

# E-Male Matters

September 2017

The newsletter of the Men's Health Forum in Ireland

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## News

### It's Irish Heart Month!

September is Irish Heart Month, and this year the campaign is focusing upon stroke prevention. Over 2,000 people under 65 have a stroke each year, but the good news is that 80% of premature strokes are preventable. By making small changes to your lifestyle you can reduce your chances of having a stroke both now and in the future. Find out what you can do to avoid having a stroke by visiting: [www.irishheart.ie/campaigns/strike-stroke](http://www.irishheart.ie/campaigns/strike-stroke)

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### Migraine Awareness Week 2017

Monday 11<sup>th</sup> September 2017 marks the beginning of Migraine Awareness Week in Ireland. This week seeks to highlight awareness of the debilitating nature of the neurological disorder that is migraine. This is a condition which badly affects both men and women. The [Migraine Association of Ireland](#) is running a range of events and activities to mark this occasion, and details can be found at: [www.migraine.ie/migraine-action-week-2017](http://www.migraine.ie/migraine-action-week-2017)

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### Have you a 'Spanner in the Works?'

Have you seen the new 'Spanner in the Works?' website from the [Irish Men's Sheds Association](#)? Launched in July 2017, this site offers health information on every aspect of the male body - from head to toe - as well as signposting to local sources of advice and support. Check it out at: [www.malehealth.ie](http://www.malehealth.ie)

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## Help to Make a Difference to Local People Living with Cancer

[Macmillan Cancer Support](#) is expanding their Community Helper Scheme across Northern Ireland and are looking for volunteers to support local people living with cancer - volunteers like Victor Tedford, who says: *'Having witnessed first-hand the great work Macmillan does for local people living with cancer, it made perfect sense to me to start volunteering once I had retired from work. I would encourage anyone to give volunteering a try. It can be emotional, but it is very fulfilling. It's very rewarding helping someone when they need it most.'* Macmillan organises local volunteers to spend a few hours a week, helping with light household tasks such as shopping, cleaning or just offering a listening ear. If you could spare a few hours a week to help someone living near you, contact Alex, Rachel or Sarah at Email: [dvsni@macmillan.org.uk](mailto:dvsni@macmillan.org.uk) or call 02890 708610.

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## Events

### Cancer Focus NI Men's Health Conference 2017

[Cancer Focus Northern Ireland](#) invites you to apply for a free place at their 2017 Men's Health Conference. This will take place on Wednesday 27<sup>th</sup> September 2017, from 9.15am to 1.30pm, in the Dunsilly Hotel, Antrim. The event will focus upon integrating mental, social and physical wellbeing for men. To register, or for further information on this event, contact Denise Bownes by email at: [denisebownes@cancerfocusni.org](mailto:denisebownes@cancerfocusni.org)

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### Chill Out and Laugh Evening

[The Laurence Trust](#) invites you to a 'Chill Out and Laugh' evening on Wednesday 27<sup>th</sup> September 2017 in The Blackbox, Belfast. This event will provide: 'lite bites' of alternative therapies; information on courses being run by Belfast Met that give people an opportunity to proactively channel energies into an enjoyable hobby or pastime; leisure activities to participate in. The main attraction is a young man called Dave Chawner from London who suffered an Eating Disorder. Dave is now a regular Edinburgh Fringe Festival comedian who has turned his mental health issues into a comedy show which highlights the issues people face and how he has overcome them. His motivational routine is well worth hearing. Families of sufferers are very welcome.

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### Working Together for Better Health and Wellbeing: Understanding What Works

The [Institute of Public Health in Ireland](#) and partners (Department of Health [NI], Department of Health [RoI], Public Health Agency, Centre of Excellence for Public Health NI and the Health Service Executive) are organising a free one day conference on Wednesday 15<sup>th</sup> November 2017 to share learning and facilitate discussion on what works in public health in Ireland, North and South. The aim of the conference is to provide an open platform to: share learning in public health policies and programmes; provide networking opportunities both inside and outside public health; present personal development opportunities; promote greater use of resources; provide all-Ireland networking and sharing. To find out more or to book a place, visit: [www.eventbrite.com/e/working-together-for-better-health-wellbeing-understanding-what-works-tickets-36923074911](http://www.eventbrite.com/e/working-together-for-better-health-wellbeing-understanding-what-works-tickets-36923074911)

