

E-Male Matters

Autumn 2023

The newsletter of the Men's Health Forum in Ireland

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News

Are you an 'Action Man'?

There's no denying that the state of men's health on the island of Ireland is often poor. However, there are things which can be done to change this situation and men, themselves, can play a key role in doing this. 'Action Man - ten top tips for men's health' is a new, free, Man Manual being distributed by the [Men's Health Forum in Ireland](#). It was launched to mark [Men's Health Week 2023](#), but was so popular that it is being re-printed for [International Men's Day](#), which takes place on the 19th of November 2023.

This booklet doesn't preach or lecture - it simply explains: (i) **WHY** an action is needed; (ii) **WHAT** can be done about it; and (iii) **HOW** to find support if you need it. Thus, the ten top tips put men into the driving seat, and give men the tools and DIY instructions they need to make positive changes - if they choose to be their own 'Action Man'.

The Man Manual will be available in both hard copy and in electronic format. To order hard copies, send an email to colin@mhfi.org stating:

- How many copies you would like.
- The name of the person to send them to.
- The full postal address (including a Postcode / Eircode) for delivery.
- A contact phone number (in case there is a problem with the delivery).

The online version can be downloaded at: <https://mhfi.org/ActionMan2023.pdf>

The re-printing of this booklet has only been possible because of the generous support given by [Healthy Ireland](#) within the Department of Health. However, please note that this is a limited print run and, when the hard copies are gone, they're gone!

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International Men's Day 2023

Don't forget that Saturday 19th November 2023 is [International Men's Day](#). Many groups and workplaces across the island of Ireland are hosting events to mark this important occasion, so keep an eye out for them locally.

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Movember Funding

'Movember' is seeking respondents in Ireland, the United Kingdom, Australia, Canada and the United States to submit proposals to their Prostate Cancer Health Equity Initiative. This initiative aims to fund projects that build or strengthen the evidence base of promising approaches that contribute to health equity. It focuses upon promoting inclusion and improved outcomes for marginalised and traditionally under-represented populations of men at risk of, or diagnosed and living with, prostate cancer. The purpose is to reduce disparities in prostate cancer outcomes - through generating new knowledge and strengthening evidence by accelerating adoption and implementation of that knowledge into practice. Find out more at Ireland: <https://ie.movember.com/about/funding> | UK: <https://uk.movember.com/about/funding>

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BowelScreen Lowers the Age Range for Screening

Around 2,600 people are diagnosed with bowel cancer in the Republic of Ireland every year. Bowel cancer is the second most common cancer in men. BowelScreen, the HSE's national bowel cancer screening programme, has just announced that it is lowering the age range of screening from 60 to 59. This is part of their ongoing plan to eventually make screening available to all people aged 55-74. Put simply, if cancer is diagnosed through BowelScreen testing, it is more likely to be found at an early stage - when treatment may lead to a better outcome. As men are a particularly under-represented group in the bowel cancer screening programme, all eligible males are encouraged to find out more about it at:

<https://www2.hse.ie/conditions/bowel-screening/screening-information>

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Sexual Exploitation as Experienced by Boys and Young Men

Three animations have been created by the [Safeguarding Board for Northern Ireland](#), [YouthAction NI](#) and [VOYPIC](#) to raise awareness of child sexual exploitation as experienced by boys and young men. Check them out at: <https://www.safeguardingni.org/latest/boys-and-young-men-animation-launch>

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Positive Mental Health Podcast

Have you listened to the HSE's '*Positive Mental Health*' podcast yet? ... If not, check it out at: <https://youtu.be/BR1LXhiGdf8> In this episode, the host (Fergal Fox) chats to Olive Fanning and Anne Marie Murphy (HSE Health Promotion and Improvement Officers) about positive mental health and the HSE's '*Minding Your Wellbeing*' programme - which is available through a series of five videos along with other mental health supports at: www.yourmentalhealth.ie

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Lived Experience Representatives' Panel

