

Men's Health Week 2016

Men's Health Week 2016

Monday 13th - Sunday 19th June 2016

Men United - for Health and Wellbeing



Are We Winning?

Visit www.mhfi.org to find out more

Logos: Men's Health Week, hi, men's health FORUM In Ireland, HSE, Public Health Agency, Project supported by the PHA, QR code, photos by David Maher, Sportfile

Events and activities taking place on the island of Ireland

Men's Health Week 2016 ... What's Happening Across Ireland?

[Men's Health Week 2016](#) will run from Monday 13th until Sunday 19th June. The focus on the island of Ireland this year will be upon: '*Men United - for health and wellbeing*' and everyone is asked to pose the question: '*are we winning*'? If not, then it's time to do something positive and practical to change this situation.

Males constitute almost 50% of the population on the island of Ireland and, therefore, require a gender lens to be focused upon their specific health needs. Research shows that these men experience a disproportionate burden of ill-health and die too young ...

- Local men die, on average, four and a half years younger than women.
- Males have higher death rates than women for all of the leading causes of death.
- Poor lifestyles are responsible for a high proportion of chronic diseases.
- Late presentation to health services leads to a large number of problems becoming untreatable ...

Although the health of men in Ireland is poor, it can be improved in many significant ways. Work has already been done to support the health needs of men and boys: Ireland was the first country in the world to have a National Men's Health Policy; the 'Engage' men's health training programme has influenced how services and structures support males; new innovative initiatives are being developed which provide models for improving aspects of men's health ... Much has been achieved, but there is room for more. During Men's Health Week (MHW), organisations and individuals from across the island of Ireland are encouraged to do something to mark this occasion. Thus, MHW offers a natural launch pad to do something new or different.

The [Men's Health Forum in Ireland](#) (MHFI) wishes to document at least some of the events and activities which will be taking place throughout the island of Ireland to mark MHW 2016. There are three ways to submit details of events:

1. Use the online form at: www.mhfi.org/mhw/promote-an-event.html or ...
2. Download and save a copy of the MS [Word Registration Form](#), type-in the details, and email it back or ...
3. Print off a copy of the [Portable Document Format \(PDF\) Registration Form](#), handwrite the details, and post it back.

The following paper lists SOME THINGS that are happening in Ireland this year. However, this is certainly not an exhaustive list!

Please click on the links below to find out more about each initiative ...

Just before and/or throughout Men's Health Week ...

['Challenges and Choices' Men's Health Manual](#) [All-island]
[Help and Hope for Men Living with Loss](#) [Omagh, Co. Tyrone]
[Men's Health MOT Checks](#) [Northern Ireland-wide]
[Men's Health Checks](#) [Clough and Ballynahinch, Co. Down]
[Baker & McKenzie 7-a-Side Tournament](#) [Newtownabbey, Co. Antrim]
[Men's Health and Wellbeing Event](#) [Bangor, Co. Down]
[Prostate Cancer Workshop](#) [Dublin]
[Countdown to Men's Health Week 2016](#) [Dublin and Belfast]
[Beat Stress, Improve Health](#) [Newtownabbey, Co. Antrim]
[Men's Health Week 2016 Information Pack](#) [Rush and Beaumont, Co. Dublin]
[Sligo CTC Men's Health Week](#) [Sligo Town, Co. Sligo]
[Western Health and Social Care Trust Events](#) [West of Northern Ireland]
[Marie Keating Foundation Mobile Unit](#) [Republic of Ireland-wide]
[Men United in Letterkenny](#) [Letterkenny, Co. Donegal]

Monday 13th June 2016 ...

[Men and Cancer Infograph](#) [Republic of Ireland-wide]
[Signs and Symptoms of Heart Attack](#) [West of Ireland]
[Shed the Fat](#) [Dunmanway, Co. Cork]

Tuesday 14th June 2016 ...

[Traveller Men's Health Day](#) [Dublin]
[Men's Health MOT](#) [Belfast]
[Penalty Shoot-out Competition and Health Fair](#) [Downpatrick, Co. Down]
[Men's Yoga Taster Session](#) [Dunmanway, Co. Cork]
[Sligo Men's Health Event](#) [Sligo Town, Co. Sligo]

Wednesday 15th June 2016 ...

[Headford Men's Shed NCT Day](#) [Headford, Co. Galway]
[Cook-Off and Community Lunch](#) [Tonafora, Co. Cork]
[Food Demonstration for Men Affected by Cancer](#) [Dublin]
[Nutrition and \(Optional\) Weigh-In](#) [Dunmanway, Co. Cork]

Thursday 16th June 2016 ...

['Engage' - National Men's Health Training Programme](#) [Dublin]
[Free Health Checks for Men](#) [Dunmanway, Co. Cork]
[Men Talk](#) [Derry / Londonderry]

[Men's Shed Open Day](#) [Dunmanway, Co. Cork]
[Men's Health Checks](#) [Tullamore, Co. Offaly]
[Belfast Health and Social Care Trust Football Tournament](#) [Belfast]
[Film Night for Traveller Men](#) [Tullamore, Co. Offaly]
[Men's Health Evening](#) [Belfast]
[Positive Thinking](#) [Dunmanway, Co. Cork]

Friday 17th June 2016 ...

[NCT - Health and Fitness Checks for Men](#) [Galway City]

Saturday 18th June 2016 ...

[Tramore parkrun](#) [Tramore, Co. Waterford]
[Limerick Men on the Move](#) [Limerick City]
[Barnardo's 'Big Toddle' with Dads and Granddads](#) [Dunmanway, Co. Cork]
[Supporting Fathers](#) [Dublin]

Sunday 19th June 2016 ...

Nothing we know about - YET!

Just after Men's Health Week 2016 ...

