

# E-Male Matters

Autumn 2021

The newsletter of the Men's Health Forum in Ireland

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## News

### Men's Health in Numbers

Are you planning a men's health initiative and need reliable data upon which to base your future intervention, or do you need key facts and figures on men's health for a funding application or training presentation? ... If so, you might want to have a look at the [Men's Health Forum in Ireland's 'Men's Health in Numbers'](#) resources. These offer the most comprehensive overview of current key statistics on men's health on the island of Ireland. Find out more at: <https://www.mhfi.org/news/1096-men-s-health-in-numbers.html>

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### The Man I Am

To celebrate World Mental Health Week 2021, [Mental Health Ireland](#) ran a webinar titled '*The Man I Am: My Mind, My Body, My World*'. This took place on Tuesday 12<sup>th</sup> October 2021 at 7.00pm. Guest speakers Brian Pennie, Keith Russell, David Dwyer and Shane O'Donnell shared their own experiences and challenges of minding their mental health and wellbeing, and how this lived experience can support and empower others. See the recording at: [https://youtu.be/m\\_D-Ole\\_q6M](https://youtu.be/m_D-Ole_q6M)

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## Let's Get Back

'Let's Get Back' is a national awareness campaign to encourage the Irish public to get back involved in the sport and exercise that they love. It has been created by [Sport Ireland](#), in partnership with [Healthy Ireland](#), to encourage members of the public who are anxious or unsure about returning to sport and physical activity following the easing of COVID-19 restrictions. Find out ways to get involved at: <https://www.sportireland.ie/LetsGetBack> and check out the video at: <https://youtu.be/EqaDwAcLj0>

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## Act F.A.S.T.

Did you know that Friday 29<sup>th</sup> October 2021 was World Stroke Day? ... When someone has a stroke, minutes matter - because two million brain cells die every minute after a stroke. Know the signs of a stroke, and remember to always Act F.A.S.T. if you or someone you know is having a stroke. Find out how at: <https://youtu.be/WckB15sJ9r4>

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## Better Out Than In

Growing up can be tough, and being LGBTI+ can bring even more challenges. Taking the brave step of opening up to someone you trust about your worries and fears - no matter how big or small - is worth it. As soon as you're ready, [BeLong To](#) will be there for you at <https://bit.ly/3yaLKIY> When it comes to your mental health, it's always #BetterOutThanIn

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## Let's Get Set Campaign

In Ireland today, almost 20 months on from when COVID-19 first appeared, we are now potentially more health conscious than ever before. Conversely, during this most difficult time we have become more unhealthy; treating ourselves to more junk food, drinking more alcohol, have had our previous active healthy habits curtailed, and have gained more weight. The '*Let's Get Set*' campaign encourages everyone to set a healthier routine over the coming months, and to avail of simple easy steps to keep up or create a new healthy habit - whether that is eating better, getting more physically active, or learning how to take care of our mental wellbeing. Find out more at: <https://www.gov.ie/en/campaigns/8928d-healthy-ireland>

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## It's 'Movember'

For many people, November is now synonymous with 'Movember' - when people across the world join forces to change the face of men's health. Hear more at: <https://ie.movember.com>

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## Celebrating Mental Health Service Users

To mark World Mental Health Day on the 10<sup>th</sup> of October 2021, the [HSE Office of Mental Health Engagement and Recovery](#), in partnership with [First Fortnight](#), produced a video to celebrate mental health service users. Check it out at: <https://youtu.be/ankOq0utyc8>

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## Delivering Men's Health

Men's health globally, nationally and locally is far poorer than it should or could be. Men have the potential to live long and healthy lives, but far too many die far too young. However, policymakers and service providers who want to take action on men's health have sometimes lacked easily-accessible and user-friendly information and guidance about how to do so. '*Delivering Men's Health*' is a resource that aims to fill this gap, and seeks to translate the significant body of robust academic and other evidence about how to deliver appropriate

policies and services to men into a format that can inform both planning and delivery. It is a practical guide, aimed at policymakers and service providers who want to take action but who are not, necessarily, very knowledgeable about gender and health generally or men's health specifically. Download a copy at: <https://gamh.org/wp-content/uploads/2021/09/Delivering-Mens-Health-report.pdf>

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### **Men's Health - Asking for Help**