Lived Experience (LE) is about the things that someone has experienced themselves - especially when these give the person a knowledge or understanding that people who have only heard about such experiences do not have. The [National Suicide Research Foundation](#) is trying to ensure that their research is informed by LE, and is seeking the input of people with LE to all aspects of their research and practice by creating an LE Representatives' Panel. If you'd be interested in contributing to this, find out more at: <https://www.nsrp.ie/about-us/patient-and-public-involvement-and-engagement-ppie>

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UDOU

UDOU is a mobile barber service geared towards corporate clients and events that have a passion for men's mental health. Their team of stylists come to offices/events and provide a professional hair styling service, while promoting men's health and wellbeing from the safety of the barber's chair. They seek to be more than just a styling service, and are passionate about men's mental health. Stemming from this, they donate a percentage of their profits to men's health charities, and have launched a clothing and product brand to encourage conversations. There are regular guest speakers on their website and social media channels discussing men's mental wellbeing, promoting support services, and ultimately, creating a supportive community. Find out more at: www.udou.ie

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Positive Ageing Month in Belfast

Belfast is part of the [World Health Organisation's](#) Global Network of Age-Friendly Cities. In an Age-Friendly City, organisations work together to make sure that the quality of life for people is enhanced as they age. Positive Ageing Month celebrates the contribution that older people make to their communities. You are invited to be part of a month-long festival of events and activities in Belfast for older people which begins on Sunday 1st October 2023. Find out more at: <https://www.belfastcity.gov.uk/Events/Positive-Ageing-Month>

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Men Living with an Eating Disorder

In the most recent podcast by [Belfast Men's Health Group](#), Paul O'Kane chats with Eoin Kernan - a water sports enthusiast who is also living with an eating disorder. Listen in at: <https://www.podbean.com/media/share/pb-6eism-148330b>

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Expansion of the HPV Vaccine Catch-Up Programme for Males

In late August 2023, the Minister for Health in the Republic of Ireland announced the expansion of the HPV (Human Papillomavirus) Vaccine Catch-Up Programme to include all males up to their 22nd birthday. Find out more at: <https://tinyurl.com/ycxf593x>

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Men's Federation Northern Ireland

The [Men's Federation Northern Ireland](#) connects, supports and represents organisations, professionals and academics working to help men and their families. Through recent consultation responses, the Federation has requested that the Departments of Health and Justice, and other relevant Departments, develop and progress a positive action plan to address structural and attitudinal barriers that male victims can encounter when seeking protection, support and justice. Read about the Federation's recent consultation responses at: <https://www.mensfederationni.com/representing>

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The Elephant in the Room

The Elephant in the Room Movement - founded by former rugby player, pundit, psychotherapist and mental health advocate Brent Pope - is a creative initiative that sees four-foot-tall baby elephant sculptures being painted by well-known artists or celebrities. The project aims to encourage the normalisation of the mental health topic in every area of society throughout Ireland. Once the bespoke design has been applied to the elephant, it is mounted on a presentation plinth, with a naming plaque, and positioned in the likes of foyers and reception areas of businesses. The Elephant sculpture declares that the company or organisation takes mental health seriously in their workplace and, by having an elephant on site, they are showing their employees and visitors that they prioritise their mental health and are committed to supporting their wellbeing. For more information or to get involved, visit:

www.elephantintheroom.ie

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Events

Worth the Risk

The Southern Area Men's Health Group invites you to their free annual seminar, which will take place on Friday 17th November 2023, from 9.30am to 2.00pm, in Lough Neagh Discovery Centre, Craigavon, Co. Armagh. This year's event is titled '*Worth the Risk*', and will focus upon men and risk taking. The special guest speaker is Mount Everest climber and international adventurer, Richard Dougan, and the seminar also includes workshops, interactive activities and will finish with a hot lunch. Numbers are limited, so please register your attendance as soon as possible with Donna in YouthAction NI by Email: donna@youthaction.or or Tel: 02837 511624.

