

E-Male Matters

Men's Health Week 2023

The newsletter of the Men's Health Forum in Ireland

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Men's Health Week 2023

The Final Countdown Begins

We're now only weeks away from [International Men's Health Week](#) (MHW), which begins on Monday 12th June and runs until Sunday 18th June 2023 (Father's Day).

Not too long ago, we were unaware of the full extent of men's poor health status and the specific health issues that they are contending with. However, this is no longer the case. In recent years, a broad range of research has highlighted the health challenges which face men in Ireland and further afield. For example, see the Men's Health in Numbers reports at: www.mhfi.org/news/1096-men-s-health-in-numbers.html



Yet, although the health of men in Ireland is sometimes poor, it is not a 'lost cause' - and it can be improved in many significant ways. Men, themselves, need to play a central role in taking control of their health and wellbeing. However, men's health is not just an issue for individual men and their health can often be determined by other factors outside of their personal control. Thus, there is also a need for policy-makers, service providers, and society as a whole to recognise the role that they need to play, and to do something tangible about it.

It is very common to hear people on the island of Ireland saying: '*ah, sure, your man's the picture of health*'. **During Men's Health Week 2023, everyone is being asked to think about what their 'picture of health' might look like.** More importantly, everyone is also being asked to set themselves simple, realistic and practical tasks to make this a reality.

As always, the overarching aims of MHW are to:

- Heighten awareness of preventable health problems for males of all ages.
- Support men and boys to engage in healthier lifestyle choices and activities.
- Encourage the early detection and treatment of health difficulties in males.

However, any and all activities / actions to mark this occasion are very welcome.

To find out more about the week, visit: www.mhfi.org/mhw/mhw-2023.html

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Take the 'Agent Mann' Challenge ...

Men's health on the island of Ireland is unnecessarily poor, but it is not a lost cause. There are many free, simple and practical things that can be done to improve it. But what are these?

To support Men's Health Week last year, a team of students from the Game Design Degree Course in Technological University Dublin developed a 'Serious Game' - focusing on male health - that men and boys can play online. We're offering you another chance to play it again this year.

In this retro-style arcade game, the player is invited to take on the character of 'Agent Mann' - a spy who is given the mission of tracking down and securing a series of dossiers containing high level 'Intel' on how to improve men's health.

To succeed in his quest, Agent Mann has to navigate through various settings to locate and collect all of the dossiers. Along the way, he has to learn how to move around in his environment and to use some of the gadgets available to him. But of course, danger is never far away, and his path is blocked by the henchmen of his nemesis [Mr O'Bese] who try to prevent him from uncovering this vital information.

Why not be an 'Action Man' and ...

1. Take on the role of Agent Mann.
2. Find and secure all of the seven dossiers.
3. Memorise what's in them.
4. Use this information to improve the health of men both now and in the future.

Try it out at: <https://mhfi.org/mhw/mhw-2023.html#AgentMann>

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'Toolbox for Action'

Not everybody knows about [Men's Health Week](#) (MHW), what it hopes to do, why it needs to happen, or how they can get involved. That's why there is a MHW 2023 *'Toolbox for Action'*. This Q&A style resource can be downloaded at: www.mhfi.org/mhw2023toolbox.pdf

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What Can I Do To Mark The Week

Everyone can do something to support and celebrate Men's Health Week (MHW) each year.

The focus for MHW 2023 (i.e. 'The Picture of Health') lends itself to a wide range of ways to mark this occasion. However, there is no need to stick rigidly to this particular theme. Anything which promotes the week and encourages men and boys to lead healthier lifestyles, to be more aware of preventable health problems, and to seek early detection and treatment for health difficulties will be very welcome!

Some people might have the time, energy, resources and skill to plan something elaborate. However, even if this is not possible, there are still many simple, free and easy ways to get involved / show support - such as putting-up the [poster](#) in public spaces, giving out copies of the [postcard](#) to men that you know, [social media](#) posting, directing men to the new free ['Action Man'](#) booklet, using the MHW [graphics](#) ...

