

Men's Health Week 2017

MEN'S HEALTH WEEK

Monday 12th - Sunday 18th June 2017

It's all about HIM



How are you doing?

Visit www.mhfi.org to find out more

#MHW2017



Some of the events and activities taking place on the island of Ireland

Men's Health Week 2017 ... What's Happening Across Ireland?

[Men's Health Week 2017](#) will run from Monday 12th until Sunday 18th June. The focus on the island of Ireland this year will be: *'It's all about HIM'* and everyone is being asked to answer the question: *'how are you doing'?* If the answer is *'not very well'*, 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. However, research shows that these men experience a disproportionate burden of ill-health and die too young.

Although the health of men in Ireland is often 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; innovative initiatives are being developed and tested which provide models for improving aspects of men's health; the new 'Healthy Ireland - Men' Action Plan offers a road map for future improvement ... Much has been achieved, but there is still 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 2017. 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 we have heard about which 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' Man Manual](#) [All-island]
[Seminar on Older Male Kinship Carers](#) [Belfast, Coleraine and L/Derry]
[Men's Health Information Stand and Checks](#) [Belfast]
[Cook It! For Men](#) [Virginia, Co. Cavan]
[Men's Health Talk](#) [Maghera, Co. Derry / Londonderry]
[Men's Mental Health at Work](#) [Cookstown, Co. Tyrone]
[Free Health Checks](#) [Mullingar, Co. Westmeath]
[Events in the SEHSCT Area](#) [SEHSCT catchment area]
[Free Testosterone Deficiency Screening](#) [Cork City, Co. Cork]
[Southern Health and Social Care Trust Events](#) [SHSCT catchment area]
[Blood Pressure, BMI and Blood Glucose Checks](#) [Republic of Ireland-wide]
[Developing an Employee Health & Wellbeing Programme](#) [Dublin & Athlone]
[Wexford Working Men's Club - Cuppa and a Chat](#) [Wexford, Co. Wexford]
[Free Blood Pressure and Blood Glucose Testing](#) [Dun Laoghaire, Co. Dublin]
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[Ards and North Down](#) [Ards & North Down Borough Council catchment area]
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[Fathers' Festival](#) [Lurgan, Co. Armagh]
[MHW Interview on Together FM Community Radio](#) [Dublin]

Monday 12th June 2017 ...

[Traveller Men's Health Day](#) [Dublin]
[NDCN Men's Shed Open Day](#) [Bangor, Co. Down]
[Men's Health NCT](#) [Ballinasloe, Co. Galway]
[Five-A-Side Football Tournament](#) [SEHSCT catchment area]
[Templemore Men's Group](#) [Templemore, Co. Tipperary]
[Yoga 4 Men](#) [Dublin]

Tuesday 13th June 2017 ...

[Farm Families Health Check Programme](#) [Clough, Co. Down]
[Blood Pressure and Blood Glucose Checks](#) [Dunshaughlin, Co. Meath]
[Let's Talk About HIV... in Ireland](#) [Dublin]
[Action Cancer Big Bus](#) [Dundonald, Co. Down]
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[Men's Health Check Morning](#) [Gorey, Co. Wexford]
[Men's Health and Pharmacy Advice](#) [Drogheda, Co. Louth]
[Open Men's Cancer Peer Support Group](#) [Dublin]
[Men's Health Awareness / Information Stand](#) [Strabane, Co. Tyrone]
[Men's Health Day](#) [Dublin]
[Lunch, Drumming Workshop and Talk](#) [Newbridge, Co. Kildare]

[5K Walk / Run](#) [Sligo, Co. Sligo]
[Dads and Male Carers Night](#) [Newry, Co. Down]

Wednesday 14th June 2017 ...

[Action Cancer Big Bus](#) [Downpatrick, Co. Down]
[Men's NCT Day](#) [Headford, Co. Galway]
[Six Week Prostate Cancer Programme](#) [Republic of Ireland-wide]
[Rosses CDP Open Day and Men's Health Checks](#) [Dungloe, Co. Donegal]
[Talking to Teenagers](#) [Dundonald, Co. Down]
[Men's One Stop Shop](#) [Belfast]
[Get Men Talking](#) [Dublin]
[Banter around the Bridges](#) [Strabane, Co. Tyrone]
[Open Evening for Men](#) [Greystones, Co. Wicklow]

Thursday 15th June 2017 ...

[Indoor Belfast to Dublin Charity Cycle](#) [Dundonald, Co. Down]
[SJOG Men's Group](#) [Tralee, Co. Kerry]
[Men's Health Day with Men's Shed](#) [Dublin]
[Purple House Cancer Support Men's Group](#) [Bray, Co. Wicklow]
[Coffee Morning](#) [Templeglantine, Co. Limerick]
[Heart Attack and Healthy Eating - Well Talk](#) [Crumlin, Co. Antrim]
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Friday 16th June 2017 ...

[Men's Health Information Stall and Checks](#) [Belfast]
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[Men's Health NCT](#) [Charlestown, Co. Mayo]
[Men and Mental Health](#) [Bangor, Co. Down]
[AAA Screening Programme](#) [Belfast]
[Pitstop Health Check](#) [Derry / Londonderry]
[Chi Me](#) [Lisburn, Co. Antrim]

Saturday 17th June 2017 ...

[Men's Health Day @ Mountbellew Fitness Centre](#) [Mountbellew, Co. Galway]

Sunday 18th June 2017 ...

Nothing known about - yet

Just after Men's Health Week 2017 ...

[Heart Attack and Physical Activity - Well Talk](#) [Mullusk, Co. Antrim]
[Museum Project Visit](#) [Holywood, Co. Down]
[Heart Attack and Healthy Eating - Well Talk](#) [Antrim, Co. Antrim]



'Challenges and Choices' Man Manual



Men's Health Week 2017
find out more at www.mhfi.org

Date: Official Launch = Friday 9th June 2017

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. 12,200 hard copies are being distributed throughout Ireland.

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 and the Public Health Agency in Northern Ireland.

For more information contact:

Colin Fowler

Tel: 0044 751 9945261

Email: colin@mhfi.org

Website: www.mhfi.org/mhw/mhw-2017.html#Challenges

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Seminar on Older Male Kinship Carers



Men's Health Week 2017
find out more at www.mhfi.org

Date: Tuesday 6th June 2017

Time: 12.30pm - 2.00pm

Venue:

Room BA-03-019
Ulster University
York Street
Belfast BT15 1ED

(The seminar will also be video conferenced to the Coleraine and Magee campuses)

Organised by: ARK Ageing Programme and the Institute for Research in the Social Sciences at Ulster University

Details:

This seminar - held in advance of Men's Health Week and Carers' Week - will draw on qualitative longitudinal studies in the North of England. Dr Anna Tarrant (University of Lincoln) will investigate the lived experiences of men who are kinship carers. Particular attention will be given to the gendered meanings, experiences and relational dynamics in the lives of these men. The seminar will explore the concept of 'ageing masculinities', as well as gender biases when engaging with social services.

Entry Fee: The event is free, although places must be booked in advance.

