



## International Men's Day Newsletter



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### Welcome to International Mens Day 2019

International Men's Day in the UK is on **November 19th every year** – it is celebrated around the world in at least 60 countries.

Every year, International Men's Day in the UK is marked by more and more women, men and organisations across the country. Across November in the UK there is a Parliamentary debate, policy launches, community events, health days, business events, debates, student events, political events, gigs, conferences, competitions, comedy nights and fundraisers – the most anywhere in the world.

In the UK, the theme and focus of events remains on how we can make a difference to men and boys, and, how we can give men and boys better life chances by addressing some of the issues that affect men and boys such as:

- The high male suicide rate
- The challenges faced by boys and men at all stages of education including attainment
- Men's health (including male cancers), shorter life expectancy and workplace deaths
- The challenges faced by the most marginalised men and boys in society (for instance, homeless men, boys in care and the high rate of male deaths in custody)
- Male victims of violence, including sexual violence
- The challenges faced by men as parents, particularly new fathers and separated fathers
- Male victims and survivors of sexual abuse, rape, sexual exploitation, domestic abuse, forced marriage, honour-based crime, stalking and slavery
- The negative portrayal of men, boys and fathers

## The Key Stats

### Healthcare

Men are more likely than women to die prematurely and one in five men dies before the age of 65

Men have a 37% higher risk of dying from cancer overall, while men are 56% more likely to develop non gender-specific cancers than women and 67% more likely to die from them

11,287 men died of prostate cancer in 2014

Men are less likely than women to acknowledge illness or to seek help when sick, and men aged 20-40 are half as likely to go to their GP as women of the same age

Men are more likely than women to drink alcohol and drink at hazardous levels

### Homelessness

86% of rough sleepers in England are male

84% of the “hidden homeless” are male

In England between 2001-2009, 90% of those who died while homeless were men

From 2013 to 2017, the number of UK homeless people who died each year more than doubled. 90% of which were men.

### Imprisonment

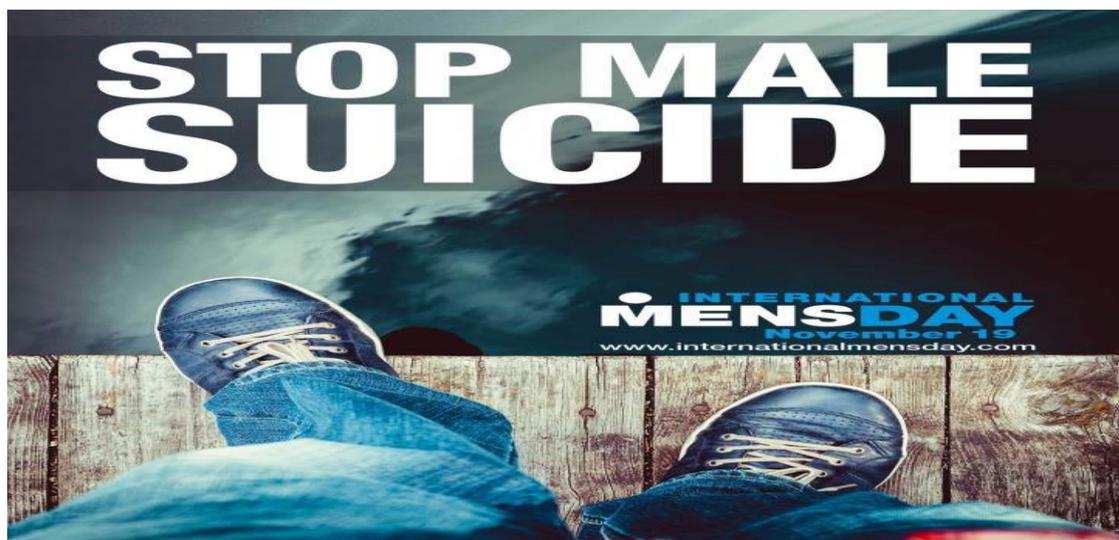
There are around 85,000 prisoners in England and Wales, 95% of whom are male

Men are more likely to be sent to prison and receive longer sentences than women for the same crimes

### Suicide and mental health

In 2016, there were 4,287 male suicides in the UK, accounting for 76% of all suicides

This means that on average more than 12 men a day take their own lives.



## Men's Health – The John Hartson Story

Before tackling testicular cancer, John Hartson was a fearless footballer for 16 years, making his name as striker at the highest level.

- First signed for: Luton Town in 1992, aged 16
- Broke British records: three years later when Arsenal paid £2.5million – then a record fee for a teenager – taking him to Highbury where he scored 17 goals in 70 appearances
- Smashed club records: by moving to West Ham United in a £3.2million deal, repaying them with 33 goals in 73 games, then signing for Wimbledon for £7.5million
- Came close to signing for Rangers in 2000: but the deal collapsed after John failed a medical. Within a year he was on his way to their biggest rivals, Celtic
- Enjoyed his greatest success: at Celtic where he became one of only 28 players to score more than 100 goals for the club and was named joint winner of the Scottish Football Writers' Association Player of the Year 2005
- Saw out his playing days: by moving to West Bromwich Albion in 2006 before signing as a columnist with The Scottish Sun and commentating for S4C and ITV Sport. Spent time as assistant coach with Welsh international team.