[Men's Health Checks](#) [Downpatrick and Newcastle, Co. Down]
[Young Men's Walk](#) [Dungiven, Co. Derry / Londonderry]
[Free Health Checks for Men](#) [Newtownards, Co. Down]
[Walking Football](#) [Newtownards, Co. Down]
[The MeCHanic Study](#) [Republic of Ireland-wide]



'Challenges and Choices' Man Manual



Men's Health Week 2016

find out more at www.mhfi.org

Date: Official Launch = Monday 16th May 2016

Organised by: Men's Health Forum in Ireland (MHFI)

Details:

As the final countdown to Men's Health Week begins, the Men's Health Forum in Ireland is launching a revised and updated version of its 32 page Man Manual. This free booklet (titled 'Challenges and Choices') poses a series of simple, practical challenges to men in an effort to radically improve their health. 47,000 copies are being distributed throughout Ireland, and all pharmacies in the Republic of Ireland will offer a supply to their customers.

The manual was written by acclaimed men's health author Dr Ian Banks, President of the European Men's Health Forum. It is based upon the highly successful series of 'Haynes Manuals for Men'. These publications use the widely recognised Haynes Car Workshop Manual format (which many men are already familiar with) to promote health messages in a straightforward, step-by-step, humorous and commonsense way.

Evidence clearly shows that there are many challenges to be faced when seeking to improve men's health. However, it also highlights that men's health can be improved in significant ways - if the right choices are made. This manual provides the information and the tools to do this.

Production of the 'Challenges and Choices' manual has been funded by the Health Service Executive in the Republic of Ireland, the Public Health Agency in Northern Ireland, and the Irish Pharmacy Union.

For more information contact:

Colin Fowler

Tel: 0044 751 9945261

Email: colin@mhfi.org

Website: www.mhfi.org/mhw/mhw-2016.html#Challenges

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Help and Hope for Men Living with Loss



Men's Health Week 2016

find out more at www.mhfi.org

Date: Wednesday 25th May 2016

Time: 7.00pm - 8.00pm

Venue:

Omagh Library
1 Irishtown Road
Omagh
Co. Tyrone BT78 1HL

Organised by: Cruse Bereavement Care NI

Details:

Cruse Bereavement Care in Northern Ireland will be launching their new Big Lottery funded booklet titled 'Help and Hope - for men living with loss'. Michael Gallagher will be the guest speaker, and a light buffet will be provided.

Entry Fee: Free

For more information contact:

Alex McMeekin
Email: alex.mcmeekin@cruse.org.uk

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Men's Health MOT Checks



Men's Health Week 2016

find out more at www.mhfi.org

Date: Throughout May and June 2016

Time: Varies

Venue:

Action Cancer House

1 Marlborough Park

Belfast BT9 6XS

... and at a range of community-based venues across Northern Ireland

Organised by: Action Cancer

Details:

MOT health checks are available for males aged 16 years and older. The tests include cholesterol and glucose testing, blood pressure, lung function, body composition analysis, and facial skin analysis. Action Cancer will also provide advice on diet, nutrition and cancer awareness.

To book an appointment, call Action Cancer on 02890 803344 or visit www.actioncancer.org to book online.

Entry Fee: Free

For more information contact:

Malachy Nixon

Tel: 02890 803344

Email: mnixon@actioncancer.org

Website: www.actioncancer.org

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Men's Health Checks



Men's Health Week 2016

find out more at www.mhfi.org

Date: Thursday 2nd June and Thursday 16th June 2016

Time: 11.00am - 7.00pm

Date and Venue:

Day	Place
Thursday 2 nd June	Clough Old School House, Clough, Co. Down
Thursday 16 th June	Ballynahinch Community Centre, Co. Down

Organised by: County Down Rural Community Network / South Eastern Health and Social Care Trust Men's Health Network

Details:

Health checks will be offered by Action Cancer to men in these areas.

Entry Fee: Free

For more information contact:

Patricia Martin on Tel: 02844 612311

Mary at Email: mary@countydownrcn.com

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Baker & McKenzie 7-A-Side Football Tournament



Men's Health Week 2016

find out more at www.mhfi.org

Date: Sunday 5th June 2016

Time: 12.45pm - 5.00pm

Venue:

3G Outdoor Pitches
Ulster University
Shore Road
Jordanstown
Newtownabbey
Co. Antrim BT37 0QB

Organised by: Baker & McKenzie in support of AWARE

Details:

AWARE's corporate charity partner, Baker & McKenzie, will be hosting a charity football match in support of AWARE on the run up to Men's Health Week. The theme will be 'Men United'. It will be a 7-a-side tournament, and they are recruiting 16 teams for the competition.

Entry Fee: Discuss with the organiser

For more information contact:

Brent Esler
Baker & McKenzie
Email: brent.esler@bakermckenzie.com

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Men's Health and Wellbeing Event



Men's Health Week 2016

find out more at www.mhfi.org

Date: Tuesday 7th June 2016

Time: 11.00am - 5.30pm

Venue:

Flagship Centre
Main Street
Bangor
Co. Down BT20 6AU

Organised by: North Down Community Network / South Eastern Health and Social Care Trust Men's Health Network

Details:

Men's health checks will be carried out by Action Cancer throughout the day.

Entry Fee: Free

For more information contact:

Greg Martin
Tel: 02891 461386
Email: admin@ndcn.co.uk

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Prostate Cancer Workshop



Men's Health Week 2016

find out more at www.mhfi.org

Date: Commencing Wednesday 8th June 2016 for six weeks

Time: 11.00am - 1.00pm

Venue:

Arc Cancer Support Centre
65 Eccles Street
Dublin 7

Organised by: Arc Cancer Support Centre

Details:

This is a six week education and support programme which will run every Wednesday commencing 8th June 2016. It is aimed at men diagnosed with prostate cancer, and will offer an opportunity to meet other men and share experiences.