For more information contact:

Email: d.coey@ulster.ac.uk

Website: www.ark.ac.uk/events/at6jun17.pdf

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Men's Health Information Stand and Checks



Men's Health Week 2017
find out more at www.mhfi.org

Date: Tuesday 6th June 2017

Time: 2.00pm - 4.00pm

Venue:

Europa Bus and Train Station
Glengall Street
Belfast

Organised by: Belfast Men's Health Group

Details:

In partnership with Translink, the Belfast Men's Health Group will have a men's health information stand in the main concourse of the Europa Bus and Train Station. Male visitors to the station will be offered free blood pressure checks, Body Mass Index assessments, men's health literature, gym passes and other freebies to take away.

Entry Fee: Free

For more information contact:

Paul O'Kane
Tel: 0044 2895 049951
Email: paul.okane@belfasttrust.hscni.net
Website: www.facebook.com/belfastmenshealthgroup

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Cook It for Men!



Men's Health Week 2017
find out more at www.mhfi.org

Date: Saturday 10th June and Saturday 17th June 2017

Time: 9.30am - 5.30pm

Venue:

Virginia Show Centre
Virginia
Co. Cavan

Organised by: Amen Support Services and Finola O'Sullivan

Details:

Cook It! is a fun, hands-on, cooking and nutrition class based on the food pyramid. Cook It! is for people who want to learn a few straightforward cooking skills. Examples of what we cook are: scones, brown bread, apple tart, coffee cake, casseroles, curries and soup. All ingredients are supplied. This two day Cook It! programme is for men. Booking is essential. Other groups can be arranged on enquiry.

Entry Fee: €130pp for the two days

For more information contact:

Finola O'Sullivan
Tel: 00353 86 1701920
Email: osullivanfinola@eircom.net

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Men's Health Talk



Men's Health Week 2017
find out more at www.mhfi.org

Dates: Thursday 15th and Friday 16th June 2017

Time: 8.00am - 9.00am

Venue:

HM Electrics
Glen Road
Maghera
Co. Derry / Londonderry

Organised by: Northern Ireland Chest Heart & Stroke

Details:

All staff in HM Electrics will be encouraged to attend a men's health talk delivered on-site and in the office. Man Manuals will be circulated to staff, and posters will be displayed throughout the workplace during Men's Health Week.

Entry Fee: Free

For more information contact:

Emma McCrudden
Tel: 0044 2890 320184
Email: emccrudden@nichs.org.uk
Web: www.nichs.org.uk

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Men's Mental Health at Work



Men's Health Week 2017
find out more at www.mhfi.org

Dates: Thursday 15th and Friday 16th June 2017

Time: 1.00pm - 2.00pm

Venue:

CDE Global
Ballyreagh Industrial Estate
Cookstown
Co. Tyrone

Organised by: Northern Ireland Chest Heart & Stroke

Details:

All staff in CDE Global will be encouraged to participate in mental health programmes and talks in their workplace during Men's Health Week. Man Manuals will be circulated to staff, and posters will be displayed throughout the week.

Entry Fee: Free

For more information contact:

Emma McCrudden
Tel: 0044 2890 320184
Email: emccrudden@nichs.org.uk
Web: www.nichs.org.uk

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Free Health Checks



Men's Health Week 2017
find out more at www.mhfi.org

Date: Monday 12th June - Saturday 17th June 2017

Time: 9.30am - 5.00pm

Venue:

Whelehans Pharmacy
Pearse Street
Mullingar
Co. Westmeath

Organised by: Whelehans Pharmacy

Details:

Whelehans Pharmacy is offering free health checks for Men's Health Week which include: Blood Pressure, Iron and BMI. Book your free clinic time at 044 9334591 or PM the page with your contact number, preferred day and time, and we will get back to you with availability. See: www.facebook.com/events/1016585208471645

Entry Fee: Free

For more information contact:

Eamonn Brady
Tel: 00353 44 9334591
Email: health@whelehans.ie
Web: www.whelehans.net

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Calendar of Events in the SEHSCT Area



Men's Health Week 2017
find out more at www.mhfi.org

Date: Before, during and after Men's Health Week 2017

Time: Various

Venues:

Across the South Eastern Health and Social Care Trust (SEHSCT) catchment area

Organised by: A range of projects within the South Eastern Health and Social Care Trust area.

Details:

A calendar comprised of 25 events / activities has been drawn-up. Most of these things are open to anyone who is interested, and a few are restricted to Trust staff or the target group.

Entry Fee: Free

For more information contact:

Alison Doake

Tel: 0044 2891 510282

Email: alison.doake@setrust.hscni.net

Full calendar available at: www.mhfi.org/SEHSCTevents2017.pdf

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Free Testosterone Deficiency Screening



Men's Health Week 2017
find out more at www.mhfi.org

Date: Monday 12th - Saturday 17th June 2017

Time: All day

Venues:

Life Pharmacy Santry's
Ardfallen
Douglas Road
Cork City
Co. Cork

Organised by: Life Pharmacy Santry's Ardfallen

Details:

We are offering Testosterone Deficiency Screening all week. Men over 45 years of age who give a positive score on our ADAM questionnaire will be offered a free Testosterone Blood Test Screen. Men over 45 who are diabetic, and suffer from erectile dysfunction, are particularly welcome. We have free testosterone blood tests available to the first 30 participants.

Entry Fee: Free

For more information contact:

Nigel Moloney
Tel: 00353 21 4292256
Email: ardfallenpharmacy@gmail.com
For more details, see: www.mhfi.org/TestosteroneScreeningEvent.jpg

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Southern Health and Social Care Trust Events



Men's Health Week 2017
find out more at www.mhfi.org

Date: Monday to Friday throughout Men's Health Week 2017

Time: Various

Venues:

Across the Southern Health and Social Care Trust (SHSCT) catchment area

Organised by: A range of projects and partners operating within the Southern Health and Social Care Trust area

Details:

The Southern Health and Social Care Trust is coordinating a number of free events to encourage males to engage in healthier active lifestyles as part of Men's Health Week. Eight events are being held across the Trust area throughout the week, and details are available online at: www.southerntrust.hscni.net/about/3676.htm

Entry Fee: Free

For more information contact:

Sinead Hughes

Tel: 0044 2838 317155

Email: sinead.hughes@southerntrust.hscni.net

Details available at: www.southerntrust.hscni.net/about/3676.htm

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Blood Pressure, BMI and Blood Glucose Checks



Men's Health Week 2017
find out more at www.mhfi.org

Date: Monday 12th - Sunday 18th June 2017

Time: All day

Venue: Local Allcare Pharmacies throughout the Republic of Ireland

Organised by: Allcare Pharmacies

Details:

Allcare Pharmacies are offering free Blood Pressure, Body Mass Index and Blood Glucose Screening for all men to celebrate Men's Health Week.

Visit www.allcarepharmacy.ie for your nearest Allcare Pharmacy, and contact your local shop to make an appointment.

