

E-Male Matters

Christmas 2025

The newsletter of the Men's Health Forum in Ireland

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News

Men's Health Week 2026 - 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 2026 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 15th until Sunday 21st June 2026.**

Every year, the [Men's Health Forum in Ireland](#) (MHFI) convenes an all-island Planning Group for MHW. Would you be interested in being a part of this process, and joining with others from across the island of Ireland to help to shape MHW 2026? 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 2026 (in any way), email: menshealthweek@mhfi.org

However, even if this is not possible, why not put the dates of MHW 2026 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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Support over the Christmas Period

Merry Christmas and a Happy New Year from everyone in the Men's Health Forum in Ireland! However, we also know that the holidays can often be a stressful and worrying time for many people. Therefore, please remember that if you - or anyone you know - needs help and support over the Christmas period, you can always contact ...

- The Samaritans (all Ireland) - Freephone 116 123
- Pieta House (RoI) - Freephone 1800 247 247
- Lifeline (NI) - Freephone 0808 808 8000

or visit: <https://www2.hse.ie/mental-health> | <https://www.mindingyourhead.info>

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Free 'Action Man' Manuals

Did you miss out on getting hard copies of the free '[Action Man](#)' Manual during Men's Health Week or International Men's Day this year? If so, HSE Health and Wellbeing has just funded a reprint of this publication and, if you are based in the Republic of Ireland, you can order copies of it via <https://www.healthpromotion.ie/products/action-man-ten-top-tips-for-mens-health>

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England Unveils its Men's Health Strategy

On [International Men's Day](#) 2025, the British Government unveiled England's first ever Men's Health Strategy. This aims to tackle men's mental health challenges, improve physical health, and reduce inequalities - so that men and boys can live longer, healthier lives. Maybe Northern Ireland politicians will soon think seriously about aligning their area with both England and the Republic of Ireland. Find out more at: www.gov.uk/government/news/government-unveils-englands-first-ever-mens-health-strategy

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International Men's Day 2025

Congratulations to everyone who, so successfully, marked International Men's Day 2025 (19th November) across the island of Ireland. If you don't know what this day is all about, check out this short video clip: <https://youtu.be/0xyTHUSVVVQ>

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Talking Really Helps

Talking isn't something to be embarrassed about. It helps. Find out today about help and support available to men in the Republic of Ireland at: www.yourmentalhealth.ie/men In Northern Ireland, the [Public Health Agency's](#) 'Talking Really Helps' campaign is also running from November 2025 to March 2026. The campaign aims to encourage anyone with feelings of anxiety or distress, or who is in crisis, to start the conversation about their real feelings. Find out more at: <https://tinyurl.com/56uvx7na>

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Know the Signs of Penile Cancer

Do you know the signs of penile cancer? ... This is a relatively rare but serious condition, mostly detected in men over the age of 50. Find out more by visiting: <https://www.hse.ie/eng/services/list/5/cancer/news/know-the-signs-penile-cancer-awareness.html> or watch the video at: <https://youtu.be/MGIqJLOiICk> in which Cormac France, a father of four and a cancer survivor, shares his powerful personal story to raise awareness and encourage men to act early.

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Men's Health Features in Dáil Éireann

Wednesday 22nd October 2025 was an historic day for men's health in the Republic of Ireland. This was the first time in the history of Dáil Éireann that men's health became the sole focus of discussion, and this lasted for over two hours. All four Ministers in the Department of Health (Minister for Health Jennifer Carroll Mac Neill, Minister for Mental Health Mary Butler, Minister for Public Health Jennifer Murnane O'Connor and Minister for Older People Kieran O'Donnell) spoke during the debate, and over 30 TDs contributed to this session. You can watch the proceedings at: <https://www.oireachtas.ie/en/debates/debate/dail/2025-10-22> The 'Statements on Men's Health' session runs from approximately 4:33 - 6:42.

