay and bisexual men - who may be married or who are still not out - with a safe and confidential space to meet with other men in similar situations. The group meets monthly, from 7.00pm - 9.00pm, and offers: support and advice on coming out; managing family life as a gay or bisexual man; an opportunity to talk openly and safely about being either a gay or bisexual man. For more details, Tel: 02890 319030 or Email: [familysupport@rainbow-project.org](mailto:familysupport@rainbow-project.org)

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## **Samaritans - There for Everyone Round the Clock**

If you're feeling down, lonely or suicidal, you don't need to suffer in silence. [Samaritan](#) volunteers are well trained to listen while you talk about whatever is distressing you - in confidence - and they will not judge. Try the Freecall number 116123, or email: [io@samaritans.org](mailto:io@samaritans.org) The Samaritans support everyone who contacts them for emotional support. They don't provide advice, but do listen and, through getting your problems off your chest to a sympathetic listening ear, you may feel that there is hope. There are eight branches across Northern Ireland - Belfast, Bangor, Craigavon, Newry, Ballymena, Coleraine, Derry / Londonderry and Omagh. Details are available online at: [www.samaritans.org](http://www.samaritans.org) Sometimes, it takes courage for people to call. They are in a dark place, and lifting a phone is often difficult. The Samaritans say try us: You talk. We listen.

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# Events

## **Cancer Focus NI Men's Health Conference 2018**

[Cancer Focus Northern Ireland](#) invites you to attend their annual Men's Health Conference. This will be held in the Dunsilly Hotel, Antrim, Co. Antrim, on Wednesday 7<sup>th</sup> November 2018, from 9.15am to 1.15pm. This event is free, but places are limited. To register, or get further information on this event, contact Denise Bownes at Email: [denisebownes@cancerfocusni.org](mailto:denisebownes@cancerfocusni.org)

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## **Mental Health Week 2018**

Mental Health Week is taking place from the 8<sup>th</sup> - 12<sup>th</sup> October in Ireland this year. The theme is 'Young People and Mental Health in a Changing World'. [See Change](#) has partnered with [Mental Health Ireland](#) and [St. Patrick's Cathedral](#) in Dublin to host an event in the Cathedral to launch the week. This will take place on Friday 5<sup>th</sup> October 2018 at 7.00pm, and will include guest speakers, information on support services available, and access to the 'Look Beyond' exhibition. This event is free and open to everyone. For more information, visit: <https://gallery.mailchimp.com/6801c5ffebc98d6478c0e34e3/images/2e1270bd-470c-4315-b76e-129a767eb3a8.jpg>

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## **Men's Health Week All-Island Planning Group**

[International Men's Health Week](#) (MHW) always begins on the Monday before Father's Day and ends on Father's Day itself. In 2019, it will run from Monday 10<sup>th</sup> until Sunday 16<sup>th</sup> June. Every year the Men's Health Forum in Ireland (MHFI) convenes an all-island Planning Group for the week. 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 electronic communication. All input is very welcome, and helps to make the week stronger and more relevant. The first meeting of the Planning Group will take place on Friday 9<sup>th</sup> November, 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 2019 (in any way), email Colin Fowler at: [colin@mhfi.org](mailto:colin@mhfi.org)

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## **Making Parenting Work**

[Parenting NI](#) invites you to an event titled 'Making Parenting Work' led by [Josh Levs](#) which will focus on men, modern parenthood, and gender equality. This seminar will address: how businesses can engage men on issues of gender equality and diversity; how equal caregiving options attract and retain the best employees; how to support both male and female employees who seek work-life balance; proven methods to achieve all of this while lifting profits. This event will take place in Windsor Park Football Stadium, Belfast, on Monday 22<sup>nd</sup> October 2018, from 9.00am - 11.30am. The cost (£25.00) includes breakfast and an optional tour of the stadium. For more information, or to book a place, contact Maria on Tel: 02890 310891 or Email: [corporate@parentingni.org](mailto:corporate@parentingni.org)

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# Training

## **Community-Based Men's Health and Lifestyle Programme**

Are you a man who wants to start looking after your health more? ... If so, this free programme offers: weekly health information talks; physical activity sessions; dedicated staff to support you with your goals; health checks. It will run for eight weeks - every Thursday at 7.00pm, from 1<sup>st</sup> November - 20<sup>th</sup> December 2018. It will be held in Ardmore Recreation Centre, Armagh City, Co. Armagh. If you are interested in hearing more, contact Mark Doran, Health Improvement Officer, Armagh City, Banbridge and Craigavon Borough Council, at Email: [mark.doran@armaghbanbridgecraigavon.gov.uk](mailto:mark.doran@armaghbanbridgecraigavon.gov.uk)