Entry Fee: Free

For more information contact:

Pharmacist on duty
Tel: 00353 1 0123456
Email: info@allcarepharmacy.ie
Website: www.allcarepharmacy.ie

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Developing an Integrated Employee Health and Wellbeing Programme



Men's Health Week 2017
find out more at www.mhfi.org

Dates: Thursday 11th May 2017 (Dublin)
Thursday 15th June 2017 (Athlone)

Time: 9.00am - 5.00pm

Venues: May: The Clarion Hotel, Liffey Valley, Dublin 22
June: The Prince of Wales Hotel, Church Street, Athlone

Organised by: EAP Institute

Details:

To mark Men's Health Week, the EAP Institute is conducting two one day seminars - one in Dublin and the other in Athlone, Co. Westmeath. These will focus upon 'Developing an Integrated Employee Health and Wellbeing Programme'. The speakers will be Maurice Quinlan, Director, EAP Institute and Dr Richard Wynne, Director, Work Research Centre.

Entry Fee: Fee applies. See website below.

For more information contact:

Maurice Quinlan
Tel: 00353 51 855733
Email: maurice@eapinstitute.com
Website: www.eapinstitute.com/healthwellbeing.php

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Wexford Working Men's Club - Cuppa and a Chat



Men's Health Week 2017
find out more at www.mhfi.org

Dates: Monday 12th, Wednesday 14th and Friday 16th June 2017

Time: 2.00pm - 4.00pm

Venue:

Wexford Working Men's Club Workshop
Old County Jail Building
Hill Street
Wexford
Co. Wexford

Organised by: Wexford Working Men's Club

Details:

Drop in to our workshop for a cuppa and a chat. All men over 18 are welcome. Please come and see what we are about. We look forward to seeing you then.

Entry Fee: Free

For more information contact:

Paddy Caulfield
Tel: 00353 86 3655101
Email: wexfordworkingmc@gmail.com

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Free Blood Pressure and Blood Glucose Testing



Men's Health Week 2017
find out more at www.mhfi.org

Dates: Tuesday 13th June 2017 and Wednesday 14th June 2017

Time: 10.00am - 5.00pm by appointment

Venue:

Haven Pharmacy Monkstown
26 Oliver Plunkett Road
Dun Laoghaire
Co. Dublin

Organised by: Haven Pharmacy

Details:

We will offer free Blood Pressure and Blood Glucose testing for men on Tuesday and Wednesday - by appointment - to celebrate Men's Health Week. There will also be a 10% discount off all men's vitamin supplements and all men's toiletries and gifts for the whole week.

Entry Fee: Free

For more information contact:

Roma O'Loughlin
Tel: 00353 1 2805693
Email: monkstownpharmacy@gmail.com

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Men's Health Week Events in the WHSCT Area



Men's Health Week 2017
find out more at www.mhfi.org

Date: Monday 12th June - Saturday 17th June 2017

Time: Various

Venues: A range of locations across the whole of the Western Health and Social Care Trust (WHSCT) catchment area.

Organised by: Western Health and Social Care Trust (WHSCT) Health Promotion Team in partnership with other organisations.

Details:

Events and activities will include health checks, men's health information stands, talks, skin scanning, cancer prevention information, football tournament, BBQ ... Some events are for specific groups and some are open to the public.

Entry Fee: Free

For more information contact:

Sandra Semple

Tel: 0044 2871 865127

Email: sandra.semple@westerntrust.hscni.net

Web: www.mhfi.org/WHSCTEvents2017.pdf

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Ards and North Down Borough Council



Men's Health Week 2017
find out more at www.mhfi.org

Date: Monday 12th June - Friday 16th June 2017

Time: Various

Venues: A range of locations across the Ards and North Down Borough Council area

Organised by: Ards and North Down Borough Council

Details:

During the week, all male employees within Ards and North Down Borough Council will receive a Men's Health Week information pack. In addition, they will be invited to participate in a range of activities held each day which relate to the key themes of the '*Take Five Steps to Wellbeing*' campaign i.e. Keep Learning, Be Active, Take Notice, Connect and Give.

Entry Fee: Free

For more information contact:

Email: healthandwellbeing@ardsandnorthdown.gov.uk

Web: www.mhfi.org/ArdsEvents2017.pdf

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Free Blood Pressure Checks - Phelans



Men's Health Week 2017
find out more at www.mhfi.org

Date: Monday 12th June - Sunday 18th June 2017

Time: 9.00am - 6.00pm

Venues:

- Phelans Midnight Pharmacy and Mobility Supplies, Kinsale Road Roundabout (Near South Doc), Cork
- Phelans Late Night Pharmacy, 9 Patrick Street, Cork
- Phelans Pharmacy, Carrigaline, Cork
- Phelans Pharmacy, Glanmire, Cork
- Phelans Pharmacy, 11-13 Grand Parade, Cork
- Phelans Pharmacy, Blackrock Hall, Blackrock Avenue, Skehard Road, Cork
- Phelans Pharmacy, 3 Lower Kilmacud Road, Stillorgan, Co. Dublin

Organised by: Phelans Pharmacy

Details:

Free blood pressure checks available in Phelans Pharmacies

Entry Fee: Free

For more information contact:

Jackie Sheahan
Tel: 00353 87 1126123
Email: jackie@phelans.ie
Web: www.phelans.ie

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Sligo CTC Men's Health Week Events



Men's Health Week 2017
find out more at www.mhfi.org

Date, Time and Details:

Men's Hike: Tuesday 13th June 2017, 1.00pm - 3.00pm ... Bringing a group of lads from the training centre, aged 16-21 years, for a guided hike to Union Rock to mark Men's Health Week. They will enjoy the stunning views of Sligo while keeping fit and healthy!

Men's Grooming: Thursday 15th June 2017, 1.00pm - 3.00pm ... An introduction into male grooming for the lads in the centre to include skincare, hair care, product information etc.

Gardening: Thursday 15th June 2017, 1.00pm - 3.00pm ... An introduction to gardening for lads in the centre. Learning to plant herbs, flowers etc.

Cookery Classes: Thursday 15th June 2017, 1.30pm - 3.00pm ... Beginners' cooking class for lads only in the centre.

Blue Day: Friday 16th June 2017, 9.00am - Noon ... All the trainees and staff in the centre are encouraged to wear blue to promote awareness of men's health.

Mindfulness: Friday 16th June 2017, 10.30am - Noon ... An introduction to mindfulness with Mary, only for the lads in the centre.

Organised by:

Sligo CTC, Unit B1, Cleveragh Industrial Estate, Sligo, Co. Sligo

Entry Fee: Free

For more information contact:

Sligo Community Training Centre (CTC)

Tel: 00353 71 9145248

Email: lisa.scott@sligoctc.com

Web: www.sligoctcblog.blogspot.ie

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Fathers' Festival



Men's Health Week 2017
find out more at www.mhfi.org

Date, Time and Details:

Dogtag Keyring Workshop: Friday 16th June 2017, 10.00am - Noon, Zions Den, Mount Zion House, Lurgan, Co. Armagh ... Dads will learn how to stamp the names and birthdays of their kids onto a keyring. The children will play in the soft play and ball pool area, and everyone will enjoy a healthy snack.

Outdoor Activities: Friday 16th June 2017, 6.00pm - 8.30pm, Kinnego Bushcraft Centre, Oxford Island, Lurgan, Co. Armagh ... An evening of outdoor activities including archery, fire lighting, an animal show and a barbeque.