For practical ideas and inspiration, you are invited to check out a paper titled *'What Can I Do To Mark This Week?'* at: www.mhfi.org/mhw2023celebrateit.pdf

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Men's Health Week 2023 Posters

To promote Men's Health Week (MHW) 2023, a bespoke poster has been designed. Posters are available as both A3 and A4 hard copies, and as online electronic files (in a range of sizes and formats suitable for a variety of uses). To order hard copies of the poster, send an email to menshealthweek@mhfi.org stating:

- How many copies you would like.
- Which size (or sizes) that you'd like.
- The name of the person to send them to.
- The full postal address (including a Postcode / Eircode) for delivery.

Copies of the online electronic resources can be downloaded from: www.mhfi.org/mhw/mhw-image-pack.html#Poster2023

Even people who don't have time to do anything else for MHW 2023 are encouraged to put up a poster - in public view - to let everyone know when it is taking place. Although this costs little to do, it will make a big difference to promoting the week!

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Men's Health Week 2023 Postcards

Every year since 2014, there has been a Men's Health Week (MHW) postcard to publicise the week. Traditionally, these cards can be displayed as small flyers in public spaces, and are often sent by organisations to the men that they have contact with. This has proved to be a very successful means of letting local men know about the week.

Some groups have also used them as pledge cards (e.g. this year men can write on the card what the 'mission' to improve their health is going to be). Later on, they can keep this beside their desk, on their work bench, attached to their dashboard etc. to remind them of what they want to do and hope to achieve.

The postcards are available in both hard copy and as online electronic files. To order hard copies of the postcard, send an email to menshealthweek@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.

For an electronic download, see: www.mhfi.org/mhw/mhw-image-pack.html#Postcard2023

The front of the postcard has a similar design to the MHW poster, and the back has a pre-written message which says:

Hi there,

It's very common to hear people on the island of Ireland saying: 'ah, sure, your man's the picture of health'.

But did you know that during Men's Health Week 2023 (<https://www.mhfi.org/mhw/mhw-2023.html>), everyone is being asked to think about what their 'picture of health' might look like? More importantly, everyone is also being asked to set themselves simple, realistic and practical tasks to make this a reality.

If you're up for it, have a look at the new '**ACTION MAN**' booklet - for ten top tips on how to improve your health. You can view it online at: <https://www.mhfi.org/ActionMan2023.pdf>

Have a great week!

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Free Man Manuals

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](#)) to mark [Men's Health Week 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 you into the driving seat, and give you the tools and DIY instructions to make positive changes - if you choose to be your own 'Action Man'.

During Men's Health Week 2023, this booklet will be available in hard copy and in electronic format. To order hard copies, send an email to menshealthweek@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 publication of this booklet has only been possible because of the generous support given by the [Health Service Executive Health and Wellbeing](#), [Healthy Ireland](#) within the Department of Health, the [Public Health Agency](#) and the authors - Finian Murray and Colin Fowler.

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Tell others about what you are doing during Men's Health Week 2023

Every year there are hundreds (possibly even thousands) of events and activities throughout Ireland to celebrate Men's Health Week (MHW). Some of these are well publicised, but most are only known about by a few people.

As in previous years, the [Men's Health Forum in Ireland](#) (MHFI) will promote the details of any activities or events that are being held throughout the island of Ireland during [Men's Health Week 2023](#). This will help everyone to find out what is happening during the week, where it will take place, and how to join in. It will also give some recognition and publicity to all those groups across Ireland that are doing something for and with men.

These activities might include health checks, conferences, launches, games, seminars, competitions, workshops, courses, displays, health fairs, workplace mail-outs ... Whatever the activity, everyone is encouraged to submit their details.

There are two ways to let us know about what is happening to mark the week: (i) submit the details using the online form (at: www.mhfi.org/mhw/promote-an-event.html); or (ii) download and save a copy of the MS Word Registration Form (www.mhfi.org/mhw2023project.docx), type in the details, and email it back to us.