Entry Fee: Free

For more information contact:

Jane
Tel: 01 8307333

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Ministers Start Countdown to Men's Health Week



Men's Health Week 2016

find out more at www.mhfi.org

Date: Thursday 9th June 2016

Time: 10.00am (Belfast) and 2.30pm (Dublin)

Venue:

Belfast:
Castle Buildings
Stormont Estate
Belfast BT4 3SQ

Dublin:
Government Buildings
Upper Merrion Street
Dublin 2

Organised by: All-island Planning Group for Men's Health Week

Details:

To mark the final countdown to Men's Health Week (MHW) 2016, the all-island Planning Group for the week have asked the newly appointed Ministers for Health, Michelle O'Neill and Simon Harris, to meet some members of the group.

It has been confirmed that some members of the Planning Group will meet the Ministers in Belfast and Dublin to mark the beginning of the final countdown to MHW 2016. At this gathering, the Ministers have agreed to have some photographs taken with group members to accompany a MHW Press Release.

For more information contact:

Colin Fowler
Tel: 0044 751 9945261
Email: colin@mhfi.org
Website: www.mhfi.org/mhw/mhw-2016.html#Challenges

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Beat Stress, Improve Health



Men's Health Week 2016

find out more at www.mhfi.org

Date: Friday 10th June 2016

Time: 10.30am - 12.30pm

Venue:

Ballyearl Leisure Centre
585 Doagh Road
Newtownabbey
Co. Antrim BT36 5RZ

Organised by: Northern Health and Social Care Trust

Details:

This event aims to raise awareness of health and wellbeing issues for male carers (men who have a caring role within the family due to illness, frailty or disability). There will be a speaker from the Northern Health and Social Care Trust talking about dealing with stress, and also a speaker from a local pharmacy - giving information about general health and wellbeing (such as BMI, blood pressure etc). A free lunch will be available.

Entry Fee: Free

For more information contact:

Anne Fee
Tel: 02827 661392
Email: anne.fee@northerntrust.hscni.net

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Men's Health Week 2016 Information Pack



Men's Health Week 2016

find out more at www.mhfi.org

Date: Monday 13th June - Sunday 19th June 2016

Time: Store opening hours

Venues:

Haven Pharmacy Hickey's
44 Upper Main Street
Rush
Co. Dublin

Haven Pharmacy Doherty's
2 Shantalla Road
Beaumont
Dublin

Organised by: Haven Pharmacy Hickey's and Haven Pharmacy Doherty's

Details:

Here at Haven Pharmacy Hickey's (Rush) and Haven Pharmacy Doherty's (Beaumont) we are committed to improving the health of men in our community. We will be actively supporting Men's Health Week 2016 in-store all week, and are encouraging the community to engage with our efforts to raise awareness of important men's health issues.

We have collated a 'Men's Health Week 2016 Information Pack' to distribute to patients throughout the week, and will be using social media to encourage the community to get involved and avail of our professional advice and services in-store; including cholesterol and glucose testing, blood pressure measurement, and weight management amongst others.

Entry Fee: Free

For more information contact:

Hazel Kelly
Tel: 01 8437295
Email: hickeys.rush@havenpharmacy.ie

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Sligo CTC Men's Health Week



Men's Health Week 2016

find out more at www.mhfi.org

Date: Monday 13th June - Friday 17th June 2016

Time: 9.00am - 3.00pm daily

Venue:

Sligo Community Training Centre
Unit B1, Cleveragh Industrial Estate
Sligo
Co. Sligo

Organised by: Sligo Community Training Centre

Details:

An information stand will be running all week distributing a range of relevant publications. There will also be activities each day ...

- *Monday* - Peer led cookery class.
- *Tuesday* - Talk on 'Sexual Health: How Can I Look After It?'
- *Wednesday* - A leisure cycle and stand-up paddle board taster session.
- *Thursday* - Talk on 'Physical Activity - What's In It For Me?' with a representative from Sligo Sports Partnership.
- *Friday* - Tackleyourfeelings.com ... screening of video clips.

Events are only open to clients of Sligo Community Training Centre.

Entry Fee: Free

For more information contact:

Mary O'Hara
Tel: 071 9145248
Email: mary.ohara@sligoctc.com

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Western Health and Social Care Trust Events



Men's Health Week 2016

find out more at www.mhfi.org

Date: Monday 13th - Friday 17th June 2016

Organised by:

Western Health and Social Care Trust Health Improvement Team

Details:

men's health week

Monday 13 June
Skeoge Depot, Strabane & Derry City Council Male Staff.
• Skin Cancer Awareness

Tuesday 14 June
Strahan Road, Strabane & Derry City Council Male Staff.
• Skin Cancer Awareness

Du Pont Male Staff.
• Cancer Prevention Information and BP Checks.
2.30pm – 4.00pm.

Strabane Sigersons GAA.
• Free Health Checks for Men by Action Cancer.
11am – 7pm.
To make an appointment contact 077 6547 0693.

Wednesday 15 June
The Neighbourhood Health Improvement Project.
• Mini Football Tournament at Magee Pitches 5 Aside Teams.
7pm - 9pm.
Contact Marie 7137 0287 or 075 8420 7237 to book a place.

Free MOT Drop In Clinic for Men by the Pink Panthers Male Cancer Support Group.
• 5 Bayview Terrace, L'Derry, 10am – 3pm.
Contact Michelle for more information 028 7141 4004.

Health Checks for Older men at Erneside Shopping Centre, Enniskillen.
• 9am – 1pm.
Drop in.

Thursday 16 June
Men's Health Event, Longtower Youth Club.
• Activities include: 'ask the pharmacist', alternative therapies, barbers, exercise & refreshments, all men welcome.
6pm -8pm.
Drop in.