African Drumming Workshop: Saturday 17th June 2017, 10.30am - Noon, Church of the Nazarene, Mourne Road, Lurgan, Co. Armagh ... An African Drumming Workshop with 'Releasing Rhythms' and Exotic Animals from 'Party Animals'. Health checks will be carried out by Verve for the Dads (and Mums) participating.

Organised by: Splash Sure Start, Brownlow and Lurgan

Entry Fee: Free

For more information contact:

Keith Cullen
Tel: 0044 752 6006147
Email: keithc@splashsurestart.org
Web: www.splashsurestart.org

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MHW Interview on Together FM Community Radio



Men's Health Week 2017
find out more at www.mhfi.org

Date: Before and during Men's Health Week 2017

Time:

Aired Saturday 10th June, available on podcast from Monday 12th June 2017

Venue:

Together FM
Civic Centre
Ballyfermot Road
Dublin 10

Organised by: Together FM

Details:

To mark Men's Health Week (MHW), Together FM will be interviewing Finian Murray, Men's Health Development Officer for the HSE and a member of the Men's Health Forum in Ireland. This interview will take place before MHW begins to raise awareness of it and let people know what will be happening.

Together FM is a small community radio station based in Ballyfermot, Dublin. This programme seeks to highlight the importance of men's health and to increase knowledge of this important topic. More information on MHW will be shared on the Together FM website (<http://togetherfm.com/mens-health-week-interview-finian-murray-mens-health-forum-ireland>) and social media.

Entry Fee: Free

For more information contact:

Mary Clarke
Tel: 00353 87 8135125
Email: maryclarke@togetherfm.com
Web: www.togetherfm.com

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Traveller Men's Health Day



Men's Health Week 2017
find out more at www.mhfi.org

Date: Monday 12th June 2017

Time: 11.00am - 3.00pm

Venue:

Phoenix Park
Dublin 8

Organised by: Pavee Point Traveller and Roma Centre

Details:

Soccer tournament, health checks and men's health information.

Entry Fee: Free

For more information contact:

John Collins
Tel: 00353 87 2038790
Email: info@pavee.ie
Web: www.paveepoint.ie

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NDCN Men's Shed Open Day



Men's Health Week 2017
find out more at www.mhfi.org

Date: Monday 12th June 2017

Time: Throughout the day

Venue:

North Down Community Network Men's Shed
Flagship Centre
Bangor
Co. Down

Organised by: Greg Martin, North Down Community Network

Details:

There will be an Open Day at the North Down Community Network Men's Shed, and visitors will be able to see the activities (e.g. woodworking) which take place.

Entry Fee: Free

For more information contact:

Greg Martin
Tel: 0044 2891 475783
Email: gregorymartin@ndcn.co.uk
Web: www.ndcn.co.uk

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Men's Health NCT - Ballinasloe



Men's Health Week 2017
find out more at www.mhfi.org

Date: Monday 12th June 2017

Time: 2.00pm - 6.00pm

Venue:

Emerald Ballroom (beside the Green)
Ballinasloe
Co. Galway

Organised by: Irish Men's Sheds Association and HSE Health Promotion

Details:

Free health checks, advice and signposting for men in Ballinasloe in a bid to encourage them to take better care of their health. The service is open to all men. A host of organisations and agencies including the Marie Keating Foundation, Irish Heart Foundation, Diabetes Ireland, Haven Pharmacies, Get Ireland Walking, Smoking Cessation staff, and health and fitness personnel will be on hand to provide men with advice, information and interactive tools to support them to engage in positive behaviours.

Entry Fee: Free

For more information contact:

Eoin Martyn
Tel: 00353 87 6083718
Email: eoinmartyn5@gmail.com

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SEHSCT Five-A-Side Football Tournament



Men's Health Week 2017
find out more at www.mhfi.org

Date: Monday 12th June 2017

Time: Various times

Venue: Numerous venues

Organised by: Brien Frazer

Details:

This is a 5-a-side football tournament for staff working in the South Eastern Health and Social Care Trust (SEHSCT) area

Entry Fee: Free

For more information contact:

Brien Frazer
Tel: 0044 783 4929105
Email: brien.frazer@setrust.hscni.net
Website: www.setrust.hscni.net

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Templemore Men's Group



Men's Health Week 2017
find out more at www.mhfi.org

Date: Monday 12th June 2017

Time: 5.30pm - 7.00pm

Venue:

Youth Work Ireland Tipperary
Old Courthouse
Bank Street
Templemore
Co. Tipperary

Organised by: More Family Support Project, Youth Work Ireland Tipperary

Details:

The Templemore Men's Group will meet on Monday 12th June 2017 from 5.30pm - 7.00pm to mark Men's Health Week. Any men over 18 years of age from Templemore and surrounding areas are welcome to come along to meet the group and discuss the many things they do during their weekly session. There will be a discussion regarding future plans for the group. New members and ideas are always welcome. Refreshments will be served.

Entry Fee: Free

For more information contact:

Sara Leahy
Tel: 00353 87 2642203
Email: sara.leahy@youthworktipperary.ie

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Yoga 4 Men



Men's Health Week 2017
find out more at www.mhfi.org

Date: Monday 12th June 2017

Time: 7.30pm

Venue:

Dominican Retreat Centre
Tallaght Priory
Main Street
Tallaght
Dublin 24

Organised by: Yoga 4 Men

Details:

Breathe and stretch and help find space and ease in our body and mind. A comfortable and safe space for men to engage in the practice of Yoga. Open and suitable for all men, from complete beginners to those with some past experience. We will start with some breathing techniques, then some movement using our breath, and finish with relaxation.

Entry Fee: Donation

For more information contact:

Kevin O'Loughlin
Tel: 00353 87 2853647
Email: kevin@thehealthyway.ie
Web: www.thehealthyway.ie

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Farm Families Health Check Programme



Men's Health Week 2017
find out more at www.mhfi.org

Date: Tuesday 13th June 2017

Venue:

Clough Presbyterian Church Hall
Clough
Downpatrick
Co. Down

Organised by: County Down Rural Community Network

Details:

Free health assessments and advice tailored specifically to farm family members - especially males.

Try out sports, cooking, or visit a wide range of information stands, and finish off with a free lunch.

Entry Fee: Free

For more information contact:

Heather Holland and Jenny Laverty
Tel: 0044 2844 612311
Email: heather@countydownrcn.com | jenny@countydownrcn.com

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Blood Pressure and Blood Glucose Checks



Men's Health Week 2017
find out more at www.mhfi.org

Date: Tuesday 13th June 2017

Time: 9.00am - 5.00pm

Venue:

Haven Pharmacy Kavanaghs
The Gables Shopping Centre
Dunshaughlin
Co. Meath

Organised by: Haven Pharmacy Kavanaghs

Details:

We are running a Men's Mini Health Screen to support Men's Health Week 2017. This Health Screen will be free of charge to any man wishing to avail of it. We will take your blood pressure and check your blood glucose levels. Ideally - for the Blood Glucose check - you should come to the pharmacy having fasted.