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Getting and Staying Active with a Disability: Insights from Research, Policy and Practice

The [Institute of Public Health](#) is hosting a webinar on '*Getting and Staying Active with a Disability - Insights from Research, Policy and Practice*' on Thursday 26th October 2023 between 10.00am and 12 noon. Topics covered will include: the importance of physical activity for people with disabilities; guidelines and recommendations for disabled adults and older adults; language and messaging; findings from the all-island report card on physical activity in children and adolescents with disabilities. Register for a place at: <https://tinyurl.com/3t75vk3s>

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Training

Introduction to Male Psychology and Mental Health

To celebrate [International Men's Day](#) 2023, The Centre for Male Psychology is offering a reduced price on their '*Introduction to Male Psychology and Mental Health*' course. This is approved by The British Psychological Society for Continuing Professional Development (CPD), and offers: six hours of e-learning about male psychology and mental health; additional hours of self-directed learning to develop your insights further; twelve-months of on-demand access to video presentations and learning materials. Find out more at:

<https://tinyurl.com/bdf3j98r>

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Research

Children and Gambling - Evidence to Inform Regulation and Responses in Ireland

The [Institute of Public Health's](#) report, '*Children and gambling - evidence to inform regulation and responses in Ireland*', presents data from Irish secondary school students, collected through the European School Survey Project on Alcohol and other Drugs (ESPAD). There is some specific gender analysis and recommendations within it on boys' / men's health. Read it at: <https://tinyurl.com/yjmh64wx>

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Survey of Cancer Patients and Survivors

Precision Oncology Ireland is looking for cancer patients and survivors to take part in a research survey. They want to understand how patients feel about donating their biological samples and medical data to research, and are particularly interested in hearing from men - as they currently have very low male participation. The survey takes five minutes, and all answers are fully anonymous and confidential. If you're interested in taking part, or want to hear more about it, visit: <https://tinyurl.com/35bvazcu> or email: poiadmin@ucd.ie

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Ageism in Northern Ireland

The [Commissioner for Older People in Northern Ireland](#) is calling on older people to share their views on ageism. Ageism is the stereotyping, prejudice and/or discrimination of people based on their age, or perceived age. The Commissioner aims to address this by encouraging Government to improve policy and legislation affecting older people, examine why ageism happens, how to reduce it, and educate the public on ageism and how to stop it. Help to inform the Commissioner's recommendations to government by sharing your views and completing a short survey at: <https://www.surveymonkey.co.uk/r/89ZTX6R>

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Men's Health in Northern Ireland: Why do we need a men's health policy?

Monday 14th August 2023 saw the publication of an article in the [Sociology of Health and Illness Journal](#) titled: '*Men's Health in Northern Ireland: Why do we need a men's health policy?*' It was written by Erin Early and Paula Devine from the School of Social Sciences, Education and Social Work within Queen's University Belfast. Check it out at: <https://doi.org/10.1111/1467-9566.13697>

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Gaps in Support and Protection for Male Victims of Intimate Violence in Northern Ireland

[Split the Difference](#) has published a report highlighting structural and attitudinal barriers adversely impacting pathways to protection for boys and men experiencing domestic and sexual violence. The report includes fourteen [action recommendations](#) that are, primarily, for the attention of the Northern Ireland Executive and relevant public authorities, including the Departments of Health and Justice.

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Men's and Boys' Barriers to Health System Access: A Literature Review

This literature review identified health service and programme access issues for men and boys in Australia and for priority male population groups. It also investigated barriers hindering men from accessing support for priority health issues. See the report at: <https://tinyurl.com/j4c2dxzm>

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Web Links

Men's Issues on the Web ...

[Men's Shed group to perform their own play to mark World Mental Health Day](#)
[New treatment option for prostate surgery introduced at Tallaght University Hospital](#)
[Combatting loneliness needs as much commitment as any health issue](#)
['On Feirm Ground 2' launched at National Ploughing Championship 2023](#)
[MRI scanning could lead to major cut in prostate cancer deaths, UK study finds](#)
[Mental Health Champion survey finds wellbeing in NI young people at its lowest ever](#)
[What we've learned about silent masculinity in Ireland](#)
[Chromosomally Speaking, X-Men Exist \[TEDx Talk\]](#)

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Next Edition

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

Anyone can propose an article for inclusion in this newsletter - so long as it is of relevance to males, does not promote a commercial enterprise / product, and does not insult anyone.

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

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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

