

E-Male Matters

Autumn 2022

The newsletter of the Men's Health Forum in Ireland

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News

It's 'Movember'

For many people, the month of November is now synonymous with 'Movember' - when people across the world join forces to help to change the face of men's health. Find out more at:

<https://ie.movember.com>

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International Men's Day 2022

Don't forget that Saturday 19th November 2022 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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What Does He Need?

Have you ever come across the '*What Does He Need*' project, which explores how men and boys are shaped by and influence the world they live in? If not, you might like to check it out at: <https://www.whatdoesheneed.com>

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Building the Community-Pharmacy Partnership Programme

The Building the Community-Pharmacy Partnership (BCPP) programme is led by the [Community Development and Health Network](#) and funded by the [Health and Social Care Board](#), with strategic direction provided by a multi-agency Steering Group. BCPP supports communities and community pharmacists to work in partnership to address locally defined needs, so that people make connections, listen to and understand each other better, and work together to address the social determinants of health and health inequalities. Applications for the next round of funding (Level 2 projects) will close on the 17th of November 2022. See: <https://www.cdh.n.org/bcpp>

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'Public Health Matters' Podcast

At the end of Summer 2022, the [Institute of Public Health](#) launched a new 'Public Health Matters' podcast - highlighting key issues across the island of Ireland. In the first episode in the series, they speak to Sir Michael Marmot, a Professor of Epidemiology at University College London. Michael is known across the globe for his ground-breaking work on health inequalities and the gaps that exist between rich and poor. Listen-in at: <https://open.spotify.com/episode/0rB0qvEMpj0Oz5tppnduW>

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Dad's Voice

'Dad's Voice' is a newly formed, informal, relaxed and friendly group for dads. It provides a safe space for dads to come together to share experiences and support one another through the challenges of life and fatherhood. This group is open to dads, stepdads, granddads, foster dads, dads-to-be, or any significant male role model in a child's life who lives within the Northern Health and Social Care Trust Area. The group meets regularly in Ballymena, Co. Antrim. To find out more, Tel: 028 2564 8229.

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You Looking At Me?

The short film, '*You looking at me*', was made to highlight the impact racism and discrimination is having on the Traveller community and their mental health. It was written and performed by members of the Irish Traveller community, and can be found online at: <https://youtu.be/x3X-JGo9hVA> '*You looking at me*' is part of the '*John Boy Trilogy*' which is available at: <https://exchangehouse.ie/news.php?id=287>

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Safe Pharmacy

Anyone can experience domestic abuse and coercive control. '*Safe Pharmacy*' is an [Irish Pharmacy Union](#)-led initiative that will enable people facing this issue to receive support in their local pharmacy, by offering access to a phone and contact details for local support services. This enables the person to make that important call e.g. to a family member, local specialist domestic violence service or An Garda Síochána. Those experiencing domestic abuse and coercive control may have difficulty making contact safely with the support they need while they are at home. Their movements and access to phones may be monitored and limited. Pharmacies are ideally placed to provide a means to additional support. They are located in all parts of Ireland, are accessible and used by all, and are a trusted part of communities - with highly trained, compassionate and discreet staff. Find out more about this initiative at: www.ipu.ie/safe-pharmacy | <https://youtu.be/nCm2WaiTrGg>

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Men and Masculinity Podcast

Got a few minutes to spare? ... If so, have a listen to Finian Murray - Senior Health Promotion and Improvement Officer for Men's Health within the HSE - speaking about men and masculinity in this podcast produced by [Belfast Men's Health Group](https://www.podbean.com/ew/pb-xuckz-124470c):
<https://www.podbean.com/ew/pb-xuckz-124470c>

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Events

27th Annual Regional Sexual Health Conference for Northern Ireland

You are invited to apply for a place at the 27th Annual Regional Sexual Health Conference for Northern Ireland. This online event will take place on Wednesday 16th November 2022, from 9.00am - 5.00pm. The cost is £20.00 per person. There is a topical and comprehensive programme, which will include inputs from a host of high-quality contributors - representing a diverse range of sexual health and wellbeing issues. If you would like to attend, complete the booking form at: <https://belfasttrust.pagetiger.com/bkhmnmj/1>

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Masculinities and Men's Health - What Does Real Change Look Like?

In September 2022, [HSE Health and Wellbeing](#) - in partnership with the [National Centre for Men's Health](#) (SETU), [Men's Development Network](#) and [Men's Health Forum in Ireland](#) - hosted a webinar focusing upon insights and practical examples of ways to transform culture / context / environment / expectations / systems / ideology / patterns etc. to improve men's health. You can view it online at: <https://www.youtube.com/watch?v=DBxP9GwkKAq&t=352s>

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Life after Cancer: Breaking the Taboo for Men

The Irish Cancer Society Research Team and the LIAM MC Trial are delighted to host a hybrid event titled: *'Life after Cancer: Breaking the Taboo for Men'*. This will take place on Friday 25th November 2022, in St. Peter's, Cork City, from 5.45pm - 7.00pm. Attendees can opt to come to the event in person or watch the event online via a live stream. The goal is to support men through cancer and life beyond. This event will include a panel discussion between health care professionals and people affected by cancer, and will offer men affected by cancer coping tools for during and after treatment. Tea and coffee will be available upon arrival at 5.45pm, and the panel discussion will start at 6.00pm. There will be a Q&A session after the panel discussion - during which online and in-person attendees can ask the speakers questions. Tickets are free, but registration is essential: <https://www.eventbrite.com/e/hybrid-event-life-after-cancer-breaking-the-taboo-for-men-tickets-443194716327>