Entry Fee: Free

For more information contact:

Pharmacists Peter or Paul
Tel: 00353 1 8259801
Email: kavanaghs.dunshaughlin@havenpharmacy.ie

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Let's Talk About HIV... in Ireland



Men's Health Week 2017
find out more at www.mhfi.org

Date: Tuesday 13th June 2017

Time: 9.30am - 1.00pm

Venue:

HIV Ireland
70 Eccles Street
Dublin 7

Organised by: HIV Ireland

Details:

An Irish AIDS Day and Men's Health Week initiative, this half-day workshop aims to increase participants' knowledge and awareness of HIV in Ireland including: an overview; current trends in HIV diagnoses; who might be at risk and why; HIV transmission; preventing new HIV infections; the impact of an HIV diagnosis; HIV-related stigma; services, support and resources.

The workshop will be beneficial to people working across a range of services including sexual health workers, health advisers, drug service providers, LGBT services, mental health practitioners, housing/homeless services, migrant services, GPs, counsellors, social workers, nurses, and other professionals who may work with people living with, or at risk of, HIV.

Entry Fee: Free

For more information contact:

Susan Donlon
Tel: 00353 1 8733799
Email: susan.donlon@hivireland.ie
Website: www.hivireland.ie/lets-talk-about-hiv-in-ireland

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Action Cancer Big Bus



Men's Health Week 2017
find out more at www.mhfi.org

Date: Tuesday 13th June 2017

Time: 9.30am - 3.30pm

Venue:

Ulster Hospital
Upper Newtownards Road
Dundonald
Belfast BT16 1RH

Organised by: South Eastern Health and Social Care Trust (SEHSCT)

Details:

Health checks - by appointment only - for SEHSCT Trust staff

Entry Fee: Free

For more information contact:

Elaine Hardy
Tel: 0044 2892 501380
Email: elaine.hardy@setrust.hscni.net
Website: www.setrust.hscni.net

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Men's Health Day



Men's Health Week 2017
find out more at www.mhfi.org

Date: Tuesday 13th June 2017

Time: 10.00am - 1.00pm

Venue:

Northside Civic Centre
Bunratty Road
Coolock
Dublin 17

Organised by: The Migraine Association of Ireland

Details:

To celebrate Men's Health Week, The Migraine Association and its partner organisations are holding a Men's Health Day in the Northside Civic Centre in Coolock. The day will feature a taster Stop Smoking Session, information stands from a variety of men's health and wellbeing organisations, Free Blood Pressure Screening from Lloyds Pharmacy, and NEAR FM will be broadcasting live from the event as part of their Northside Today programme.

There is a café on site, so why not come down for a coffee and a chat. The Migraine Association of Ireland is working in association with National Bowel Screening Programme, Lloyds Pharmacy, Northside Partnership, Dublin City Council's Sports Development Officers, MOJO North Dublin, and 3Ts.

Entry Fee: Free

For more information contact:

Debbie Hutchinson
Tel: 00353 1 8941280
Email: communications@migraine.ie
Web: www.migraine.ie

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Men's Health NCT - Mervue



Men's Health Week 2017
find out more at www.mhfi.org

Date: Tuesday 13th June 2017

Time: 10.00am - 2.00pm

Venue:

Mervue Community Centre
Mervue
Galway City
Co. Galway

Organised by: Irish Men's Sheds Association and HSE Health Promotion

Details:

Free health checks, advice and signposting for men in Mervue in a bid to encourage them to take better care of their health. The service is open to all men. A host of organisations and agencies including the Marie Keating Foundation, Irish Heart Foundation, Smoking Cessation staff, and health and fitness personnel will be on hand to provide men with advice, information and interactive tools to support them to engage in positive behaviours.

Entry Fee: Free

For more information contact:

Eoin Martyn
Tel: 00353 87 6083718
Email: eoinmartyn5@gmail.com

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Men's Health Information Stand



Men's Health Week 2017
find out more at www.mhfi.org

Date: Tuesday 13th June 2017

Time: 10.00am - 2.00pm

Venue:

Outside Oasis Restaurant
Ulster Hospital
Upper Newtownards Road
Dundonald
Belfast BT16 1RH

Organised by: South Eastern Health and Social Care Trust Men's Health Network

Details:

Men's health information stand.

Entry Fee: Free

For more information contact:

Brien Frazer
Tel: 0044 783 4929105
Email: brien.frazer@setrust.hscni.net
Web: www.setrust.hscni.net

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Men's Health Check Morning



Men's Health Week 2017
find out more at www.mhfi.org

Date: Tuesday 13th June 2017

Time: 10.30am - 12.30pm

Venue:

Gorey Family Resource Centre
4 Charlotte Row
Gorey
Co. Wexford

Organised by: Gorey Men's Development Group

Details:

Gorey Family Resource Centre Men's Development Group invites you to a Health Check Morning with Wexford Red Cross. This will be an ideal occasion to catch up over a cuppa, while the Red Cross offers blood pressure and diabetes checks, as well as a question-and-answer session on health and wellbeing issues.

Entry Fee: Free

For more information contact:

Gorey Family Resource Centre
Tel: 00353 53 9489017
Website: www.goreyfrc.org

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Men's Health and Pharmacy Advice



Men's Health Week 2017
find out more at www.mhfi.org

Date: Tuesday 13th June 2017

Time: 11.00am - 1.00pm

Venue:

Southside Pharmacy
Unit 1, Former Flogas Premises
Dublin Road
Drogheda
Co. Louth

Organised by: Southside Pharmacy

Details:

We invite men to come in and have a chat with our Pharmacist, Will, and our experienced staff. There will be prizes and freebies on the day. Tea, coffee and nibbles will be served.

Entry Fee: Free

For more information contact:

Louise or Rachel
Tel: 00353 41 9849975
Email: southsidepharmacy1@gmail.com

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Open Men's Cancer Peer Support Group



Men's Health Week 2017
find out more at www.mhfi.org

Date: Tuesday 13th June 2017

Time: 11.00am

Venue:

ARC Cancer Support Centres
559 South Circular Road
Dublin 8

Organised by: ARC Cancer Support Centres

Details:

This is an open group which provides an opportunity for men living with, and beyond, a cancer diagnosis to meet each other for support and information. It runs from 11.00am to 12.30pm and will be followed by a light snack. We are situated close to the back gate of St. James Hospital.

Entry Fee: Free

For more information contact:

Tricia Pugh
Tel: 00353 1 7078880
Email: tricia@arccancersupport.ie
Website: www.arccancersupport.ie

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Men's Health Awareness / Information Stand



Men's Health Week 2017
find out more at www.mhfi.org

Date: Tuesday 13th June 2017

Time: 11.00am - 2.00pm

Venue:

Beside Pagoda
Castle Street
Strabane
Co. Tyrone

Organised by: Neighbourhood Health Improvement Project Strabane and Community Groups

Details:

The Neighbourhood Health Improvement Project (NHIP) - which consists of community groups, health improvement and professional bodies within Strabane - are getting together to hold an awareness / information stand in Castle Street in relation to men and how to look after themselves better.

Entry Fee: Free

For more information contact:

Wendy McGlinchey
Tel: 0044 2871 884986
Email: wendy@strabanedistrictcaring.com

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Men's Health Day



Men's Health Week 2017
find out more at www.mhfi.org

Date: Tuesday 13th June 2017

Time: 11.00am - 2.00pm

Venue:

F2 Centre
3 Reuben Plaza
Rialto
Dublin 8

Organised by: F2 Centre

Details:

To mark Men's Health Week, the F2 Centre is holding a Men's Health Day with lunch provided. There will be guest speakers and tasters in pyrography (burning designs into wood), mindfulness, physical activities with Men on the Move, as well as health checks and information. All are welcome, but please register by contacting Lisa using the details below.