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### **National HIV Conference 2017**

In this, their 30th Anniversary Year, [HIV Ireland](#) will be running a conference which will explore the history of HIV, stigma and social inclusion within the areas of addiction, homelessness, sex work, the LGBT community, the migrant community and, specifically, people living with HIV in Ireland since 1987. They will also be launching Ireland's first National HIV Stigma Survey since 2007. The conference is titled 'HIV, Social Inclusion, Stigma and Social Policy', and will take place on Thursday 28<sup>th</sup> September 2017, in the Smock Alley Theatre, Dublin.

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### **'Suicide Prevention - What Works?' Conference**

Contact will be holding their 7th 'Suicide Prevention - What Works?' conference on Thursday 16<sup>th</sup> November 2017 in the Titanic Centre, Belfast. More details will soon be available at: [www.contactni.com](http://www.contactni.com)

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### **Head and Neck Cancer Conference 2017**

You are invited to a two day conference focusing upon head and neck cancer. This will take place on Tuesday 7<sup>th</sup> and Wednesday 8<sup>th</sup> November 2017 in Blackpool, England. Day 1 will target health professionals and Day 2 is for patients and carers. For full details, see: [www.yourcancerjourney.org.uk/conference](http://www.yourcancerjourney.org.uk/conference)

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## **Training**

### **Get Your Mojo Back!**

Mojo is a 12 week training programme - developed by a collective of organisations - to reduce the high levels of male suicide in Ireland. In the programme, men learn to build their mental and physical fitness, while developing the ability to engage with local services, set goals and develop a life plan. The next Mojo programme for South Dublin will start on 20<sup>th</sup> September 2017 (with registration on 13<sup>th</sup> September). The target group is men who have been directly affected by the recession and employment issues, and who are: 18 years or older; motivated to change; keen to get their Mojo back; willing to participate in a 12 week programme (2 mornings per week); able to take personal responsibility. Participation on this course does not affect social welfare benefits. To find out more, call Catherine Mooney on Tel: 087 1471152 or 01 4649300 | Email: [catherine.mooney@sdcpartnership.ie](mailto:catherine.mooney@sdcpartnership.ie) | Visit: [www.mojo-programme.org](http://www.mojo-programme.org)

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### **Level 3 Certificate in Working in Community Mental Health**

This 30 week City and Guilds accredited course will begin in October 2017, and take place in the [North West Regional College](#), Strand Road, Derry / Londonderry on Wednesdays from 5.30pm - 9.30pm. The focus of the qualification is on working with adults, aged 18 - 65 years, who are in contact with mental health care and support services. The course will provide an opportunity for individuals to reflect upon their own experience as practitioners in order to enhance their practice, skills and knowledge in the area of mental health care. Elements covered will include: mental wellbeing; mental health promotion; mental health problems; interventions; the legal, policy and service framework in mental health; care, support, planning and risk management; effective communication and building relationships; enabling service users and carers to manage change; effective team and joint working. For further information, contact Margaret McChrystal at Tel: 02871 276173 | Email: [Margaret.McChrystal@nwrc.ac.uk](mailto:Margaret.McChrystal@nwrc.ac.uk)

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## **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, and/or seek new employment opportunities? ... If so, you might consider applying for a place on the Master of Arts in Advanced Facilitation Skills for Promoting Health and Wellbeing. This is an innovative practice orientated programme; the only one of its kind nationally. It is designed to enhance personal growth and development to advance knowledge, skills, attitudes and competencies required for effective facilitation of health and wellbeing work with groups, individuals and key populations. The skills acquired on this programme are essential when engaging with men or working with men's groups. This is a full-time course, and its delivery reflects the flexibility required for adult learners. The programme is delivered in Dublin on one Friday and Saturday per month per semester and three residential weekends dispersed across the three semesters from January 2018. For further information, visit [www.wit.ie/wd591](http://www.wit.ie/wd591) or contact the Course Leaders via email: [PCarroll@wit.ie](mailto:PCarroll@wit.ie) | [MLBarry@wit.ie](mailto:MLBarry@wit.ie)