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How to Promote Men's Health Week 2023

Absolutely everyone can do something to promote [Men's Health Week](#) (MHW) 2023. There are many simple, free and easy ways to get involved / show support. There is a common logo / image pack which can be used by everyone who wishes to raise awareness of MHW. There is also a MHW 2023 poster and postcard. These are important promotional tools - as one of the key aims is to let as many people as possible know about the week. These are available to anyone who wishes to use them at www.mhfi.org/mhw/mhw-image-pack.html

Here's some practical suggestions ...



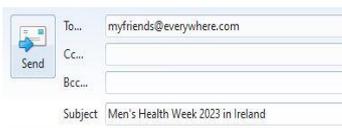
Put a [Men's Health Week poster](#) (or two or three) up in your workplace / meeting space / community centre / local shop / waiting room / church hall / Men's Shed / gym / library / pub / surgery / construction site / home ...



Promote the week on your website - using a copy of the [Men's Health Week logo](#) and other images e.g. badge or banner.



Link to the web page devoted to Men's Health Week 2023 (www.mhfi.org/mhw/mhw-2023.html) from your own website, Facebook page or other social networking site.



Send an email to everyone on your mailing list to tell them about Men's Health Week, and ask them to forward the message to all their contacts. Why not also insert the MHW [logo](#), [badge](#) or [banner](#) into your outgoing emails during May and June?



Become a fan of the Men's Health Week in Ireland's Facebook page (www.facebook.com/MensHealthWeek) and send this link to all your online friends.



Include information on [Men's Health Week 2023](#) in your mailouts and newsletters.



Tell others about what is happening in your area during Men's Health Week via the MHFI website and social media channels. Use the form at: www.mhfi.org/mhw/promote-an-event.html



Make the Men's Health Week [logo](#) or [badge](#) your computer desktop 'wallpaper' during May and June.



Remind your colleagues to follow all the latest news on Twitter (www.twitter.com/MensHealthIRL). Also Tweet about the week yourself, and include #MensHealthWeek and #ThePictureOfHealth in your message.



Encourage the men you know to get involved in some of the activities taking place during the week and give them a copy of the free ['Action Man'](#) booklet.

Doing one or more of these simple (and free) things will contribute hugely to MHW 2023!

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Daily Themes for Men's Health Week 2023

Men's health issues and needs are numerous and complicated. So much so, that we could probably assign a different one to highlight on each day of the year and still have an outstanding pool of ones to explore! However, when preparing for Men's Health Week (MHW) 2023, the all-island Planning Group felt that it would be useful to draw attention to a specific theme on each day during the week, as well as announce the final countdown to MHW during the week before.

The focus of each day will be ...

- Friday 9th June: What's your 'Picture of Health'? - be the man you want to be
- Monday 12th June: Trash the ash
- Tuesday 13th June: Prevention is better than cure
- Wednesday 14th June: Food for thought
- Thursday 15th June: What do you depend on?
- Friday 16th June: Mental fitness
- Saturday 17th June: Let's get physical - be more than a sports spectator
- Sunday 18th June: Fathers Day - the important role of fathers in their children's lives

Social media (e.g. Facebook, Twitter, Instagram and TikTok) offers a powerful tool for organisations to spread their message. During Men's Health Week 2023, everyone is encouraged to 'Post' and 'Tweet' about it and, when possible, to use the hashtags:

#MensHealthWeek | #ThePictureOfHealth

To support this, a range of [social media graphics](#) are also available.

For those people who would like to support MHW 2023 using their own social media channels - but who don't have the time, energy or knowledge to develop their own messages - a ready-made pool of Posts and Tweets that you can simply cut-and-paste from will be available online just before the week begins. Keep an eye to www.mhfi.org/mhw/mhw-2023.html#Tweet for more details closer to the week.

Even loading a few things to social media platforms makes a huge difference to publicising the week. This is, therefore, an easy and free way to show support for MHW.