Entry Fee: Free

For more information contact:

Lisa Buckley
Tel: 00353 1 4716723
Email: health@f2c.ie
Website: www.f2c.ie

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Lunch, Drumming Workshop and Talk



Men's Health Week 2017
find out more at www.mhfi.org

Date: Tuesday 13th June 2017

Time: 1.00pm - 3.15pm

Venue:

Newbridge Family Resource Centre
Dara Park
Newbridge
Co. Kildare

Organised by: Newbridge Family Resource Centre

Details:

- 1.00pm - Lunch
- 1.30pm - Drumming Workshop with Niall from Wassa Wassa Workshops
- 2.45pm - Talk from MOJO Kildare on minding your health and the MOJO programme

Entry Fee: Free

For more information contact:

Sarah McElroy
Tel: 00353 45 438173
Email: sarah@newbridgefrfc.ie
Website: www.newbridgefrfc.ie

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5K Walk / Run



Men's Health Week 2017
find out more at www.mhfi.org

Date: Tuesday 13th June 2017

Time: 6.00pm

Venue:

Doorly Park
Sligo
Co. Sligo

Organised by: Acquired Brain Injury Ireland

Details:

As part of National Men's Health Week, Acquired Brain Injury Ireland Sligo service has organised a free event on Tuesday 13th June. This 5k walk / run will take place in Doorly Park, Sligo, taking in the beautiful surroundings and scenery. The event will start at 6.00pm sharp, with registration open from 5.30pm.

Entry Fee: Free

For more information contact:

Sandra Greene
Tel: 00353 71 9153472
Email: sgreene@abiireland.ie
Website: www.abiireland.ie

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Dads and Male Carers Night



Men's Health Week 2017
find out more at www.mhfi.org

Date: Tuesday 13th June 2017

Time: 6.00pm - 8.00pm

Venue:

Newry Leisure Centre
Clanrye Avenue
Newry
Co. Down BT35 6EH

Organised by: South Armagh Sure Start

Details:

During the event, our members (fathers and male carers) will have free access to the full facilities within Newry Leisure Centre including the main pool, leisure pool and the luxurious health suite. There will also be a short session on general men's health as well as health checks (including blood pressure) conducted by the Sure Start team.

Entry Fee: Free

For more information contact:

Robert Glusek
Email: robertg@surestartsa.org
Website: www.surestartsa.org

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Action Cancer Big Bus



Men's Health Week 2017
find out more at www.mhfi.org

Date: Wednesday 14th June 2017

Time: 9.30am - 3.30pm

Venue:

Downe Hospital
2 Struell Wells Road
Downpatrick
Co. Down BT30 6RL

Organised by: South Eastern Health and Social Care Trust (SEHSCT)

Details:

Health checks - by appointment only - for SEHSCT Trust staff

Entry Fee: Free

For more information contact:

Elaine Hardy
Tel: 0044 2892 501380
Email: elaine.hardy@setrust.hscni.net
Website: www.setrust.hscni.net

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Men's NCT Day



Men's Health Week 2017
find out more at www.mhfi.org

Date: Wednesday 14th June 2017

Time: Begins at 10.30am

Venue:

Solas Family Resource Centre
Main Street
Headford
Co. Galway

Organised by: Solas Family Resource Centre

Details:

During this event, participants will be invited to participate in four workshops:

- 10.30am: Mind Your Health (*Dr Martina Rea, GP*)
- 11.15am: Prostate Cancer? What Men Need to Know! (*Marie Keating Foundation*)
- Noon: Mind Your Mental Health (*Nicola Morley, Mental Health Ireland*)
- 12.45pm: Healthy Body - Healthy Mind (*Levi Tierney, LT Fitness*)

Entry Fee: Free

For more information contact:

John Middleton
Tel: 00353 93 36446
Email: john@solasfrc.ie
Website: www.solasfrc.ie

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Six Week Prostate Cancer Programme



Men's Health Week 2017
find out more at www.mhfi.org

Date: Starts on Wednesday 14th June 2017 (for six weeks)

Time: 11.00am - 1.00pm

Venue:

ARC Cancer Support Centres
559 South Circular Road
(Back gate of St. James Hospital)
Dublin 8

Organised by: ARC Cancer Support Centres

Details:

This is a free six week Prostate Cancer Programme to mark Men's Health Week. It will run each Wednesday from 11.00am to 1.00pm. It provides an opportunity to meet other men and share experiences.

Topics covered will include physical activity, erectile dysfunction, continence issues and stress management. A Prostate Cancer Specialist Nurse will be a guest speaker and will help with any clinical questions.

Everyone is welcome from all over the country. No referral needed.

Entry Fee: Free

For more information contact:

Tricia Pugh
Tel: 00353 1 7078880
Email: tricia@arccancersupport.ie
Website: www.arccancersupport.ie

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Rosses CDP Open Day and Men's Health Checks



Men's Health Week 2017
find out more at www.mhfi.org

Date: Wednesday 14th June 2017

Time: 11.00am - 3.00pm

Venue:

Rosses Community Development Project (CDP)
Chapel Road
Dungloe
Co. Donegal

Organised by: Rosses CDP

Details:

Health checks for local men

Entry Fee: Free

For more information contact:

Norah Cullinan Breslin
Tel: 00353 74 9561686
Email: rossescdp@eircom.net

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Talking to Teenagers



Men's Health Week 2017
find out more at www.mhfi.org

Date: Wednesday 14th June 2017

Time: 2.00pm - 4.00pm

Venue:

Quality Innovation Centre
Ulster Hospital
Upper Newtownards Road
Dundonald
Co. Down

Organised by: South Eastern Health and Social Care Trust Men's Health Network

Details:

Training session on how to relate to teenagers. Please note that this session is only open to South Eastern Health and Social Care Trust staff.

Entry Fee: Free

For more information contact:

Brien Frazer
Tel: 0044 783 4929105
Email: brien.frazer@setrust.hscni.net
Web: www.setrust.hscni.net

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Men's One Stop Shop



Men's Health Week 2017
find out more at www.mhfi.org

Date: Wednesday 14th June 2017

Time: 6.00pm - 8.00pm

Venue:

St. Luke's Family Centre
Cara House
Twinbrook Road
Belfast BT17 0RL

Organised by: Health Development Team, South Eastern Health and Social Care Trust

Details:

Information, support and advice on men's health issues

Entry Fee: Free

For more information contact:

Noelle Holywood
Tel: 0044 787 2422101
Email: noelle.holywood@setrust.hscni.net
Website: www.setrust.hscni.net

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Get Men Talking



Men's Health Week 2017
find out more at www.mhfi.org

Date: Wednesday 14th June 2017

Time: 6.00pm - 8.30pm

Venue:

Royal College of Surgeons in Ireland
123 St. Stephen's Green
Dublin 1

Organised by: Marie Keating Foundation

Details:

Celebrate International Men's Health Week with the Marie Keating Foundation by attending our free men's health seminar. Learn from our experts (Mr John Lonergan, Prof Niall Moyna and Dr Paul D'Alton), as well as from cancer survivors (Tony Ward and Sean Boylan).

