

E-Male Matters

Autumn 2025

The newsletter of the Men's Health Forum in Ireland

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News

Free 'Action Man' Manuals to Mark International Men's Day

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 free Man Manual which explains: (i) WHY an action is needed; (ii) WHAT can be done about it; and (iii) HOW to find support if you need it. Check it out at: www.mhfi.org/ActionMan.pdf

To mark International Men's Day (19th November) 2025, a new print run of this publication (supported by [Healthy Ireland](#) within the Department of Health and [MHFI](#)) is being undertaken, and you are invited to request copies. If you require large quantities (50+ copies), or you are based in Northern Ireland, 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).

If you are based in RoI, and require 50 copies or less, these can be ordered via the HealthPromotion.ie website [register for an account, search for Action Man in the keyword box, and place your order]. The Man Manuals will be ready to distribute by late October 2025.

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'The Real Face of Men's Health' in Ireland

The [Men's Health Forum in Ireland](#) and the [National Centre for Men's Health](#) in SETU recently collaborated with [Movember](#) on the production of 'The Real Face of Men's Health' in Ireland report. This was launched on Tuesday 23rd September 2025. This document provides a comprehensive overview of the state of men's health in the Republic of Ireland, offers key statistics, records the views of GPs and the general public, explores the impact of men's ill health on both those who care for them and the public purse, and makes practical recommendations for future action. Download a free copy of the report at:

<https://www.mhfi.org/RealFaceIreland.pdf>

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Impact of parkrun on Mental Health and Wellbeing

New survey results, released by parkrun Ireland on World Mental Health Day 2025, revealed the profound impact that regular participation at parkrun can have on mental health and overall wellbeing. According to the [parkrun Ireland](#) Health and Wellbeing Survey 2025, conducted in collaboration with the Advanced Wellbeing Research Centre at Sheffield Hallam University, an overwhelming majority of participants reported positive effects on their mental wellbeing, including improvements in mood, stress levels and social connection: 92% reported an improved sense of personal achievement; 87% reported increased happiness; 85% reported improved mental wellbeing; and 71% reported improved confidence. Find out more at:

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

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Men's Minds Matter

The Men's Minds Matter project (within Parenting Focus NI) was born from a recognition that men in our communities often face barriers to accessing mental health and wellbeing support. Through co-design with local men, Parenting Focus helped create safe and meaningful spaces where men could connect, share experiences and shape the services they need. Over the past three years, the project established men's cafés, activity groups, public 'Empathy Tent' events, and collaborative partnerships with community and statutory services - all rooted in amplifying men's voices and reducing isolation. This work has demonstrated the importance of father/male-focused wellbeing initiatives in strengthening families and communities. Although Parenting Focus has now closed, their father work legacy will continue to inform, shape and inspire practice and community supports in the years ahead. Download a copy of the final report at: www.mhfi.org/MensMindsMatter.pdf

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Commercial and Political Determinants of Health

How can we turn the tide on commercial factors that influence our health and well-being? ... The 2025 [Joint North-South Public Health Conference](#), held on Thursday 18th September, sought to address this important question by focusing upon how we can address the commercial and political determinants of health and the rise in misinformation and disinformation in the public health arena. To view recordings and slides from the event, visit:

<https://tinyurl.com/3utptanr>

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International Men's Day 2025

International Men's Day (IMD) is held on the 19th of November each year - though many places also hold events and activities to mark it both in the days before and after this date. It is a global celebration of the important contribution that men and boys make to their families, communities, society and the world, and seeks to highlight key issues such as health and wellbeing, positive role models, tackling inequalities and improving gender relations. For a

quick overview, watch this short video clip: <https://youtu.be/0xyTHUSVVVQ> or visit: https://en.wikipedia.org/wiki/International_Men%27s_Day If you want to do something simple, and free to mark IMD 2025, why not order some 'Action Man' manuals (see first article) to give to your family, friends, colleagues, employees ...

