

E-Male Matters

Spring 2026

The newsletter of the Men's Health Forum in Ireland

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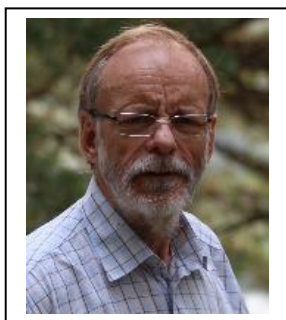
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News



Passing of Dr Ian Banks

It is with great sadness that the [Men's Health Forum in Ireland](#) (MHFI) would like to offer our condolences to the family of our founder, Dr Ian Banks, who passed away on Friday 13th February 2026. Since the 1990s, Ian has been the leading light of men's health issues and needs across the island of Ireland, Great Britain, other parts of Europe and, occasionally, further afield! He has also been an inspiration to - and good friend of - everyone in MHFI. He will be sorely missed by us all. May he rest in peace | Ar dheis Dé go raibh a anam.

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Men's Health Week (MHW) 2026

[International Men's Health Week](#) (MHW) always begins on the Monday before Father's Day and ends on Father's Day itself. During 2026 it will take place from Monday 15th to Sunday 21st June. Locally, this week is planned by an all-Ireland partnership of 100+ organisations - coordinated by the [Men's Health Forum in Ireland](#), and supported by [HSE](#) Health and Wellbeing in the Republic of Ireland and the [Public Health Agency](#) in Northern Ireland. The Planning Group determines the theme for the week, as well as the key messages, graphics and resources needed. The overarching theme for 2026 on the island of Ireland has been agreed as *'One Step at a Time'*, and encourages men (and those who work with them) to take small, practical and realistic steps towards improving their health. The resources for the week

(e.g. posters, postcards, graphics, social media messages, video materials, 'Action Man' manuals) will be available from the end of April 2026 onwards. For more information, visit: <https://www.mhfi.org/mhw/about-mhw.html>

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Men's Health Week 2026 - How You Can Get Involved

Are you interested in doing something practical to mark [Men's Health Week](#) 2026 on the island of Ireland? ... If so, this free webinar for partners, stakeholders and supporters of Men's Health Week - and those wishing to get involved for the first time - will take place from Noon - 1.00pm, on Wednesday 15th April 2026. You will hear from experienced practitioners, who will share their insights on various strategies and activities for Men's Health Week, including: Aisling Colreavy (Healthy Galway City Coordinator); Tara Gleeson (Communications and Partnerships Manager, parkrun Rol); Clare Deasy (Health Promotion and Improvement Officer, Cork Kerry Community Healthcare); and Fergal Fox (Head of Stakeholder Engagement and Communications, HSE). Register for a place at:

https://us02web.zoom.us/webinar/register/WN_aLrHUZjbQYqNmG26qxykag

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Launch of HPV Network Ireland

A new national coalition, HPV Network Ireland, has been launched to raise awareness of HPV and its link to six cancers affecting both men and women. While HPV is widely associated with cervical cancer, it is also linked to throat, mouth, anal and penile cancers, many of which affect men disproportionately and are often diagnosed late - as there is no routine screening for these cancers in Ireland. Chaired by Dr Cara Martin, Associate Professor in Molecular Pathology at Trinity St. James's Cancer Institute, the Network brings together key organisations including the [Irish Cancer Society](#), [Marie Keating Foundation](#), [Irish Pharmacy Union](#) and [Gay Health Network](#) to counter misinformation and support cancer prevention efforts. Each year in Ireland, around 640 people are diagnosed with HPV associated cancers and 196 die - many of them preventable through vaccination and early awareness. Visit:

<https://mariekeating.ie/2026/03/new-national-hpv-network-launches-with-call-for-action-on-hpv-awareness-and-cancer-prevention>

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Men's Aid Ireland - Support, Outreach and Training

[Men's Aid Ireland](#) provides specialist support to male victims of domestic violence, coercive control and domestic abuse, as well as support to their families. This work aims to improve safety, wellbeing and access to appropriate support for men affected by abuse. Their national helpline is available on 01 554 3811 and they can be contacted via email at hello@mensaid.ie. Support is also available through their Trim Courthouse Service - where men can attend by appointment or on a walk-in basis. Men's Aid Ireland provides training and awareness sessions for groups and organisations on domestic, sexual and gender-based violence; including the impact on men, barriers to disclosure, and how services and communities can respond appropriately. For more information, visit: www.mensaid.ie

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Togetherall - Free Online Mental Health Support