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Keep Up-To-Date with MHW 2023

To keep everyone up-to-date with the latest news on [Men's Health Week \(MHW\) 2023](#) - as well as more general developments in the field of men's work - check out Facebook (www.facebook.com/MensHealthWeek) and Twitter (www.twitter.com/MensHealthIRL).

However, as all social networkers know, pages such as these are no use unless they have a lot of Fans / Followers. That's where your help is needed! ... Don't forget to send the links to all your friends. If you're really into it, please Tweet about MHW 2023 yourself, and include the hashtags #MensHealthWeek and #ThePictureOfHealth in your messages.

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News

Launch of Healthy Workplace Website

Workplaces directly influence the physical, mental, economic and social wellbeing of workers and in turn, the health of their families, communities and society. With more than two million people employed in the Republic of Ireland, the workplace offers an ideal setting and infrastructure to support the promotion of health to a large audience. Healthy Ireland, within the Department of Health, has just launched a new website which aims to be the one-stop-shop for everything you need to make your workplace a healthy workplace. Visit it at: <https://healthyworkplace.ie>

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Engage Facilitator Wins Pharmacy in Focus Award

Congratulations to Andy Barrett, from McKeevers Chemists in Fivemiletown, Co. Tyrone, on winning Team Member of the Year in the recent Pharmacy in Focus Awards 2023. Andy, who trained as an '[Engage](#)' facilitator a few years ago in the Western Health and Social Care Trust area, won his award for going far beyond his delivery driver job to contribute to the health and wellbeing of men in his community by spearheading a men's health project within the pharmacy. Read more at: <https://tinyurl.com/2n5v59hm>

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Talking Health and Wellbeing

Listen to the HSE Talking Health and Wellbeing Podcast Channel for interviews and insights on the work underway by HSE Health and Wellbeing and their partners to deliver the Healthy Ireland ambition of supporting, protecting and empowering individuals, families and their communities to achieve their full health potential: <https://hsepodcasts.podbean.com>

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New Skin Cancer Detection Service Launched in Northern Ireland

Action Cancer, in partnership with the Department of Health, is offering a new skin cancer detection service. This service is for people who have a concern about a changing mole/lesion. Clinical nurse specialists examine any new or changing/non-healing moles or lesions you may have, and examine deeper layers of the skin that can't be seen with the naked eye. Find out more at: <https://actioncancer.org/services-info/skin-cancer-detection>

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Events

Gone Missing: The Treatment of Men in Global Cancer Policy

Men's excess burden of cancer has been evident for many years. However, it is a problem that has also been, for too long, overlooked - not least in policy. This [Global Action on Men's Health](#) webinar presents new evidence about the current treatment of men in cancer policy at all levels, and discusses why and how this needs to change. It will take place during [Men's Health Week](#) (Wednesday 14th June 2023) at 3.00pm. Book a place at: <https://tinyurl.com/4xzs2k4d>

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The Experiences of LGBTIQ+ Travellers and Roma

The National Action Group for LGBTIQ+ Traveller and Roma Rights invite you to a Spoken Word Project about the experiences of LGBTIQ+ Travellers and Roma. This will take place on Tuesday 20th June 2023, from 10.30am - 1.000pm, in Dublin. Book a place at: <https://tinyurl.com/4ryjhaan>

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Carers Week 2023

Carers Week 2023 is fast approaching. This year's theme is 'Recognising and Supporting Carers in the Community'. Across the Belfast Health and Social Care Trust, there are a lot of great events and activities scheduled for carers throughout the week (from 5th - 11th June 2023). Check them out at: <https://belfasttrust.pagetiger.com/ckjyrdq/1>

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Men's Rites of Passage

Men's Rites of Passage have been around for millennia - in practically every tradition the earth has ever seen. The transition from 'boy' to 'man' has occurred in many different guises, but the theme of dying to one stage of life to enter another remains unchanged. In the modern world - with its busy schedules and sometimes isolating technology - this essential stage in a male's life may not happen in a real or wholesome way (if, indeed, there is any rite at all). Male Journey Ireland offers a five day process, wherein participants experience many facets of soul life and inner work. The next RITES in Ireland will take place from 26th to 30th July 2023. Find out more at: <https://malejourney.ie/rites/mrop-2019>