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Recruitment for a Regional Patient and Service User Council

HSE Dublin and North East is setting up a Patient and Service User Council to represent the patient, service user and carer voice, and provide advice and guidance to the health region. The Council will be comprised of adults who have used, or supported someone else to use, health and social care services in the HSE Dublin and North East region. A recruitment campaign is currently underway, and people living in the HSE Dublin and North East region are invited to apply. This region includes North Dublin (city and county), Louth, Meath, Cavan and Monaghan. It is important that the Patient and Service User Council is diverse, and people with different experiences and perspectives are being sought. The deadline to apply is 5.00pm on Friday 31st October 2025. You can find out more by Tel: 087 0680325 | Email: ppp.DublinNorthEast@hse.ie

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New HUGG Pop-Up Café

[HUGG](#), the national suicide bereavement organisation in the Republic of Ireland, is dedicated to supporting adults bereaved by suicide. They provide free practical information and emotional support after a suicide occurs. HUGG is pleased to announce that they are extending their peer support service using a pop-up café approach. In addition to HUGG Kerry Suicide Bereavement Support Group, over the next few months a HUGG Pop-Up Café will be available in Tralee, Co. Kerry, too. This is led by trained volunteers with a lived experience of suicide loss, and offers a safe, non-judgmental space for social connection, mutual support and shared understanding. To find out more, Email support@HUGG.ie | Tel: 01 5134048 (monitored answering machine).

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HSE Health and Wellbeing Annual Report 2024

The HSE Health and Wellbeing Annual Report for 2024 is now available. This provides detail on key work, ongoing initiatives, and a range of resources and publications developed last year. Download a copy at: <https://publuu.com/flip-book/647102/2122537>

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Events

Seminar on Mental Health and Suicide in the Construction Sector

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](#) (Construction Alliance to Reduce Suicide) 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.

You are invited to attend a free event to hear more about what CAIRDE is, how it was developed, and what is being offered to construction companies / sites. This will take place on Wednesday 26th November 2025, from 3.00pm - 4.30pm, in Dublin. It will be of particular interest to anyone in the construction sector, but also to anyone who has an interest in improving mental health and preventing suicide in other workplace settings. Places are extremely limited and booking is essential. Email colin@mhfi.org to register for a place.

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The Invisible Man: Men's Health - look at the state of it

The health and wellbeing of men and boys in Northern Ireland is unnecessarily poor. Yet, this is not a lost cause, and much can be done to change this situation. However, improving the health of local males is, currently, not underpinned by a discrete policy or driven by any specific statutory targets. Thus, it remains firmly under the radar. Tackling this issue will require identifying the key needs, working on a cross-departmental basis, and embedding a framework to guide and map progress. This has been / is being achieved in other countries.

You are invited to attend a free event in Stormont, on Monday 10th November 2025, which will shine a light on men's health across the region. It will highlight some of the main areas of concern, examine existing models of effective practice, and explore how we can all make a difference. Anyone who has an interest in improving the health of men and boys, in any setting, is invited to apply for a place at: <https://www.eventbrite.co.uk/e/the-invisible-man-mens-health-look-at-the-state-of-it-tickets-1775762356009> BOOKING IS ESSENTIAL.

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International Men's Day with Belfast Men's Health Group

To mark [International Men's Day](#) 2025, Belfast Men's Health Group is hosting a free event in Belfast City Centre on Wednesday 19th November 2025. This will include information stands, music, refreshments, health checks, demonstrations of crafts, taster activities, a bit of craic... For more information, email: barrymulholland@groundworkni.co.uk

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Physical Activity in Later Life: Staying Active in an Online World

The [Institute of Public Health](#) is hosting a free online webinar titled '*Physical Activity in Later Life: Staying active in an Online World*' on Thursday 23rd October 2025, from 10.00am to Noon. This webinar will explore the latest trends in physical activity levels, what the evidence tells us about getting and staying active in an online world, and insights from online physical activity programmes. Participants will hear from experts in the field of ageing, physical activity, online interventions, and providers and users of online physical activity programmes for older people. Register for a place at: <https://tinyurl.com/ypum3ckm>

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Training

Let's Talk About Suicide

Let's Talk About Suicide - a free, 60 minute online programme - is 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. This programme uses a mix of guided online content, video and interactive questions. Participants can pause and recommence the programme at their own convenience. On average, the programme will take 60 minutes to complete, but participants can work at their own pace. Get started at: <https://traininghub.nosp.ie>