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## **Family Mediation Foundation Training Programme 2017**

[Family Mediation Northern Ireland](#) is inviting applications for their Foundation Training Programme 2017. Family Mediation offers an alternative to conflict when families experience difficulties in relationships; particularly during or after separation and divorce. By managing conflict, and offering an independent and impartial process, it empowers (ex) partners to negotiate solutions which meet the needs of their family, especially those of their children. For full details, see: [www.mhfi.org/familymediation2017.pdf](http://www.mhfi.org/familymediation2017.pdf)

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# Research

## **Men's Experience of Caring for a Spouse / Partner who has a Chronic Long-Term Illness or Disability**

The number of male family carers in Northern Ireland is rising and, currently, around 42% of family carers are male. [Ulster University](#) is conducting research into the experience of men who are at home looking after a spouse/partner who is living with a long-term illness or disability. The researcher, Anne Fee (PhD Student), is recruiting male participants for the current phase of the study which comprises one-to-one interviews about their experience of caring for their spouse/partner. Interviews will last around one hour, and will be conducted at home or in a local day centre. If necessary, expenses can be provided to arrange alternative care while the interview is taking place, and all participants will be offered a £20 voucher in recognition of their time. For further information about the study, or to register interest to be interviewed, contact Anne Fee at Tel: 0790 7579875, or Email: [fee-a1@ulster.ac.uk](mailto:fee-a1@ulster.ac.uk)

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## **Community Intervention to Increase Physical Activity Levels in Adults Over 50 in Ireland**

The [Health Service Executive](#) (HSE) Healthy and Positive Ageing Initiative (HaPAI) Team has opened the call for applications to the 'Community Intervention to Increase Physical Activity Levels in Adults Over 50 Years of Age in Ireland' programme. This award is co-funded by [The Atlantic Philanthropies](#) and the HSE Health and Wellbeing Division. It is a two-step process involving an Expression of Interest (Step 1) and Full Application for successful Expression of Interest applicants (Step 2). The closing date for receipt of Step 1 applications is Wednesday 20<sup>th</sup> September 2017 at 4.30pm. For informal queries, contact: Mary Clare O'Hara, Research Call Lead, HSE Health and Wellbeing Division at Email: [maryclare.ohara@hse.ie](mailto:maryclare.ohara@hse.ie)

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## Assessing the Economic Costs of Unhealthy Diets and Low Physical Activity: An Evidence Review and Proposed Framework (2017)

Unhealthy diet and low physical activity contributes to many chronic diseases and disability - they are responsible for two in five of deaths worldwide and for about 30% of the global disease burden. However, little is known about the economic costs that these risk factors cause, both for health care and society more widely. This study pulls together the evidence about the economic burden that can be linked to unhealthy diets and low physical activity and explores: how definitions vary and why this matters; the complexity of estimating the economic burden; how we can arrive at a better way to estimate the costs of an unhealthy diet and low physical activity using diabetes as an example. To see the findings, visit:

[www.euro.who.int/en/publications/abstracts/assessing-the-economic-costs-of-unhealthy-diets-and-low-physical-activity-an-evidence-review-and-proposed-framework-2017](http://www.euro.who.int/en/publications/abstracts/assessing-the-economic-costs-of-unhealthy-diets-and-low-physical-activity-an-evidence-review-and-proposed-framework-2017)

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## Web Links

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

[HeadsUpGuys](#)

[Are smartphones destroying a generation?](#)

[Way of predicting worsening frailty in over 40s men discovered](#)

[The highs and lows of energy drinks](#)

[Tragic Dean's death spurs barber Harry to open up on video about mental health](#)

[Irish Heart's Mobile Health Unit service officially marks first year of operation](#)

[Third of men with poor mental health blame jobs, says Mind](#)

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## Next Edition

The next edition of 'E-Male Matters' will be released in October 2017. 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 / 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 October edition is Friday 29<sup>th</sup> September 2017.

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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