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Training

'Engage - Connecting with Men' Workshop in Longford

Are you interested in engaging more men in your service? ... If so, you might want to check out the free '[Engage](#) - Connecting with Men' workshop which is taking place on Thursday 15th June 2023 in Longford. This interactive event will run from 9.30am until 4.30pm. The aim of this workshop is to assist a broad range of practitioners and service providers to explore the world of males, and to develop practical strategies for effectively engaging with them around health and wellbeing issues. It focuses on the engagement process i.e. the why and how of building relationships with men. For more information, or to register for a place, email Kathleen Pardy at: kathleen.pardy@hse.ie

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Specialist Certificate in Youth Mental Health Promotion

The Specialist Certificate in Youth Mental Health Promotion is a Level 7 course, jointly developed by Jigsaw, the National Youth Council of Ireland and the University of Galway. The course is for professionals working with young people in a range of sectors, who wish to develop greater knowledge, skills and competencies to promote youth mental health in their own work settings. Visit <https://jigsaw.ie/specialist-certificate-in-youth-mental-health-promotion> for more information about the course, dates and mode of delivery.

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Research

Mind the Gap - Exploring Knowledge about Physical Activity on the Island of Ireland

The proven health benefits of physical activity and the consequences of inactivity provide a compelling case for promoting physical activity across all ages and demographics. However, little is known about how knowledgeable the adult population on the island of Ireland is about sources of information on these. To address this gap, the [Institute of Public Health](#) commissioned a survey to explore knowledge of: the benefits of physical activity for mental and physical health; the risks to health of inactivity; physical activity recommendations; sources of information about the benefits of physical activity. You can read the report at:

<https://tinyurl.com/2trdezpt>

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Association between Cannabis Use Disorder and Schizophrenia in Young Males

This journal article highlights that young males might be particularly susceptible to the effects of cannabis on schizophrenia. At a population level, assuming causality, one-fifth of cases of schizophrenia among young males might be prevented by averting Cannabis Use Disorder (CUD). Results highlight the importance of early detection and treatment of CUD and the need for policy decisions regarding cannabis use and access - particularly for 16-25 year olds. Read more at: <https://tinyurl.com/mr4ycuxx>

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Health Inequality Data Repository

Disaggregated data - which show how health or other aspects of life are experienced by people of different ages, economic status, education levels, place of residence, sex and other characteristics - are a vital part of advancing equity. Disaggregated data can serve as an evidence base for equity-oriented policies, programmes and practices that aim to close existing

gaps and achieve good health and wellbeing for all. The [World Health Organisation's](#) Health Inequality Data Repository contains datasets of disaggregated data covering diverse topics and dimensions of inequality, from a variety of publicly available data sources. See it at: <https://www.who.int/data/inequality-monitor/data>

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An Open Secret: Self-Harm and Stigma in Ireland and Northern Ireland

Have you seen the new report by the Samaritans titled 'An Open Secret: Self-Harm and Stigma in Ireland and Northern Ireland'. If not, have a look at: <https://tinyurl.com/2t66sj73>

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Northern Ireland Dashboard

The Zero Suicide Alliance's Northern Ireland Dashboard includes key data relating to suicide, prevalence of mental illness and risk factors for Northern Ireland. It also gives a breakdown of some statistics by male and female. To find out more, see: <https://tinyurl.com/pcyxpwzt>

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Web Links

Men's Issues on the Web ...

[Men in Crisis - former world champion boxer explores NI's mental health problem](#)

[Younger men urged to get to grips with type 2 diabetes risk](#)

[Men's Sheds 'saved our lives', members reveal in new TG4 documentary](#)

[Merville men graduate six-week cookery class with flying colours](#)

[Men who put on too much weight in early life increase risk of dying from prostate cancer](#)

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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