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No Man is an Island Conference

Tickets are now on sale for the *'No Man is an Island: Creating Communities and Nurturing Networks'* conference. This event aims to bring together key speakers, experts and practitioners, along with leading academics who are forging new ground in our understanding of men and boys' health and wellbeing issues. The conference is aimed at professionals, academics, politicians, employers, charities, public bodies and anyone in equality, diversity and inclusion roles. It will take place on Friday 25th November 2022, from 9.30am - 5.30pm, in The Stoller Hall, Hunts Bank, Manchester, M3 1DA. Find out more at: <https://lnkd.in/exUKZH4J>

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Men and Cancer: Saving Lives, Reducing Suffering

If you weren't able to attend the [Global Action on Men's Health](#) webinar on 'Men and Cancer: Saving Lives, Reducing Suffering' held in October 2022, you can now watch a recording online at: <https://youtu.be/JgOMTwDfLhg>

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Training

Gambling and Young People

Did you know that 55,000 11-16-year-olds in the UK are problem gamblers, and that 12 studies have shown a link between purchasing 'Loot Boxes' in video games and problem gambling? ... [Youth Work Alliance](#) is, currently, working with [YGAM](#) to offer fully funded City & Guilds assured online training for youth-facing-staff on the topic of gaming and gambling related harm. These sessions aim to enable professionals to safeguard young people by developing their critical-thinking and decision-making skills. Workshop content includes: gaming and gambling related harm; advertising and regulation; mental health and wellbeing; the blurred lines between gaming and gambling; how to spot signs of harm; and where to get help and support. On completion of the training, attendees are given access to download a wide range of award-winning resources. To find out more, Email: helen@youthworkalliance.com

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Research

Raising the Bar: An Examination of the Alcohol Market in Ireland

[Alcohol Action Ireland](#) recently published its 2022 Alcohol Market Review. This Review highlighted that Ireland's alcohol industry (producers, merchants and retailers) spent an estimated €116m last year advertising alcohol products that cost society an estimated €1.9 billion in health-related alcohol problems i.e. 11% of the overall Irish health budget. See their report at: https://alcoholireland.ie/wp-content/uploads/filebase/reports/21999-AAI-Market-Review-2022_v4screen.pdf

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AfterWords: A Survey of People Bereaved by Suicide in Ireland

This survey (by the [National Suicide Research Foundation](#) and [HUGG](#)) explored - for the first time in Ireland - the experience of those in our community who have known someone who has died by suicide, including family members, friends, work colleagues and professionals. The findings provide invaluable insight into people bereaved and affected by suicide, the impact on their lives, the support received following their loss, and the specific challenges unique to suicide bereavement. Download the report at: https://www.hugg.ie/wp-content/uploads/2022/10/Suicide-Bereavement-Survey-report_digital.pdf

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Male Attitudes Towards Infertility

Infertility is a global disease that affects approximately 15% of reproductive age couples. Males represent 40% of the diagnosable causes. Remarkably, no large or multi-national population data exists regarding men's perceptions about their infertility. The purpose of this study was to advance knowledge about the infertile male's social experience regarding: (i) how they feel about infertility; (ii) what motivated them to seek health care; (iii) how likely are they to talk with others about it; (iv) their awareness of male infertility support groups; and (v) what their primary source for information is regarding male infertility. Read more at:

<https://wjmh.org/DOIx.php?id=10.5534/wjmh.220099>

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Unequal Chances? Inequalities in Mortality in Ireland

Life expectancy and mortality are some of the most widely available indicators of population health, and are commonly used by governments and international organisations as key measures of social progress. In addition to being unfair, inequalities in mortality and life expectancy across population groups are a key policy concern - as they are potentially avoidable. In this report, data from a variety of sources are used to examine inequalities in mortality in Ireland since 2000, focusing on two broad dimensions of inequality: socio-economic status and ethnicity / country of birth / nationality. Read the report from the [Economic and Social Research Institute](#), funded by the [Institute of Public Health](#), at:

https://www.esri.ie/system/files/publications/RS145_3.pdf

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Men Building Intimate Partner Relationships

Intimate partner relationships can promote men's wellbeing and their partners' and families' health. That said, the most common stories we hear are of men's distressed and/or disrupted partnerships (e.g. separation and divorce). That is why the University of British Columbia's Men's Health Research Program wants to talk to men worldwide about how they build and sustain equitable intimate partner relationships. The Men Building Intimate Partner Relationships (MBIPR) project is recruiting participants who: self-identify as a man; are aged between 19-44 years old; have / previously had an intimate partner relationship; and speak English. Participants will receive a \$100CAD honorarium. Please contact Nina Gao, Project Coordinator, at nina.gao@ubc.ca to participate or visit:

<https://menshealthresearch.ubc.ca/mbjpr> for further information.

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Web Links

Men's Issues on the Web ...

[Tyson Fury to release debut single in aid of men's mental health charity](#)

[Older men suffer raised blood pressure after being scammed](#)

[Attracting men in social services and social care](#)

[Children and teens not getting recommended levels of physical activity](#)

[Suicide biggest killer of young men under age of 25](#)

[Campaign urges men to get prostate cancer check from GP](#)

[Masculinities and health: relational and intersectional perspectives](#) [video]

[Secrecy, shame, and getting help: men and eating disorders in Ireland](#)

[One in 500 men carry extra sex chromosome, research suggests](#)

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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