Du Pont Male Staff.
• Cancer Prevention Information and BP checks.
2.30pm – 4pm

Health Checks and Cancer Prevention Information for Male Service Users in EOS, L'Derry.
10am to 12noon.

Friday 17 June
Free Men's Health Checks and Cancer Prevention Information.
• Foyleside Shopping Centre, L'Derry.
12noon – 4pm.
Drop in.

Monday 13th – Friday 17th June from 9am - 5pm
Promoting Men's Health through information stands at the following places:

- The HUB, Campsie, Omagh;
- CKS Community Centre, O'Kane Park, Omagh;
- Strathroy Community Centre, Drumlea Crescent, Omagh.

For more information contact:

Sandra Semple

Tel: 02871 865127

Email: sandra.semple@westerntrust.hscni.net

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Marie Keating Foundation Mobile Unit



Men's Health Week 2016

find out more at www.mhfi.org

Date: Monday 13th June - Friday 17th June 2016

Organised by: Marie Keating Foundation

Details:

During Men's Health Week 2016, the Marie Keating Foundation's Mobile Unit will be travelling around the country offering cancer awareness and health information to men in both community and workplace settings. The venues will include ...

- Central Statistics Office, Cork
- Gorey Family Resource Centre, Gorey, Co. Wexford
- Analog Devices, Limerick
- Traveller Men's Health Event, Phoenix Park, Dublin
- Sligo and District Active Retirement Association, Sligo
- FMC Biopolymer, Cork
- Central Statistics Office, Carlow
- Solas Family Resource Centre, Galway
- Youthreach, Longford
- Letterkenny Community Development Project, Co. Donegal
- Southwest Family Resource Centre, New Ross, Co. Wexford
- Mervue Community Centre, Galway

Some of these sessions are open to the general public and others are closed.

Entry Fee: Free

For more information contact:

Helen Forristal

Tel: 01 6283726

Email: hforristal@mariekeating.ie

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Men United in Letterkenny



Men's Health Week 2016

find out more at www.mhfi.org

Date: Tuesday 14th June - Saturday 18th June 2016

Day, Time and Venue:

Day	Time	Venue
Tuesday 14 th June	11.00am - 4.00pm	Courtyard Shopping Centre
Wednesday 15 th June	11.00am - 4.00pm	Letterkenny Shopping Centre
Thursday 16 th June	11.00am - 7.00pm	Letterkenny Shopping Centre
Friday 17 th June	11.00am - 7.00pm	Letterkenny Shopping Centre
Saturday 18 th June	11.00am - 4.00pm	Letterkenny Shopping Centre

All events will take place in Letterkenny, Co. Donegal.

Organised by: Letterkenny Community Development Project

Details:

On each day, there will be health checks, a raffle, information stands, the Marie Keating Foundation's Mobile Unit, and much more on offer.

Entry Fee: Free

For more information contact:

Letterkenny Community Development Project

Tel: 074 9120633

Email: lkennycdp@eircom.net

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Men and Cancer Infograph



Men's Health Week 2016

find out more at www.mhfi.org

Date: Monday 13th June 2016

Organised by: National Cancer Registry Ireland

Details: To highlight the issue of men and cancer, the National Cancer Registry of Ireland has produced an infograph for Men's Health Week ...

Cancer in Men

International Men's Health Week
June 13th - 19th 2016

The number of men in Ireland who develop the 3 most common cancers by the age of 75:

1 in 7



Prostate Cancer

1 in 20



Colorectal Cancer

1 in 23



Lung Cancer

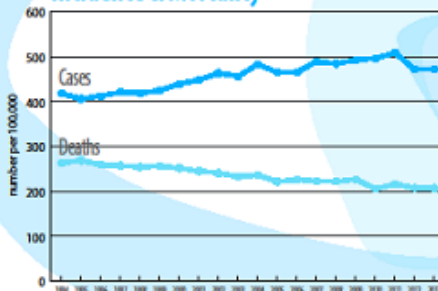
1 in 3

men in Ireland will develop cancer in their lifetime *

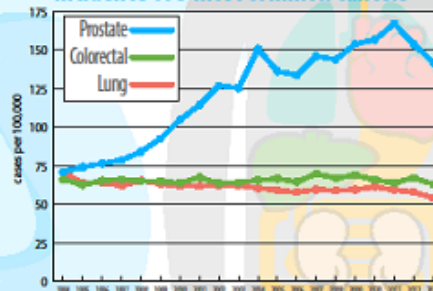
* up to 75 years



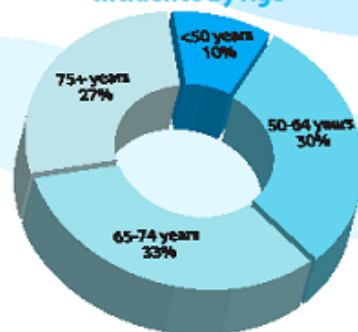
Incidence & Mortality



Incidence of 3 most common cancers



Incidence by Age



Reduce Your Risk



Be more active



Don't smoke



Eat a balanced diet



Reduce alcohol intake

Useful Sites

- www.cancer.ie
- www.mhfi.org
- ie.movember.com



www.ncrri.ie



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Signs and Symptoms of Heart Attack



Men's Health Week 2016

find out more at www.mhfi.org

Date: Monday 13th June 2016

Time: 1.00pm

Venue: Barber's shops across the west of Ireland

Organised by: Croi Heart and Stroke Charity

Details:

Launched by Eric Elwood of Connaught rugby, this campaign will involve barbers shops across the west of Ireland spreading important messages about the main signs and symptoms of heart attack to their customers.

This campaign aims to raise awareness about heart attack - one of the leading causes of death in Ireland. We are encouraging everyone to learn the main signs and symptoms of heart attack, and to take immediate action by phoning 999 or 112 for an ambulance if they suspect that anyone may be having an attack. Many people wait too long to take appropriate action. This can limit treatment options, increase the risk of complications and, unfortunately, some individuals die at home before they seek help.