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Mental Health and Wellbeing in Sport

[Sport Northern Ireland](#) has produced an online e-learning course offering an interactive introduction to mental health and wellbeing, and providing participants with a foundation on which to develop knowledge, understanding and awareness of mental health within sport. The course can be completed at the individual's own pace, and will provide certification and a badge upon completion. This programme is aimed at people aged 18+. Find out more at: <https://www.sportlearningni.com/product?catalog=1715792606TQrQq>

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Research

Loneliness among Older Men in Western and Eastern Europe

With rising life expectancy, and a rapidly ageing population, loneliness and isolation among older adults is set to increase. Today, one in five people in the EU is over 65, and older men make up over 41 million of Europe's population. But what does this mean for wellbeing and social inclusion? ... This new report, authored by TASC and commissioned by Friends of the Elderly Ireland, explores these questions across Ireland, Poland and Romania. Published to mark the 20th anniversary of the EU's Eastern Enlargement, it provides fresh insights into the causes of loneliness, its impact, and solutions that can make a difference. Download a copy at: https://www.tasc.ie/assets/files/pdf/tasc_friends_of_the_elderly_ireland_october_2025.pdf

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Screens, Safety and Social Media

At an event in [Queen's University Belfast](#) on 8th September 2025, [ARK](#) launched new research commissioned by the Safeguarding Board for Northern Ireland. This study explored how children and young people in Northern Ireland navigate the online world - how they use the internet and social media, the risks they encounter, and how confident they feel in reporting online harms. The study draws on data from ARK's [Kids' Life and Times](#) (KLT) and [Young Life and Times](#) (YLT) surveys. It provides a valuable evidence base to inform the delivery of Northern Ireland's Online Safety Strategy and Action Plan. The report is available at: <https://www.ark.ac.uk/ARK/sites/default/files/2025-09/SSSMreport.pdf>

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Youth Drinking in Ireland: What's the Real Picture?

While drinking among Irish young people declined from the mid-2000s to the mid-2010s, since 2015, that downward trend has reversed - with consumption by 15-24 year olds increasing from 66% in 2018 to 75% in 2024. What is also clear is that when drinking is initiated, it is accompanied by high levels of particularly risky and hazardous consumption - 64% regularly binge drink, and one in three young drinkers has an Alcohol Use Disorder. This report by Alcohol Action Ireland outlines the current situation. See: <https://alcoholireland.ie/wp-content/uploads/2025/09/Youth-Drinking-in-Ireland-FINAL.pdf>

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Healthy Food Options in Co. Clare

Healthy Clare is supporting the Clare Food Partnership to raise awareness of, improve access to, and increase the supply of healthy food options to communities across Co. Clare. You are invited to take part in a short survey to share your thoughts on food access in your area. This input will help to shape actions that make nutritious food more available and affordable for everyone. See: <https://tinyurl.com/3unxjcbh>

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Student Gambling, Drugs and Mental Health Survey

[USI](#) and [Ulster University](#) are conducting a survey into gambling, drugs and mental health among students on the Island of Ireland. They are hoping to better understand these three factors, and how they might relate to one another. Any student who is, currently, registered in a higher education institute on the island of Ireland is eligible to participate at:

<https://app.onlinesurveys.jisc.ac.uk/s/ulster/usi-drugs-gambling-mental-health-survey>

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Health Inequalities [Northern Ireland] Annual Report 2025

In September, the Department of Health in Northern Ireland published their Health Inequalities Annual Report 2025. This publication presents a comprehensive analysis of health inequality gaps between the most and least deprived areas of Northern Ireland, and sub-regional gaps within Health and Social Care Trust and Local Government District areas across a range of health indicators. Read more at: <https://www.health-ni.gov.uk/publications/health-inequalities-annual-report-2025>

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Web Links

Men's Issues on the Web ...

[Men's Health Week 2025 in the West of Ireland](#) [video]

[Men's mental health: we need systems, not symbols](#)

[Is it 'inevitable' that men die more than five years earlier than women?](#)

[Men with paternal postnatal depression require better support](#)

[Minister for Mental Health announces €2 million for new counselling supports for men](#)

[Designing men's health policy: the 5R Framework](#)

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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