



E-Male Matters

December 2021

The newsletter of the Men's Health Forum in Ireland

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News

Men's Health Week 2022 - Get the Date into your New Diary!

Believe it or not, it's that time again. Yes, it's time to get the most important date of the year into your new 2022 diary ... [International Men's Health Week](#) (MHW) always begins on the Monday before Father's Day and ends on Father's Day itself. This coming year, it will run from **Monday 13th until Sunday 19th June 2022**.

Every year, the [Men's Health Forum in Ireland](#) (MHFI) convenes an all-island Planning Group for MHW. This group held its first meeting (online) at the beginning of December. Would you be interested in being a part of it, and joining with others from across the island of Ireland to help to shape MHW 2022? ... This can be done in many ways - from participating in meetings, to occasional electronic communication. All input is very welcome, and helps to make the week stronger and more relevant.

If you would be interested in being part of the planning process for 2022 (in any way), email Colin Fowler at: colin@mhfi.org

However, even if this is not possible, why not put the dates of MHW 2022 into your new diary, and start thinking about how your group / workplace / church / community / sports club ... could do something to mark this week? It's never too early to start planning.

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Scaling What Works in Community and Workplace: Movember Grants

Are you delivering an incredible programme improving outcomes for male mental health, and do you want to work with a global leader in men's health to take it to scale? ... This month, [Movember](#) has launched a global funding round of over €6.6m / £5.7m called 'Scaling What Works - Community and Workplace'. In the Republic of Ireland, a total of €500,000 will be available to fund the scaling of up to three informed early intervention and/or prevention initiatives that have delivered significant impact in improving male mental health, and preventing male suicide across community and workplace settings. In the UK (including Northern Ireland), a total of £2.4M will be available to fund the scaling of up to twelve initiatives. To find out more or apply, visit: <https://movember.com/ScalingWhatWorks> Please note that Phase 1, Letter of Intent, closes on 31st January 2022.

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Turning It Around

To celebrate International Men's Day 2021, a webinar was organised by a partnership of Northern Ireland's Health and Social Care Trusts, the Public Health Agency, local councils, universities and voluntary sector organisations. Called 'Turning it Around', it featured two very 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) - who shared their personal stories about how the challenges they have faced impacted upon their health and wellbeing. Most importantly, they highlighted how they managed to turn their world around for the better. Watch it at: https://youtu.be/-d_YNTFSSA0

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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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Local Champions

To celebrate International Men's Day 2021, [Belfast Men's Health Group](#) teamed up with [Northern Visions TV](#) to make a programme called 'Local Champions'. This offers a collection of stories about local men who have overcome adversity in their lives, and who give something back to their local communities. Check it out at: <https://vimeo.com/646508587>

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People Grieve Differently

Losing something or someone important to you can be difficult. You may experience grief and a wide range of emotions that come and go over time. There is no right or wrong way to feel. The COVID-19 pandemic has made the process of grief more difficult for many of us. The things we would usually do to support people who are grieving may have to be done differently. However, if you are finding it hard to cope, support is available. Start by visiting: www.hse.ie/grief

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Men and Eating Disorders

It is a common misconception that eating disorders only affect women. The reality is that eating disorders affect both men and women, boys and girls. Historically, men affected by eating disorders have been under-diagnosed, under-recognised and under-treated. In fact, at present, there are no medical guidelines specifically for men experiencing eating disorders. To mark International Men's Day 2021, [Bodywhys](http://www.bodywhys.ie) shone a light into this uncharted territory in Ireland. You can find out more at: <https://www.bodywhys.ie/understanding-eating-disorders/males-eating-disorders> You might also be interested in watching 'Unspoken' - a new documentary featuring the personal stories of three men with eating disorders: <https://www.rte.ie/player/movie/unspoken-e1/242007592177>

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The WHEN of Men's Health

Were you able to watch the 'The WHEN of Men's Health' webinar which was held to mark International Men's Day 2021? ... If not, you might like to see a recording of it at: <https://youtu.be/d2BwRWcRjDk>

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Handbook for Male Victims of Domestic Abuse in Northern Ireland

The [Men's Alliance NI](http://www.mensallianceni.co.uk) is a peer support group, dedicated to assisting and believing male victims and survivors of domestic abuse. It is run by those with lived experiences of this issue, who have been there and understand the trauma facing men in this situation. Men's Alliance NI has produced a Handbook for Victims of Domestic Abuse, which can be downloaded from: <https://mensallianceni.co.uk/app/uploads/2021/10/Mens-Alliance-Handbook-for-Victims-of-Domestic-Abuse.pdf>

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Sláintecare Healthy Communities

In 2021, Sláintecare Healthy Ireland in the Department of Health, working with the HSE and local authorities and community agencies, launched the Sláintecare Healthy Communities Programme to provide increased health and wellbeing services in 19 community areas across Ireland. An evidenced based process identified local areas in which health and wellbeing risk factors are particularly concentrated, and where specific initiatives will be delivered to help promote and improve the overall health and wellbeing of people in those communities. These initiatives will be delivered through partnership working with a range of partners (HSE, local authorities and community groups) working together to provide dedicated services to build lasting improvements in health and wellbeing. To find out more, visit:

<https://www.hse.ie/eng/about/who/healthwellbeing/slaintecare-healthy-communities>

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Training

E-Learning Courses in HIV

[HIV Ireland](http://www.hivireland.ie) 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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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 underway. You can find out more at: <https://www.gameofstonesresearch.com>

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Irish Suicide Bereavement Survey

The [National Suicide Research Foundation](#) and [HUGG](#) are coordinating 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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Mortality Among Young People Aged 10-24 Years, 1950-2019

Variation in adolescent mortality between countries and by sex is widening - driven by poor progress in reducing deaths in males and older adolescents. Improving global adolescent mortality will require action to address the specific vulnerabilities of this age group, which are being overlooked. This Lancet article argues that there is an urgent need to respond to the changing global burden of adolescent mortality, address inequities where they occur, and improve the availability and quality of primary mortality data in this age group. Read more at: [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(21\)01546-4/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(21)01546-4/fulltext)

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Dads' Anxiety and Children's Development

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 for more details.

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Are Sex Disparities in COVID-19 a Predictable Outcome of Failing Men's Health Provision?

The COVID-19 pandemic has taken a catastrophic toll on society, health-care systems and the economy. Notably, COVID-19 has been shown to be associated with a higher mortality rate in men than in women. This disparity is likely to be a consequence of a failure to invest in men's health - as it has also been established that men have a lower life expectancy and poorer outcomes from non-communicable diseases than women. A variety of biological, social and economic factors have contributed to the sex disparities in mortality from COVID-19. Find out more at: <https://www.nature.com/articles/s41585-021-00535-4>

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Web Links

Men's Issues on the Web ...

[New TG4 series addresses male mental health issues](#)

[Men less likely to seek help for early warning signs of cancer](#)

[Co. Down men pose for calendar to show other men 'help is there'](#)

[More conversations 'essential' to challenge 'stigma around mental health'](#)

[Health Minister Robin Swann encourages men to look after themselves and each other](#)

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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