By working with barbers shops during Men's Health Week, we are hoping to spread the message to as many men as possible. The barbers who have come on board have been really eager to get involved and spread the campaign message to their customers in an effort to save lives.

Entry Fee: Free

For more information contact:

Ailish Houlihan
Tel: 091 544310
Email: ailish@croi.ie
Web: www.croi.ie/heartattack

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Shed the Fat



Men's Health Week 2016

find out more at www.mhfi.org

Date: Monday 13th June 2016

Time: 7.00pm - 8.30pm

Venue:

Dunmanway Community Sports Hall (opposite Aldi)
Main Street
Dunmanway
Co. Cork

Organised by: Dunmanway Family Resource Centre

Details:

Do you want to get fit, but don't know what exercise would suit you? ... Come along and try a variety of activities on our 'Shed the Fat' programme with Mark Gaffney (Dunmanway Boxing Club Coach). Sessions will run every Monday for six weeks starting on the 13th of June. Mark has put together a programme of activities which includes walking soccer, fit-box, obstacle courses, walking, the 'CUBE' and more.

Entry Fee: €4 per session or €20 for 6 sessions

For more information contact:

Kirstie Smith
Tel: 023 8856818
Email: kirstie@dunmanwayfrc.com
Web: www.dunmanwayfrc.com

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Traveller Men's Health Day



Men's Health Week 2016

find out more at www.mhfi.org

Date: Tuesday 14th June 2016

Time: 10.00am - 3.00pm

Venue:

Phoenix Park
Dublin 8

Organised by: Eastern Region Traveller Health Unit

Details:

To mark Men's Health Week 2016, the Eastern Region Traveller Health Unit will host a Traveller Men's Health Day for ten Traveller Primary Health Care Projects in the Phoenix Park, Dublin.

Participants will be able to get their blood pressure and cholesterol checked. Health information will be provided by a range of organisations including the Order of Malta, Marie Keating Foundation, Traveller Counselling Service, Irish Cancer Society, Pieta House, and the Men's Development Network.

To add some fun to the event - and to promote exercise - there will also be a mini 5-a-side football tournament (with teams from the Primary Health Care Projects) and other fun activities.

Entry Fee: Free

For more information contact:

Mick Mooney
Tel: 085 2191995

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Men's Health MOT



Men's Health Week 2016

find out more at www.mhfi.org

Date: Tuesday 14th June 2016

Time: Noon - 2.00pm

Venue:

D Floor
Belfast City Hospital
Lisburn Road
Belfast BT9 7AB

Organised by: Belfast Health and Social Care Trust Men's Health Group

Details:

This event, which includes health checks, is available to Belfast Health and Social Care Trust staff and visitors to the hospital.

Entry Fee: Free

For more information contact:

Paul O'Kane
Tel: 0782 4619359
Email: paul.okane@belfasttrust.hscni.net

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Euro Penalty Shoot-out Competition and Health Fair



Men's Health Week 2016

find out more at www.mhfi.org

Date: Tuesday 14th June 2016

Time: 6.30pm - 9.30pm

Venue:

Downpatrick Sports Centre
1 Brannish Road
Downpatrick
Co. Down BT30 6LL

Organised by:

South Eastern Health and Social Care Trust Men's Health Network

Details:

This event will include a Penalty Shoot-Out Competition and a Health Fair. Teams, of three men each, will take part in a knock out penalty shoot-out. A range of health stands will be available. Prizes and food will be provided, and live Euro 2016 matches will be shown during the competition.

Entry Fee: Free

For more information contact:

Mary
Tel: 02844 612311
Email: mary@countydownrcn.com

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Men's Yoga Taster Session



Men's Health Week 2016

find out more at www.mhfi.org

Date: Tuesday 14th June 2016

Time: 7.00pm - 8.30pm

Venue:

Dunmanway Family Resource Centre
Kilbarry Road
Dunmanway
Co. Cork

Organised by: Dunmanway Family Resource Centre

Details:

Men's yoga taster session.

Entry Fee: Free

For more information contact:

Kirstie Smith
Tel: 023 8856818
Email: kirstie@dunmanwayfrc.com
Web: www.dunmanwayfrc.com

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Sligo Men's Health Event



Men's Health Week 2016

find out more at www.mhfi.org

Date: Tuesday 14th June 2016

Time: 7.00pm - 9.00pm

Venue:

Sligo Park Hotel
Pearse Road
Sligo
Co. Sligo

Organised by:

Research and Education Foundation, Sligo University Hospital

Details:

This will be an open public meeting. There will be four talks by health professionals, and free health checks will be offered.

Entry Fee: Free

For more information contact:

Mette Jensen
Tel: 071 9174678
Email: ref.sligo@hse.ie
Web: www.ref-sligo.ie

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Headford Men's Shed NCT Day



Men's Health Week 2016

find out more at www.mhfi.org

Date: Wednesday 15th June 2016

Time: 10.00am - 4.00pm

Venue:

Solas Family Resource Centre
Main Street
Headford
Co. Galway

Organised by:

Solas Family Resource Centre, Headford Men's Shed and Health Promotion
HSE

Details:

This will be an NCT initiative in the Headford area of Co. Galway which will target over 70 local men. The service providers will include a GP (physical health), a psychiatrist (mental health), Croi (cardiac health), a fitness consultant etc.