The event will look at ..

- Putting the focus on men's physical and mental health.
- Dealing with cancer, managing side effects and accessing support.
- A panel discussion with cancer patients and survivors, Heroes of Hope contributors, and leading health experts.
- Mindfulness and tips on how to manage stress.

Entry Fee: This is a free event, but registration is essential

For more information contact:

Tel: 00353 1 628 3726
Website: www.mariekeating.ie/events

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A Bit of Banter Around the Bridges



Men's Health Week 2017
find out more at www.mhfi.org

Date: Wednesday 14th June 2017

Time: 7.00pm - 8.00pm

Venue:

Melvin Sports Complex
Strabane
Co. Tyrone

Organised by: Strabane Sigersons Neighbourhood Renewal Project

Details:

Organised to coincide with Men's Health Week, this event seeks to attract forty men for an evening of fun and engagement. The walk will commence at Melvin Sports Complex, and take in the three bridges around Strabane - the old Mourne Bridge, the Great Northern Link Bridge and the new footbridge. The walk will seek to raise awareness of male health matters and, in particular, to get participants to talk whilst exercising. It is hoped that many of the participants will enrol for other health and wellbeing events in the future. Following the walk, health and wellbeing literature will be distributed to participants at Melvin Hall.

This event is being supported by members of Strabane Community Rescue Service (providing stewards) and Sean O'Kane at Melvin Sports Complex.

Entry Fee: Free

For more information contact:

Aodhán Harkin
Tel: 0044 776 5470693
Email: aodhanharkin@btinternet.com

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Open Evening for Men



Men's Health Week 2017
find out more at www.mhfi.org

Date: Wednesday 14th June 2017

Time: 7.00pm - 9.00pm

Venue:

Greystones Cancer Support
La Touche Place
Greystones
Co. Wicklow

Organised by: Greystones Cancer Support

Details:

Calling all Men! ... Be aware of preventable health problems. Choose healthier lifestyle and activities. Go for early detection and treatment. All men welcome to this informal evening.

Entry Fee: Free

For more information contact:

Susan and Anne
Tel: 00353 1 2871601
Email: info@greystonescancersupport.com
Web: www.greystonescancersupport.com

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Indoor Belfast to Dublin Charity Cycle



Men's Health Week 2017
find out more at www.mhfi.org

Date: Thursday 15th June 2017

Time: All day

Venue:

Main Foyer
Ulster Hospital
Upper Newtownards Road
Dundonald
Belfast BT16 1RH

Organised by: South Eastern Health and Social Care Trust (SEHSCT)
Men's Health Network

Details:

Indoor cycling event for SEHSCT staff

Entry Fee: Free

For more information contact:

Brien Frazer
Tel: 0044 783 4929105
Email: brien.frazer@setrust.hscni.net
Website: www.setrust.hscni.net

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SJOG Men's Group



Men's Health Week 2017
find out more at www.mhfi.org

Date: Thursday 15th June 2017

Time: All day

Venue:

Saint John of God Centre
Tralee
Co. Kerry

Organised by: Saint John of God (SJOG) Men's Group

Details:

Interactive activities based on men's issues and small group work, coming together to discuss posters and information. Also, creating an exhibition of the year's work completed by the group.

Entry Fee: Free

For more information contact:

Phil McSweeney
Tel: 00353 87 6896130
Email: mcswine@live.co.uk
Website: www.sjogkerryservices.ie

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Men's Health Day with Men's Shed



Men's Health Week 2017
find out more at www.mhfi.org

Date: Thursday 15th June 2017

Time: 10.30am - 4.30pm

Venue:

Haven Pharmacy Looby's
42 Manor Road
Palmerstown
Dublin 20

Organised by: Haven Pharmacy Looby's

Details:

All male customers are invited to call into the pharmacy to be greeted with a free raffle ticket for a Gift Basket full of men's products. We are giving free blood pressure tests; free cholesterol testing for the first 20 customers; samples of vitamins and hair products in a goodie bag; CPR training by our fully qualified First Aid Advanced Paramedic. A nutritionist will be here to advise and answer any questions or queries from customers, and there will be talks from the pharmacist on joint care, blood pressure and daily needs.

Entry Fee: Free

For more information contact:

Shirley
Tel: 00353 1 6264574
Email: shirley.mitchell@havenpharmacy.ie

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Purple House Cancer Support Men's Group



Men's Health Week 2017
find out more at www.mhfi.org

Date: Thursday 15th June 2017

Time: 10.30am - 12.30pm

Venue:

Purple House Cancer Support Centre
Aubrey Court
Parnell Road
Bray
Co. Wicklow

Organised by: Purple House Cancer Support

Details:

Our support group for men affected by cancer is open to cancer patients, family members and friends, and takes place in an informal setting in Purple House Cancer Support Centre.

The Men's Support Group also incorporates a garden allotment project where men can grow fruit and vegetables in the Purple House Allotment. Pop in for a cup of tea or coffee. All welcome!

Entry Fee: Free

For more information contact:

Conor O'Leary
Tel: 00353 1 2866966
Email: info@purplehouse.ie
Website: www.purplehouse.ie

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Coffee Morning



Men's Health Week 2017
find out more at www.mhfi.org

Date: Thursday 15th June 2017

Time: Noon

Venue:

Devon Inn Hotel
Templeglantine
Co. Limerick

Organised by: Enda Keogh and Mary Danaher, Limerick Social Services

Details:

Coffee, chat and information sharing for men.

Entry Fee: Free

For more information contact:

Mary Danaher
Tel: 00353 86 3514700
Email: mary.danaher@lssc.ie

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Heart Attack and Healthy Eating - Well Talk



Men's Health Week 2017
find out more at www.mhfi.org

Date: Thursday 15th June 2017

Time: 12.30pm - 1.30pm

Venue:

RLC Langford
Largy Road
Crumlin
Co. Antrim

Organised by: Northern Ireland Chest Heart & Stroke

Details:

All RLC staff will be encouraged to attend a 'Well Talk' delivered by Northern Ireland Chest Heart & Stroke which will look at heart attack and healthy eating. Man Manuals will be circulated to staff, and posters will be displayed throughout the workplace over Men's Health Week.

Entry Fee: Free

For more information contact:

Emma McCrudden
Tel: 0044 2890 320184
Email: emccrudden@nichs.org.uk
Web: www.nichs.org.uk

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BowelScreen Lunchtime Talk



Men's Health Week 2017
find out more at www.mhfi.org

Date: Thursday 15th June 2017

Time: Noon - 3.00pm, with a talk at 1.00pm

Venue:

Central Library
Ilac Centre
Henry Street
Dublin 1

Organised by: National Screening Service

Details:

Lunchtime talk from 1.00pm about BowelScreen, the National Bowel Screening Programme, with information sessions for one hour either side of the talk. BowelScreen is delivered by the National Screening Service and is available to men and women aged 60-69 years of age every two years. Staff from the National Screening Service will be available to answer any questions about BowelScreen from noon, and a talk about BowelScreen will commence at 1.00pm. Information leaflets will be available and eligible persons can register for BowelScreen.