Have you listened to any of the 'Kildare Talks' podcasts? ... If not, you might like to start by checking out the one on 'Men's Health - Asking for Help'. You can listen to it at:

<https://www.countykildarelp.ie/kildare-talks-podcasts>

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## Events

### **The WHEN of Men's Health**

You are invited to the fourth in a series of webinars focusing upon 'Engaging Men'. This event - exploring 'The WHEN of Men's Health' - will take place on Friday 19<sup>th</sup> November 2021 (to coincide with International Men's Day 2021), from Noon to 1.15pm. At this event, you will hear from local projects about how they have used special dates / occasions to highlight men's health needs; harnessed unforeseen opportunities which present themselves; or took action in response to emerging issues. There will also be an emphasis on the importance of inter-agency partnership, cooperation and collaboration in order to achieve something which is greater than the constituent parts. Register for a free place at:

[https://ims.zoom.us/webinar/register/WN\\_3YPeCqwwRuiZjYtonujlow](https://ims.zoom.us/webinar/register/WN_3YPeCqwwRuiZjYtonujlow)

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### **Turning It Around**

For the first time, Northern Ireland's Health and Social Care Trusts, the Public Health Agency, local councils, universities and voluntary sector organisations have joined forces to collectively organise an event to mark International Men's Day 2021. This free webinar is taking place on Thursday 18<sup>th</sup> November 2021, from 10.00 to 11.30am, and is titled 'Turning it Around'. Two inspirational and passionate speakers - Paul Ferris (ex-Newcastle United professional footballer from Northern Ireland) and Oisín McConville (former Crossmaglen Rangers and Co. Armagh GAA star) - will share their personal stories, which give an insight into how the challenges they have faced impacted upon their health and wellbeing. Most importantly, they will highlight how they managed to turn their world around for the better. For more information on the event and the speakers, see:

[https://us06web.zoom.us/webinar/register/WN\\_UQRVRDTHTB2I7ej0IOb1YA](https://us06web.zoom.us/webinar/register/WN_UQRVRDTHTB2I7ej0IOb1YA)

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### **Alcohol's Impact on the Immune System and Brain**

EU Alcohol Awareness Week takes place from 15<sup>th</sup> to 19<sup>th</sup> November 2021. It is an opportunity to: look at our relationship with alcohol; understand the risks; and highlight the effects that alcohol has on our body and mind. To mark this occasion, the HSE Alcohol Programme is hosting a webinar on Thursday 18<sup>th</sup> November 2021 at 3.00pm. The event will focus on how alcohol can suppress your immune system (reducing your ability to fight infections), and how it has a profound impact on the brain (with new evidence using MRI scans showing the impact of even low alcohol use). Register for a place at:

[https://ims.zoom.us/webinar/register/WN\\_Tuy2hyU5RWSfz8JBkYlyig](https://ims.zoom.us/webinar/register/WN_Tuy2hyU5RWSfz8JBkYlyig)

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## NI Annual Regional Sexual Health Conference

You are invited to attend the 26<sup>th</sup> Annual Regional Sexual Health Conference for Northern Ireland. This will take place on Wednesday 24<sup>th</sup> November 2021. Find out what's happening and how to apply at: <https://view.pagetiger.com/cpuowbm/non-funded-iii>

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## International Men's Day

International Men's Day takes place on the 19<sup>th</sup> of November each year, and seeks to celebrate the positive value that men and boys bring to the world, their families and communities. Find out more at: [https://en.wikipedia.org/wiki/International\\_Men%27s\\_Day](https://en.wikipedia.org/wiki/International_Men%27s_Day)

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# Training

## E-Learning Courses in HIV

[HIV Ireland](#) is now offering two free e-Learning courses, which focus upon: (i) HIV prevention in Ireland; and (ii) HIV stigma and discrimination. Full details can be found at: <https://www.hivireland.ie/what-we-do/education/elearning>

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## 'Men in the Middle' Workshops 2021 / 2022

Are middle-aged men not interested in looking after their own mental health, or are we simply not offering them the right things in the right way? ... If you work in the Republic of Ireland, are curious about the answer to this question, and would like to explore practical strategies to help your organisation to engage more effectively with middle-aged men, then you might be interested in a free one day workshop on 'Men in the Middle' - engaging middle-aged men in mental health and wellbeing. This workshop was developed by the [Men's Health Forum in Ireland](#) (MHFI), and is a Unit within the highly successful and long-running 'Engage' National Men's Health Training Programme. MHFI is currently looking for groups who would like to host this free workshop for their staff / volunteers / networks in the coming months (if COVID restrictions allow). For more details, see: <https://www.mhfi.org/EngageUnit7Workshop2.pdf>