Entry Fee: Free

For more information contact:

John Middleton
Tel: 093 36446
Email: coordinator@solasfrc.ie

Paul Gillen
Tel: 091 737261
Email: paul.gillen@hse.ie

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'Cook-Off' - Followed by Community Lunch



Men's Health Week 2016

find out more at www.mhfi.org

Date: Wednesday 15th June 2016

Time: 11.00am - 2.00pm

Venue:

Dunmanway Community Garden
Tonafora (behind the Astro-turf)
Dunmanway
Co. Cork

Organised by: Dunmanway Family Resource Centre

Details:

Come and join us for the launch of our weekly Community Lunch in the Dunmanway Community Garden. 'Celebrity Chefs' - Charlie Horgan and Cllr Declan Hurley - will be demonstrating their cooking prowess in the Community Cooking Area from 11.00am onwards, with lunch being served from 1.00pm. Help us to judge who has the greatest cooking talent in Dunmanway.

Entry Fee: Suggested €2 donation for lunch

For more information contact:

Kirstie Smith
Tel: 023 8856818
Email: kirstie@dunmanwayfrc.com
Web: www.dunmanwayfrc.com

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Food Demonstration for Men Affected by Cancer



Men's Health Week 2016

find out more at www.mhfi.org

Date: Wednesday 15th June 2016

Time: 7.00pm

Venue:

ARC Cancer Support Centre
559 South Circular Road
Dublin 8

Organised by: ARC Cancer Support

Details:

ARC Cancer Support provides psychological and emotional support for people who have been affected by cancer. This will be a one hour demonstration on food preparation, smoothies and information on nutrition. It will be delivered by Domini Kemp (author / journalist) and Patricia Daly (nutritionist / author). Booking is essential.

Entry Fee: Free

For more information contact:

Linda
Tel: 01 7078880
Email: info@arccancersupport.ie
Web: www.arccancersupport.ie

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Nutrition and (Optional) Weigh-In



Men's Health Week 2016

find out more at www.mhfi.org

Date: Wednesday 15th June 2016

Time: 7.30pm - 9.00pm

Venue:

Dunmanway Family Resource Centre
Kilbarry Road
Dunmanway
Co. Cork

Organised by: Dunmanway Family Resource Centre

Details:

Louise (from 'Lasting Weight Loss With Louise') will be giving a presentation on nutrition followed by an (optional) weigh-in.

Entry Fee: Free

For more information contact:

Kirstie Smith
Tel: 023 8856818
Email: kirstie@dunmanwayfrc.com
Web: www.dunmanwayfrc.com

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'Engage' - National Men's Health Training



Men's Health Week 2016

find out more at www.mhfi.org

Date: Thursday 16th June 2016

Time: All day

Venue:

Iarnród Éireann / Irish Rail
Inchicore
Dublin 8

Organised by: Iarnród Éireann / Irish Rail

Details:

The 'Engage' National Men's Health Training Programme will be delivered to Health and Safety Officers from Irish Rail by Finian Murray (Men's Health Development Officer, HSE) and Anne Farrell (Health Promotion Officer, CIE).

Engage was developed in response to the growing demand from service providers for support to improve their engagement and work with men. It was created via a partnership between the Institute of Technology Carlow, the Men's Development Network, Waterford Institute of Technology and the Health Service Executive's Health Promotion Department. The Men's Health Forum in Ireland (MHFI) supported the production of resources for this training, and continues to assist with the resourcing of Trainers.

Entry Fee: Free

For more information contact:

Anne Farrell
Email: anne.farrell@irishrail.ie

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Free Health Checks for Men



Men's Health Week 2016

find out more at www.mhfi.org

Date: Thursday 16th June 2016

Time: 10.30am - Noon

Venue:

Dunmanway Family Resource Centre
Kilbarry Road
Dunmanway
Co. Cork

Organised by: Dunmanway Family Resource Centre

Details:

Men will be offered free health checks by the public health nurse, including blood pressure and cholesterol levels.

Entry Fee: Free

For more information contact:

Kirstie Smith
Tel: 023 8856818
Email: kirstie@dunmanwayfrc.com
Web: www.dunmanwayfrc.com

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Men Talk



Men's Health Week 2016

find out more at www.mhfi.org

Date: Thursday 16th June 2016

Time: 2.00pm - 3.00pm

Venue:

Beacon Support Services
1 The Rosses
Kinsale Park
Caw
Derry / Londonderry BT47 6FB

Organised by: Niamh - Northern Ireland Association for Mental Health

Details:

This is an in-house event for the men who live in a supported housing scheme to discuss the causes of stress and techniques for stress management.

As part of our Men's Health Week (MHW) celebration, each male tenant will receive a 'manpack' - containing a range of information on male health and wellbeing. This includes the 'Challenges and Choices' Man Manual, Niamh wellbeing literature, and a wealth of other health and wellbeing information. Through the course of the week, additional information will be distributed - such as the Men's Health Forum's Euro 2016 Survival Guide. A top tips for mental health and wellbeing article has also been submitted to the local papers to highlight MHW 2016 to the wider public.

For more information contact:

Feargal Mellon
Tel: 02871 314430
Email: f.mellon@beaconwellbeing.org
Web: www.niamhwellbeing.org

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Men's Shed Open Day



Men's Health Week 2016

find out more at www.mhfi.org

Date: Thursday 16th June 2016

Time: 3.00pm - 4.30pm and 8.00pm - 9.30pm

Venue:

Dunmanway Men's Shed
(behind the Family Resource Centre)
Kilbarry Road
Dunmanway
Co. Cork

Organised by: Dunmanway Family Resource Centre

Details:

Everyone is invited to call in and explore the Dunmanway Men's Shed, see some of the projects that are running, and share a cuppa.

Entry Fee: Free

For more information contact:

Kirstie Smith
Tel: 023 8856818
Email: kirstie@dunmanwayfrc.com
Web: www.dunmanwayfrc.com

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Men's Health Checks



Men's Health Week 2016

find out more at www.mhfi.org

Date: Thursday 16th June 2016

Time: 4.00pm

Venue:

Rose Finley Total Health Pharmacy
Main Street
Tullamore
Co. Offaly

Organised by: Offaly Local Development Company Workplace Health Promotion Steering Group

Details:

Male staff from Offaly Local Development Company's Tullamore Office will be invited to call into the local Rose Finley Total Health Pharmacy for free blood pressure and BMI testing.