The [Health Service Executive](#) has announced a new national partnership with [Togetherall](#), providing free access to online, clinically moderated, peer-to-peer mental health support for young people aged 16 to 30 across Ireland. Togetherall is a safe, anonymous online community where members can share how they are feeling. It is available 24 hours a day, 7 days a week, and is moderated by trained professionals. This service is particularly relevant for young men who may be reluctant to access face-to-face mental health supports. To register and access the service, visit: <https://togetherall.com/en-ie/join/ireland/>

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Talking Heads in Fingal

Barbers are more than stylists - they're trusted listeners. 'Talking Heads' is an initiative which seeks to embed '[Let's Talk About Suicide](#)' across Fingal communities. It's designed to encourage young men to talk more openly about their mental health, and equips local barbers with the skills to make a difference. Through training, barbers learn to recognise signs of distress, start supportive conversations, listen well, and connect their customers with the help they need. These everyday interactions can be life-changing. Watch the Talking Heads video and see how barbers are stepping-up to support mental health and prevent suicide in Fingal and North Dublin: <https://youtu.be/IN9AEsocqWQ>

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Cross-Border Suicide Prevention Services

The [Public Health Agency](#) (PHA) has recently worked with colleagues in the [Health Service Executive](#) (HSE) to create a poster on crisis and suicide prevention services available across the Fermanagh, Leitrim, Sligo, Cavan and Monaghan areas: <https://tinyurl.com/46w9dxxc>

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Events

All-Ireland Social Prescribing Network Conference 2026

The [All-Ireland Social Prescribing Network](#) Conference 2026 will take place in June 2026. This year, it will focus upon '*Connecting Communities, North and South: Building Momentum for Social Prescribing*'. Social prescribing links people into non-clinical community supports, which can be particularly attractive to men who are reluctant to attend traditional services. The conference will bring together practitioners, researchers and community organisations from across the island to share learning, showcase projects and strengthen cross-border collaboration. Book a place at: <https://www.eventbrite.ie/e/all-ireland-social-prescribing-network-tickets-1980862314506>

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Annual Health Promotion Conference in Galway

The Annual Health Promotion Conference will be on Thursday 25th June 2026 at the University of Galway. The title is '*Promoting Wellbeing through Equity: Social and Structural Determinants*'. More details about speakers and registration will be circulated and announced on the [University of Galway](#) website soon.

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Training

CAIRDE: On Site. In Mind

Compared to other occupational groups, construction workers are considered particularly vulnerable to mental ill-health and suicide. While there is often a focus on health and safety in the construction industry, research has found that these workers are six times more likely to die by suicide than from a workplace accident. Indeed, in high income countries - such as the USA and Australia - suicide rates among male construction industry workers are twice that of men working in other industries. [CAIRDE](#) (**C**onstruction **A**lliance to **R**educe **S**uicide) is an evidence-based Irish initiative which seeks to reduce suicide stigma, enhance knowledge

around suicide, and encourage help-seeking and help-offering in the construction industry. Two free workshops are, currently, being offered to construction companies in the Republic of Ireland - General Awareness Training (for all staff) and 'Connector' training (for those with a health or safety or managerial remit). Find out how to get involved at: <https://mhfi.org/CAIRDEworkshops.pdf>

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Engage: Connecting with Men

While overall health outcomes have improved in recent decades, men continue to experience lower life expectancy and higher mortality rates from the leading causes of death. The [Engage National Men's Health Training Programme](#) was developed to support service providers to work more effectively with men, by providing practical strategies to improve engagement, understanding and health outcomes. Engage is a free, one-day, interactive workshop which focuses on evidence-based approaches. During the workshop, participants: develop a clearer understanding of why men's health matters; explore how gender influences men's attitudes, behaviours and engagement; reflect on their own experiences, expectations and skills when working with men; learn what 'male-friendly' services look like; discover relevant tools and resources; explore how to create safe spaces where men feel comfortable seeking support. Find out more at: <https://youtu.be/rPDJkaiANBs>

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Supporting the Mental Health of LGBTQ+ Young People

[Jigsaw](#): The National Centre for Youth Mental Health and [Belong To](#): LGBTQ+ Youth Ireland are running a training programme titled '*Supporting the Mental Health of LGBTQ+ Young People*'. This free online training has been created for all adults who work or volunteer with young people in their communities to upskill them in supporting LGBTQ+ young people's mental health. It is particularly relevant for professionals engaging with gay, bisexual and trans boys and young men who may face stigma and isolation. Find out more at: <https://jigsaw.ie/online-course-lgbti>