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# Research

## Irish Suicide Bereavement Survey

The [National Suicide Research Foundation](#) and [HUGG](#) recently launched the Irish Suicide Bereavement Survey. This is the first large-scale national study of adults bereaved or affected by suicide in Ireland. This survey will provide valuable information on the experiences of those who have been bereaved by suicide and the supports they find helpful. Find out more at: <https://www.hugg.ie/suicide-bereavement-survey>

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## WANTED: Fathers

Shaun Sweeney from Trinity College Dublin is, currently, recruiting fathers for a study which explores the relationship between a dad's anxiety and his children's development. If you are a father who has a child aged 0-18 years, you are invited to take part. Email: [sweenesh@tcd.ie](mailto:sweenesh@tcd.ie) for more details.

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## Game of Stones

Are you a man aged 18 or over who wants to lose weight? ... If so, the 'Game of Stones' study may be just what you're looking for! The research team running it (from a broad range of universities) is seeking men living in the Belfast, Glasgow and Bristol areas - who have a BMI of 30+ - to take part in their weight loss study. Recruitment is already underway. You can find out more at: <https://www.gameofstonesresearch.com>

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## Have Your Say, Bust The Myths

A survey is seeking views on which rape and sexual offences myths are most prevalent in Northern Irish society and, therefore, which ones should be prioritised for challenge. Rape myths are false beliefs, biased expectations and misconceptions around the realities of rape and sexual assault. These can, sometimes, be used to excuse sexual violence, justify rape, create hostility towards victims, and can even lead to bias in criminal prosecutions. You are invited to have your say at: <https://www.justice-ni.gov.uk/news/have-your-say-bust-myths>

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## The Potential of the NI Longitudinal Study for COVID Research

The [Northern Ireland Longitudinal Study](#) (NILS) is a wide-ranging database of people and their major life events, stretching back decades. Census information for 1981 to 2011 is linked with other administrative datasets such as vital events, school data, property information, health card registrations, weather and pollution amongst others. A joint NILS-[ARK](#) event on the 14<sup>th</sup> of September 2021 explored the potential of NILS for COVID research. This interactive workshop provided an overview of the readily available data, the topic areas which can be rapidly explored, and the feasibility of linkage with health data. A video of the event is now available, along with other useful resources at: <https://www.nils-rsu.co.uk/the-potential-of-ni-longitudinal-study-for-covid-research>

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## 'That's me, I am the Farmer of the Land': Exploring Identities, Masculinities, and Health among Male Farmers in Ireland

Compared to other occupational groups, farmers in Ireland experience a disproportionate burden of health problems, which impact their livelihoods and farming sustainability. Internationally, farmers' poor health outcomes are associated with intersecting economic, environmental, socio-cultural, and occupation-specific factors linked to changes in agricultural governance. This qualitative study explored the challenges and stressors facing farmers in Ireland, and how changes in farming governance have impacted farmers' identities, masculinities and health. Find out more at:

<https://journals.sagepub.com/doi/full/10.1177/15579883211035241>

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## Results of 2020-21 Young Life and Times Survey

The results of the 2020-21 [Young Life and Times](#) survey are now available online. 2,069 young people aged 16 years took part, and gave their opinions on mental health, coercive control, good relations, community safety, shared education, and politics. A seminar was held in August 2021 to launch the findings, and a [video](#) of the event is now available. Full details of the survey, including questionnaires, technical notes and data are available on the YLT website at: <https://www.ark.ac.uk/ylt>

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## Web Links

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

[Report reveals scale of alcohol promotion throughout Six Nations Rugby championship](#)

[The world has changed. Being a mate doesn't have to. \[video\]](#)

[Masculinity and identity impact male farmers seeking help for their health](#)

[The judge said it was too premature to offer me any time with my daughter. Ludicrous.](#)

[Traveller concert for suicide prevention 2021](#)

[Reboot your life this heart health awareness month](#)

[Men's Health Quizzes](#)

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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 format 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)

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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