Entry Fee: Free

For more information contact:

Sarah Behan
Tel: 086 8259583
Email: sbehan@offalyldc.ie
Web: www.offalyldc.ie

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BHSCT Football Tournament



Men's Health Week 2016

find out more at www.mhfi.org

Date: Thursday 16th June 2016

Time: 5.30pm - 8.00pm

Venue:

Grosvenor Community Centre
162 Grosvenor Road
Belfast BT12 5AU

Organised by: Belfast Health and Social Care Trust Mens Health Group

Details:

There will be a 7-a-side football tournament for Belfast Trust staff, followed by refreshments and watching the European Championships unfold on the big screen.

Entry Fee: Free to all Trust staff

For more information contact:

Paul O'Kane
Tel: 0782 4619359
Email: paul.okane@belfasttrust.hscni.net

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Film Night for Traveller Men



Men's Health Week 2016

find out more at www.mhfi.org

Date: Thursday 16th June 2016

Time: 6.00pm - 9.00pm

Venue:

Offaly Historical Society
Bury Quay
Tullamore
Co. Offaly

Organised by: Offaly Traveller Movement and Exchange House Ireland

Details:

Film night with special raffle for Traveller men. Strictly over 18's and ticket only.

Entry Fee: Free

For more information contact:

Catherine
Tel: 087 9865534
Email: menshealth@otm.ie
Web: www.otm.ie

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Men's Health Evening



Men's Health Week 2016

find out more at www.mhfi.org

Date: Thursday 16th June 2016

Time: 6.30pm - 8.30pm

Venue:

St. Clement's Parish Church
Templemore Avenue
Belfast BT5 4FR

Organised by: Alan Higgins and Sharon Traynor

Details:

The evening will start with healthy food. There'll be stands from various charities including Prostate Cancer, Alzheimer's and Parkinson's. There will also be health checks (BP, Cholesterol etc.), haircuts, Turkish shaves, massages ...

Entry Fee: Free

For more information contact:

Alan Higgins
Tel: 0774 2675017
Email: hello@stcb.org
Web: www.stcb.org

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Positive Thinking



Men's Health Week 2016

find out more at www.mhfi.org

Date: Thursday 16th June 2016

Time: 7.00pm - 8.00pm

Venue:

Dunmanway Family Resource Centre
Kilbarry Road
Dunmanway
Co. Cork

Organised by: Dunmanway Family Resource Centre

Details:

Finbarr Kearney - Artist and Positive Psychology Coach at The Hummingbird Gallery in Dunmanway - will be giving an introduction to 'Positive Thinking'.

Entry Fee: Free

For more information contact:

Kirstie Smith
Tel: 023 8856818
Email: kirstie@dunmanwayfrc.com
Web: www.dunmanwayfrc.com

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NCT - Health and Fitness Checks for Men



Men's Health Week 2016

find out more at www.mhfi.org

Date: Friday 17th June 2016

Time: 10.00am - 1.00pm

Venue:

Mervue Community Centre
Michael Collins Road
Mervue
Galway City

Organised by: Galway Men's Sheds and Health Promotion HSE

Details:

This event will be launched by the Galway City Mayor, and 300+ men are expected to attend.

A host of organisations and agencies will be present to provide men with advice, information, and interactive tools to support them to engage in positive behaviours in relation to their health and wellbeing. These groups include: the Marie Keating Foundation, the Irish Heart Foundation, smoking cessation personnel, health and fitness experts, Pieta House, Alzheimer's Association and the Galway Men's Sheds.

Entry Fee: Free

For more information contact:

Eoin Martyn
Tel: 087 6083718
Email: eoinmartyn5@gmail.com

Paul Gillen
Tel: 091 737261
Email: paul.gillen@hse.ie

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Tramore parkrun



Men's Health Week 2016

find out more at www.mhfi.org

Date: Saturday 18th June 2016

Time: 9.30am

Venue:

The Promenade
Tramore
Co. Waterford

Organised by: Waterford Sports Partnership in collaboration with parkrun

Details:

Waterford Sports Partnership is encouraging men to join in the regular Saturday parkrun in Tramore. This is a 5km run, and it's you against the clock. The course is run on a mixture of concrete paths, gravel paths, trail paths and grass. Everyone runs for personal enjoyment, and is welcome to join in at their own pace. All participants must pre-register online at: www.parkrun.ie/tramore

Entry Fee: Free

For more information contact:

Peter Jones
Tel: 076 110 2191
Email: pjones@waterfordsportspartnership.ie

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Limerick Men on the Move



Men's Health Week 2016

find out more at www.mhfi.org

Date: Saturday 18th June 2016

Time: 9.30am

Venue:

University of Limerick Boathouse
Limerick City
Co. Limerick

Organised by: Limerick Sports Partnership Men on the Move Project in partnership with parkrun Ireland.

Details:

Men across Ireland are invited to complete a 5km walk / jog / run to the match! ... Ireland play Belgium in Bordeaux later today, and the total number of miles ran by participants will be added up to see if we can collectively reach the goal of 1,640km - the distance from Dublin to Bordeaux.