Then in 2009 everything changed. Here he is in his own words:

"The way I saw it, I was 31, I was fathering kids, I was training hard every day, I was moving clubs – I was doing everything that was asked of me. I was also, if I'm honest, pretty ignorant about the symptoms of testicular cancer and the importance of getting treatment early. I had no idea of the danger I was putting myself in.

"It wasn't until I started suffering the most horrendous headaches that I went to see my GP and mentioned the lumps. Within days I found out the lumps were testicular cancer and the headaches were the result of a tumour. I had waited so long to get checked that the cancer had spread to my lungs and my brain and I was diagnosed with stage-four cancer.

"Had I got the lumps checked when I first discovered them, I could have spared myself months of operations and gruelling treatments, not to mention the worry I could have saved my family in the process.

"So I urge you – don't do as I did, do as I say. Check yourself regularly, know what to look for and get anything out of the ordinary seen to by your GP. It could save your life."

For more information or to find out about the excellent work of the John Hartson Foundation visit: <https://www.johnhartsonfoundation.co.uk/>



## Organisations to help:



let's end mental health discrimination

## Unison Members Quiz

Here are some famous men. A) Can you identify them all?

**And B) Which one of these has our Branch Support Officer Steve Gardiner NEVER met?**



Email [caerphillyunison@caerphilly.gov.uk](mailto:caerphillyunison@caerphilly.gov.uk) the answer or message us on Facebook or Instagram (CCBCUNISON).

Closing date is **Friday November 29<sup>th</sup>** and the winner receives an Amazon Echo Dot Smart Speaker.

Good luck!

## Men as Victims of Violence

Men are nearly twice as likely as women to be a victim of violent crime and among children, boys are more likely than girls to be victims of violence

Over two-thirds of murder victims are male

Men make up 73% of robbery victims

98.6% of UK military deaths in Iraq and Afghanistan were male

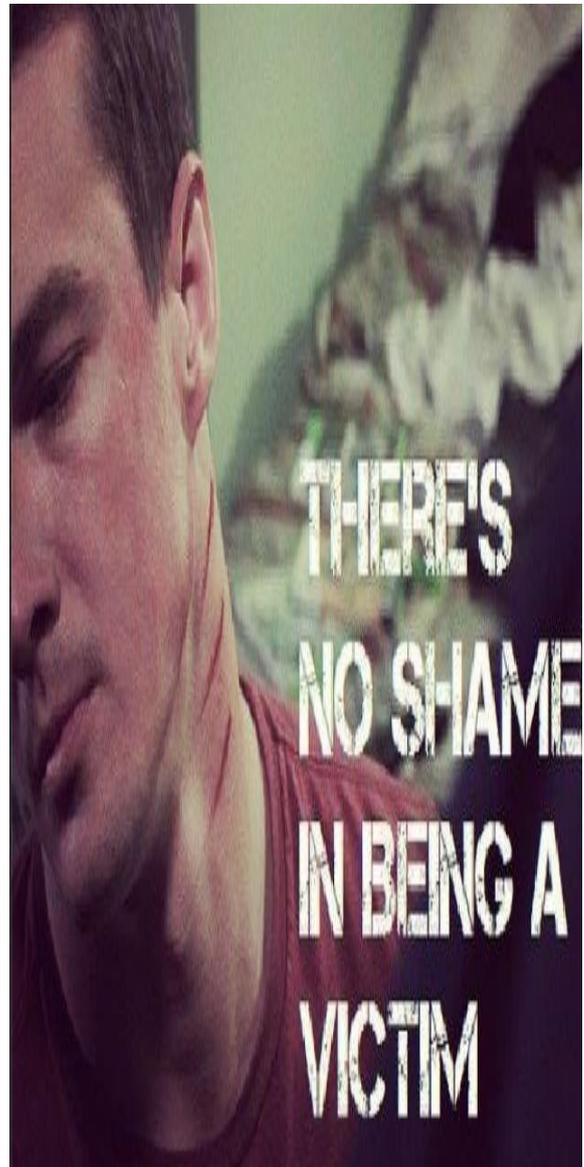
## Domestic Abuse and Sexual Violence

For every three victims of partner abuse, two will be female and one will be male. Every year 450,000 men in the UK suffer from partner abuse

Male victims (29%) are more than twice as likely as women (12%) not to tell anyone about the partner abuse they are suffering

Every year, 450,000 men in the UK are victims of stalking

One in five victims of forced marriage are male



## International Men's Day Celebration at Ty Penallta

Join us at Ty Penallta Restaurant on Tuesday 19th November at lunchtime for a celebration of International Men's Day. Organised by the Corporate Equalities team (with a little help from Caerphilly Unison!) you'll find stalls from Caerphilly Mind, Rotundus, Time To Change, leisure services (offering blood pressure checks) and many more.

There will be three presentations in the chamber as well (including special guest speaker Neville Southall). There will be a number of lunch vouchers available if you attend these presentations – courtesy of Unison.

Hope to see all of you on the 19th (men AND women, of course!)