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Let's Talk About Suicide

'*Let's Talk About Suicide*' is a free, 60-minute online programme available to provide people with the knowledge and confidence to have a conversation with someone they are concerned about. It aims to provide users with a sense of hope, and reassurance that suicide prevention is possible. The programme uses a mix of guided online content, video and interactive questions. Participants can pause and recommence at their own convenience. On average, it will take 60 minutes to complete the programme, but participants can work at their own pace. Get started at: <https://traininghub.nosp.ie>

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Research

Men Engage

[Research Ireland](#) has announced 63 'New Foundations' awards supporting community-engaged projects across the country, including three significant initiatives led by [TU Dublin](#). One of these, '*Men Engage*', is a major collaboration with the [Men's Health Forum in Ireland](#) and other partners, focusing on improving men's understanding of prostate cancer and exploring their experiences - from testing through to survivorship. Working closely with [Irish Men's Sheds](#), the project will co-create an accessible resource to demystify prostate cancer

and gather men's real-world perspectives to inform future awareness work. Findings will be shared during [Men's Health Week](#) - strengthening national efforts to support early detection and men's wellbeing. See: www.tudublin.ie/research-innovation/news/tu-dublin-researchers-secure-new-foundations-awards-for-community-engaged-projects.html

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Irish Heart Attack Audit National Report 2024

The [National Office for Clinical Audit](#) has published the latest Irish Heart Attack Audit, examining STEMI (ST Elevation Myocardial Infarction - a type of heart attack that happens when the supply of blood to the heart is suddenly cut off, usually by a blood clot) presentations in Ireland during 2024. In that year, there were 1,615 confirmed STEMIs, with 75% of these being male. Read the report at: <https://www.noca.ie/documents/irish-heart-attack-audit-national-report-2024>

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Children's Experiences of Respect and Disrespect

[ARK](#) (Access Research Knowledge) has published a new research update on children's and young people's understanding and experience of respect and disrespect in Northern Ireland. The findings draw on data from ARK's [Kids' Life and Times](#) and [Young Life and Times](#) surveys. This research offers valuable insights for anyone working with boys and young men, and can inform approaches to building respectful relationships in schools, youth settings and communities. Download a copy at: <https://www.ark.ac.uk/ARK/sites/default/files/2026-01/RU170.pdf>

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Trends in Adolescent Psychological Distress in Ireland

A new study by Dooley and colleagues, published in 2026, examines trends in psychological distress among adolescents in Ireland using survey data from 2018 to 2023. The findings highlight high levels of psychological distress among Irish youth, with significant differences across sub-groups, including by gender. The authors note implications for both universal and targeted interventions, and recommend continued surveillance of adolescent mental health and the expansion of accessible youth mental health services. Read more at: <https://link.springer.com/article/10.1007/s00127-025-03026-8>

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EQUICARES Research - Mental Health Service Access

[LGBT Ireland](#) and [University College Dublin](#) (UCD) are currently carrying out the EQUICARES project in Ireland. EQUICARES is a European research project looking at barriers people face when trying to access mental health services. The goal is to make these services more inclusive, respectful and effective for everyone. LGBT Ireland and UCD are specifically interested in the experiences of LGBTQI+ people, but the survey is open to everyone living in Ireland. Participate in the survey at: www.tinyurl.com/equicares

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Healthy Life Expectancy in Northern Ireland

New figures from the [Office for National Statistics](#) reveal how many healthy years of life men and women in every Northern Irish council area can expect: <https://tinyurl.com/2vkb9y5a>

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Web Links

Men's Issues on the Web ...

[Vaccinating boys could help eliminate cervical cancer](#)
[Men are taught that showing feelings is shameful](#)
[Seven million cancers a year are preventable, says report](#)
[Health warning signs midlife men should never ignore](#)
[Other diseases caused by HPV \[video\]](#)
[Men's mental health: we need systems, not symbols](#)
[Is it 'inevitable' that men die more than five years earlier than women?](#)
[Designing men's health policy: the 5R Framework](#)
[Connecting men - hope, strength and bravery \[video\]](#)
[New Bleary Darts Club takes aim at tackling men's mental health](#)
[Study reveals inequalities in men with learning disabilities and prostate cancer](#)
[American Nurses Association recognizes men's health as a nursing specialty](#)
[The state of the nation's food industry report 2025](#)
[A narrative approach to overcoming help-seeking barriers among suicidal men](#)
[Your Heart, Our Planet](#)
[Youth drinking in Ireland: what's the real picture?](#)
[Gender-based violence: safe or unsafe in everyday spaces](#)

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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

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