Entry Fee: Free

For more information contact:

Mairead Fitzgerald
Tel: 061 333600
Email: mfitzgerald@limericksports.ie

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Barnardo's 'Big Toddle' with Dads and Granddads



Men's Health Week 2016

find out more at www.mhfi.org

Date: Saturday 18th June 2016

Time: 10.00am - 11.30am

Venue:

Dunmanway Community Garden
Tonafora (behind the Astro-turf)
Dunmanway
Co. Cork

Organised by: Dunmanway Family Resource Centre

Details:

We will be doing the Barnardo's 'Big Toddle' sponsored walk for dads, granddads and toddlers - starting at 10.00am in the Dunmanway Community Garden (mums, grannies and older siblings are welcome too). The toddle will finish at Dunmanway Family Resource Centre. Sponsorship forms are available from the Family Resource Centre on the Kilbarry Road. Join us and raise money to help change children's lives.

Entry Fee: Free - sponsorship forms available

For more information contact:

Kirstie Smith
Tel: 023 8856818
Email: kirstie@dunmanwayfrc.com
Web: www.dunmanwayfrc.com

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Supporting Fathers



Men's Health Week 2016

find out more at www.mhfi.org

Date: Saturday 18th June 2016

Time: 10.00am - 12.30pm

Venue:

St. Dominic's Meditation Centre and Hermitage
Montenotte
Cork City

Organised by: Mick Devine

Details:

This experiential workshop will focus on how our view of our father influences our mental health. Using biography, song, poetry, family trees and jokes, the workshop will assist participants to become aware of the influence of the father figure in our day-to-day consciousness. Family constellations and interactive group discussions will focus on downloading the good support that can come to us through our father.

Entry Fee: €5 to €20 donation

For more information contact:

Mick Devine
Tel: 087 4171422
Email: mick.devine@hotmail.com
Web: www.mickdevine.com

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Men's Health Checks



Men's Health Week 2016

find out more at www.mhfi.org

Date: Tuesday 21st June and Thursday 23rd June 2016

Time: 11.00am - 7.00pm

Date and Venue:

Day	Place
Tuesday 21 st June 2016	Ballymote Centre, Downpatrick, Co. Down
Thursday 23 rd June 2016	Newcastle Centre, Newcastle, Co. Down

Organised by: County Down Rural Community Network / South Eastern Health and Social Care Trust Men's Health Network

Details:

Health checks will be offered by Action Cancer to men in these areas.

Entry Fee: Free

For more information contact:

Patricia Martin at Tel: 02844 612311

Mary at Email: mary@countydownrcn.com

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Young Men's Walk



Men's Health Week 2016

find out more at www.mhfi.org

Date: Wednesday 22nd June 2016

Time: Bus departs from Waterside Theatre, Derry / Londonderry, at 10.30am

Venue:

Banagher Glen
Magheramore Road
Dungiven
Co. Derry BT47 4SP

Organised by: YouthAction NI

Details:

Participants on YouthAction NI's Positive Solutions Programme have organised an event to promote men's health, and are inviting other young people from across the city to join them to take on the challenge of walking Banagher Glen - a beautiful two mile stretch through an area of outstanding beauty near Feeny. This event is open to all young people, and will promote physical and mental wellbeing.

The group is suggesting that participants make a donation to local support provider Foyle Women's Aid. Research by Lancaster University has found that domestic violence cases increase during major European Football events, and the group wishes to support initiatives which prevent violence in the home and promote positive behaviour among males.

Entry Fee: Suggested donation £5 per person - proceeds to Women's Aid.

For more information contact:

Connor McGilloway
Tel: 02871 318854
Email: connor@youthaction.org

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Free Health Checks for Men



Men's Health Week 2016

find out more at www.mhfi.org

Date: Tuesday 28th June 2016

Time: 11.00am - 7.00pm

Venue:

Ards Leisure Centre
William Street
Newtownards
Co. Down BT23 4EJ

Organised by: South Eastern Health and Social Care Trust (SEHSCT) in partnership with Action Cancer

Details:

Men will be offered a range of free health checks and given practical advice on looking after their health and wellbeing. However, appointments must be booked in advance.

Entry Fee: Free

For more information contact:

Jackie Robinson (SEHSCT)
Tel: 02891 822631 or 0752 5897179

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Walking Football



Men's Health Week 2016

find out more at www.mhfi.org

Date: Tuesday 28th June 2016

Time: 1.30pm - 3.30pm

Venue:

Sports Hall
Ards Leisure Centre
William Street
Newtownards
Co. Down BT23 4EJ

Organised by: Jackie Robinson

Details:

This will be a fun 5-a-side walking football event. This event is open to everyone in the South Eastern Health and Social Care Trust or Belfast Health and Social Care Trust areas. Men's health checks will also be available (by appointment) from 11.00am - 7.00pm in the Leisure Centre.

Entry Fee: Free

For more information contact:

Jackie Robinson
Tel: 02891 822631
Email: jackie.robinson@hscni.net

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The MeCHanic Study



Men's Health Week 2016

find out more at www.mhfi.org

Date: Starting late June 2016

Organised by: The Irish Cancer Society and University College Cork

Details:

The Irish Cancer Society (ICS) is looking for men aged 40 and over to take part in a research study. This study will look at your experience of finding and understanding information on cancer. The findings will help ICS to improve their cancer information services for men.

The research will: look at how and why men get cancer prevention information; find out what helps and stops men from using ICS to get this information; explore how and where men want to get cancer prevention information in the future.

The research involves completing an online survey at:

www.surveygizmo.com/s3/2875024/35438b7c0c6b There are six sections to the questionnaire, and it will take you about 20 minutes to complete.

The Irish Cancer Society is funding University College Cork to do the research. Frances Drummond is leading the study. The team includes the Men's Health Forum in Ireland and Men's Groups of Ireland, as well as some international collaborators.

Taking part is voluntary and your answers will be completely confidential. While the results of the research may be published or presented at conferences, no individual responses will be identified. The information you provide will be stored securely. You can change your mind at any point when filling in the survey and leave it.

For more information contact:

Frances Drummond

Tel: 087 4380349

Email: frances.drummond@ucc.ie

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