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Féileacáin Fathers

Have you ever heard about Féileacáin Fathers? ... They were established in 2020 as part of the wider Féileacáin community initiative. It is a group of bereaved fathers who foster connection, support and solidarity through a shared love of football. Born from that same spirit, they have now created a podcast providing a space for these dads to share their stories - offering hope and encouragement to other families along the way. Listen to the first episode featuring James and Tony at: <https://open.spotify.com/show/0HjDS7RX0YP1u80j7yMzfg>

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Trusted Health Apps

More than 50% of patients looking for help and advice on health care are finding health Apps without a recommendation from a health and care professional. But, with over 350,000 health Apps available - and only 20% meeting safety standards - how do we know they are finding the right ones? ... Health and Social Care NI has endorsed a range of Apps that provide advice and guidance on useful topics to help you self-manage a range of ailments, conditions and life events. Digital Health and Care Northern Ireland (DHCNI) in partnership with ORCHA (Organisation for Review of Care and Health Apps) has set up an Apps Library which hosts a selection of safe and trusted Apps. These are continuously assessed by ORCHA against standards and regulations in clinical and professional assurance, data and privacy, and usability and accessibility. Access the Library at: <https://apps4healthcareni.hscni.net>

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Events

Minding Yourself and Others

Did you manage to tune in to the 'Minding Yourself and Others' webinar on Tuesday 16th December 2025? ... If not, you might be interested in seeing a recording of it. This men's health event featured special guest Keith Donald. 70 years a musician, Keith has famously played with Moving Hearts, Van Morrison, Sinéad O'Connor, Mary Coughlan, Christy Moore and loads more. In the webinar, he shared some of his remarkable life story (taken from his new book titled 'Music and Mayhem'), and offered insights into his ongoing journey of building resilience, and the need to find - and be willing to accept - help and support. The other guest speakers also highlighted resources and supports available to support men's mental health over the Christmas / New Year period - which can be a very challenging time of the year for many males. See the recording of the webinar at: <https://youtu.be/Ta-X-Tabirc>

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National Grief Awareness Week

The 6th Annual National Grief Awareness Week will take place from 26th January - 1st February 2026. During this period, the [Irish Hospice Foundation](#) will be hosting online events and running a social media campaign to raise awareness about grief and the supports and services available for those who feel they would benefit from support. Find out more at:

<https://tinyurl.com/bdd5p496>

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Missing Out: Creative Ageing and Men

Register to join the online launch of a new Baring Foundation report asking why comparatively few older men take up creative opportunities. This will take place on Tuesday 20th January 2026 at 2.00pm. Find out more at: <https://www.eventbrite.co.uk/e/missing-out-creative-ageing-and-men-tickets-1975823482223>

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Physical Activity for Cancer Risk Reduction

The Irish Cancer Prevention Network (ICPN) will host their annual public webinar on Wednesday 4th February 2026, from 12.00pm - 1.15pm. The theme is '*Small Steps, Big Impact: Physical Activity for Cancer Risk Reduction*'. The webinar will feature expert speakers presenting on: how physical activity reduces cancer risk; practical lifestyle guidance; and easy ways to add movement into everyday life. Register for a place at:

https://zoom.us/webinar/register/WN_bq4LK22oTd6CS2RqCP17Dw#/registration

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Training

Men's Health and Lifestyle Programme

You are invited to register for a place on a new and exciting 10 week Men's Health and Lifestyle Programme. This will commence on Wednesday 7th January 2026, at 6.00pm, in Gilford Community Centre, Banbridge, Co. Down. In addition to weekly health information awareness talks and workshops, the programme will consist of weekly physical activity sessions - with a dedicated coach to help you get the most from the programme. Numbers are limited. So, if you're interested in taking part, call Frances on 07500 772905 or email

frances.haughey@armaghbanbridgecraigavon.gov.uk

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The spunout Academy

The spunout Academy is a free online learning space that helps young people build knowledge and skills that support their mental health and emotional wellbeing. The academy contains a collection of interactive learning courses designed to build knowledge, understanding and skills that help learners cope with a range of social, environmental and personal issues that can impact their mental health. Courses are designed in bite-sized building blocks, so learners can pick them up, put them down and learn at their own pace. Find out more at:

<https://spunout.ie/academy>

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Find Yourself

Find Yourself is a free, self-directed online course from [spunout](https://www.spunout.ie). The course supports young men to find who they want to become, by reflecting on what masculinity means to them. It explores how social expectations around masculinity can have an impact on men's mental health, their friendships, their relationships and how they see themselves. The programme supports young men on this journey with a combination of video explainers, interviews with experts, young men sharing their experiences, reflective exercises and accurate information grounded in research. Try it for yourself at: www.spunout.ie/masculinities

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Research

The Real Face of Men's Health

The Men's Health Forum in Ireland collaborated with Movember on the production of '*The Real Face of Men's Health*' report which was launched on Tuesday 23rd September 2025. This 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 copy of the report at:

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

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The CAIRDE Project: On Site. In Mind.

Suicide in the construction industry is a key concern, where workers experience some of the highest rates of suicide relative to other occupational groups. The demanding nature of this sector often entails excessive working hours, physical strain, job insecurity and workplace culture that may discourage discussions about mental health that can negatively impact workers' wellbeing. Yet, the camaraderie and solidarity within the industry also offers a unique opportunity for change. By positioning the construction industry as a setting for health promotion and early intervention, the industry can drive meaningful progress in promoting mental health and preventing suicide. This report outlines what has been achieved in Phase 1 of the CAIRDE initiative in Ireland: www.mhfi.org/CAIRDEreport2025.pdf

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Universal Health Coverage in Ireland

The [Department of Health](#) (in the Republic of Ireland) has asked the [Institute of Public Health](#) to carry out focus groups on the subject of Universal Health Coverage to help inform their work in this area. Participants are, currently, being sought for these focus groups. Find out how you can have your say at: <https://instituteofpublichealth.org/uhc>

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Life Expectancy in Northern Ireland 2022-2024

This annual publication (released on the 9th of December 2025) presents the latest estimates of life expectancy, healthy life expectancy and disability-free life expectancy. The report explores the extent to which mortality within certain age groups and causes of death contribute to the observed variations in life expectancy over time, in addition to inequality gaps between sexes, deprivation levels, Health and Social Care Trusts and Local Government Districts.

Download a copy at: <https://www.health-ni.gov.uk/publications/life-expectancy-northern-ireland-2022-24>

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All-Island Public Health Knowledge Hub

Following a funding bid earlier this year - led by the Institute of Public Health, in partnership with Ulster University and Trinity College Dublin - €2.4 million has been secured to establish an All-Island Public Health Knowledge Hub, which will enhance the availability of public health information and data. See: <https://tinyurl.com/4e4jz399>

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Factors Influencing the Mental Health Help-Seeking Behaviours of Construction Workers in Ireland: Perspectives from Managers

Men in the construction industry are at a higher risk for suicidality when compared to the general male population. Against this backdrop, managers occupy a pivotal position to potentially transform this wider workplace culture. Read more at: <https://mhfi.org/CAIRDE6.pdf>

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Web Links

Men's Issues on the Web ...

[Failure to diagnose treatable male infertility leading to unnecessary IVF, experts say](#)
[Mortality in male bodybuilding athletes](#)
[Cannabis use linked to increased risk of breast / testicular cancer in young Americans](#)
[Men's mental health in Scotland](#)
[Significant rise in cocaine-related deaths with young men most affected](#)
[How breakups can seriously damage men's mental health](#)
[Prostate cancer survivor backs campaign for sanitary bins in men's toilets](#)

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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

Merry Christmas and
a Happy New Year!
- from everyone in the
Men's Health Forum
in Ireland