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

The closing date is looming fast for applications to join 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](http://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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## **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 31<sup>st</sup> January 2019 (Dublin), Thursday 28<sup>th</sup> February 2019 (Kilkenny) and Thursday 21<sup>st</sup> March 2019 (Galway). Full details can be found at: [www.eapinstitute.com/documents/EmployeeSupportServices2019.pdf](http://www.eapinstitute.com/documents/EmployeeSupportServices2019.pdf)

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## **Let's Talk About... Safer Sex**

This three-day Training for Trainers Programme will be beneficial to youth workers and others in the voluntary, community and education sectors who have a role in developing and delivering sexual health education programmes to service users in their care. The training topics include sexual health, HIV, sexually transmitted infections, hepatitis and negotiating safer sex. On completion of the training, participants will receive the 'Let's Talk About... Safer Sex' training resource manual. This course will take place in Dublin on Tuesdays the 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup> November 2018. For more information, visit: [www.hivireland.ie/what-we-do/training/training-for-trainers](http://www.hivireland.ie/what-we-do/training/training-for-trainers)

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## **Family Mediation Foundation Training**

[Family Mediation NI](http://www.familymediationni.org.uk) (FMNI) is inviting applications for their comprehensive training route to becoming an accredited Family Mediator, recognised in the UK and Ireland. The first step to achieving this is to successfully complete a Foundation Training Programme. FMNI is approved by The College of Mediators (UK) and The Mediators' Institute of Ireland to deliver a course comprised of both generic mediation training and a specialist element for working with separating couples. FMNI is offering the twelve day Foundation Training Programme this Autumn over six two day modules in Belfast. Download the application pack at: [www.familymediationni.org.uk/training/approved-foundation-training-programme](http://www.familymediationni.org.uk/training/approved-foundation-training-programme)

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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](http://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 28<sup>th</sup> 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](mailto:patricia.mcmurray@setrust.hscni.net) or Tel: 02844 615208.

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## Research

### **The Health and Well-Being of Men in the WHO European Region: Better Health Through a Gender Approach**

Men in the WHO European Region are living healthier and longer lives than before. The Region is setting an example through an impressive reduction of premature mortality from non-communicable diseases (NCDs) and is likely to achieve the United Nations Sustainable Development Goals target on reducing premature mortality from NCDs by one third earlier than 2030. Despite this, too many men die young in the Region. Although life expectancy of men has steadily increased in all countries in recent decades, there is still up to 17 years difference between the lowest and highest-ranking countries, and within-country differences remain large. The higher risk for premature mortality for men compared to women, and the large differences among men, is not news. In fact, it has been observed in many countries for so long now that it is almost considered a natural phenomenon. However, it is not, and should not be regarded as such. This report goes behind the data to investigate the causes of the differences in more detail. Download a copy at: [www.euro.who.int/\\_data/assets/pdf\\_file/0007/380716/mhr-report-eng.pdf](http://www.euro.who.int/_data/assets/pdf_file/0007/380716/mhr-report-eng.pdf)

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### **The 2018 Big Parenting Survey - Fathers' Input Wanted!**

Since 1979, [Parenting NI](#) has supported parents across Northern Ireland - helping thousands of parents, grandparents, kinship carers and others in parenting roles with issues ranging from bedtimes to anti-social behaviour. During this time, they have also helped to promote the importance of parents' experience in policy relating to children, and have worked to ensure that parents' voices have been heard. This role has been guided and informed by parents themselves. Parenting NI is, currently, conducting their largest ever parents' survey, and would like your input to it. This online survey will run from 3<sup>rd</sup> September - 12<sup>th</sup> October 2018, and is open to any individual in a parenting role in Northern Ireland. The input of men will be particularly welcomed. Please take a few minutes to complete the survey at:

[www.questionpro.com/t/ALEXYZcgj9](http://www.questionpro.com/t/ALEXYZcgj9)

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## Web Links

### **Men's Issues on the Web ...**

[Over 500 gather for Men's Shed event in Cork](#)  
[Ireland builds capacity to improve men's health](#)  
[Many 16-year-olds so unfit they already face heart problems](#)  
[How body fat affects men's and women's health differently](#)  
[Urologic conditions lead to depression, sleep issues in men](#)

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## Next Edition

The next edition of 'E-Male Matters' will be released in November 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](mailto:emalematters@mhfi.org) The submission deadline for the November edition is Tuesday 30<sup>th</sup> October 2018.

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E-Male Matters is also available online at:  
[www.mhfi.org/newsletters/about-e-male-matters.html](http://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