Entry Fee: Free

For more information contact:

David Keane
Tel: 00353 87 1714819
Email: david.keane@screeningservice.ie
Website: www.bowelscreen.ie

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Men's Health NCT - Castlebar



Men's Health Week 2017
find out more at www.mhfi.org

Date: Thursday 15th June 2017

Time: 3.00pm - 7.00pm

Venue:

Castlebar Tennis Club
Knockacroughy
Lannagh Road
Castlebar
Co. Mayo

Organised by: Irish Men's Sheds Association and HSE Health Promotion

Details:

Free health checks, advice and signposting for men in Castlebar in a bid to encourage them to take better care of their health. The service is open to all men. A host of organisations and agencies including the Marie Keating Foundation, Irish Heart Foundation, Haven Pharmacies, Hidden Hearing, Diabetes Ireland, National Screening Service, Smoking Cessation staff, and health and fitness personnel will be on hand to provide men with advice, information and interactive tools to support them to engage in positive behaviours.

Entry Fee: Free

For more information contact:

Eoin Martyn
Tel: 00353 87 6083718
Email: eoinmartyn5@gmail.com

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Wellness Toolkit for Men



Men's Health Week 2017
find out more at www.mhfi.org

Date: Thursday 15th June 2017

Time: 8.30pm - 9.30pm

Venue:

Sandyford Community Centre
Lambscross
Sandyford
Dublin 18

Organised by: Paul Hogan Therapy

Details:

As part of Men's Health Week - and as my interest is in mental health - I will be giving a free short talk and discussion on how to stay (mentally) well. This will cover: how to recognise when I am well; what am I like when I'm not so well; things I like to do every day to stay well (getting your 'Five-A-Day' for wellbeing); recognising my triggers for when I am not so well. Even though it is Men's Health Week, women are also welcome to attend - as what is being covered is relevant to everyone.

Entry Fee: Free

For more information contact:

Paul Hogan
Tel: 00353 89 4759635
Email: info@paulhogantherapy.ie
Website: www.paulhogantherapy.ie

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Chi Me



Men's Health Week 2017
find out more at www.mhfi.org

Date: Thursday 15th June 2017

Time: To be confirmed

Venue:

Simon Community Hostel
2 Flush Park
Lisburn
Co. Antrim BT28 2DX

Organised by: Health Development, South Eastern Health and Social Care Trust

Details:

Chi Me session

Entry Fee: Free

For more information contact:

Caroline McGrath
Email: caroline.mcgrath@setrust.hscni.net
Website: www.setrust.hscni.net

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Men's Health Information Stall and Checks



Men's Health Week 2017
find out more at www.mhfi.org

Date: Friday 16th June 2017

Time: 9.00am - 1.00pm

Venue:

St. George's Market
12-20 East Bridge Street
Belfast BT1 3NQ

Organised by: Belfast Men's Health Group

Details:

In partnership with Belfast City Council, the Belfast Men's Health Group will have a men's health information stall in St. George's Indoor Market. Male visitors to the market will be offered free blood pressure checks, Body Mass Index assessments, men's health literature, gym passes and other freebies to take away.

Entry Fee: Free

For more information contact:

Paul O'Kane
Tel: 0044 2895 049951
Email: paul.okane@belfasttrust.hscni.net
Website: www.facebook.com/belfastmenshealthgroup

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Men about the HOPE (D) House



Men's Health Week 2017
find out more at www.mhfi.org

Date: Friday 16th June 2017

Time: 10.00am - 4.00pm

Venue:

HOPE (D) House
2 Henry Street
Newbridge
Co. Kildare

Organised by: HOPE (D)

Details:

- 10.00am: Coffee morning and house tour
- 11.00am - 1.00pm: A taste of holistic therapies (introduction sessions to Reflexology, Reiki, Rahanni)
- 1.00pm: Lunch for the lads
- 2.00pm: Droichead Drumming Circle (fun meet with a beat)
- 3.00pm: Ease the stress, heal the mind (workshop)

Even if you cannot make all of the events, at least drop by for some of the fun.

Entry Fee: Free

For more information contact:

Terri Thorpe
Tel: 1800 855 834
Email: contacthoped@gmail.com

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Men's Health NCT - Charlestown



Men's Health Week 2017
find out more at www.mhfi.org

Date: Friday 16th June 2017

Time: 10.00am - 2.00pm

Venue:

Charlestown GAA Pitch
Charlestown
Co. Mayo

Organised by: Irish Men's Sheds Association and HSE Health Promotion

Details:

Free health checks, advice and signposting for men in Charlestown in a bid to encourage them to take better care of their health. The service is open to all men. A host of organisations and agencies including the Marie Keating Foundation, Irish Heart Foundation, Haven Pharmacies, Hidden Hearing, Diabetes Ireland, Get Ireland Walking, Smoking Cessation staff, and health and fitness personnel will be on hand to provide men with advice, information and interactive tools to support them to engage in positive behaviours.

Entry Fee: Free

For more information contact:

Eoin Martyn
Tel: 00353 87 6083718
Email: eoinmartyn5@gmail.com

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Men and Mental Health



Men's Health Week 2017
find out more at www.mhfi.org

Date: Friday 16th June 2017

Time: 10.00am - 11.30am

Venue:

NDCN Community Hub
Flagship Centre
Bangor
Co. Down

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

Details:

Talk and discussion on men and mental health

Entry Fee: Free

For more information contact:

Greg Martin
Tel: 0044 2891 475783
Email: gregorymartin@ndcn.co.uk
Website: www.ndcn.co.uk

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AAA Screening Programme



Men's Health Week 2017
find out more at www.mhfi.org

Date: Friday 16th June 2017

Time: 11.00am

Venue:

Unit 9, Connswater Shopping Centre
Bloomfield Avenue
Belfast BT5 5LP

Organised by: East Belfast Wise Men's Shed

Details:

Sarah-Louise Dornan, Deputy Programme Manager for the Abdominal Aortic Aneurysm (AAA) Screening Programme, will be providing information on AAA screening in Northern Ireland. All men who turn 65 are automatically invited to take part in the programme because the condition is most common in men aged 65 and over. Any man of this age, who has not been screened before, can ask for a screening appointment by telephoning 02890 631828.

Infographics will be used to: show what an AAA is; why it is important for men to consider this offer of a quick, free and painless scan; what the scan entails; where the screening is available. Any other questions about the programme will also be answered.

Entry Fee: Free

For more information contact:

Diane Stewart or Sarah-Louise Dornan
Tel: 0044 2890 638389
Email: sarahlouise.dornan@belfasttrust.hscni.net
Web: www.aaascreening.info

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Pitstop Health Check



Men's Health Week 2017
find out more at www.mhfi.org

Date: Friday 16th June 2017

Time: 11.00am - 2.00pm

Venue:

Bishop Street Community Centre
Bishop Street
Derry / Londonderry BT48 6XQ

Organised by: Pink Panthers Cancer Support Group

Details:

To mark Men's Health Week, the Pink Panthers are running a clinic which will offer blood pressure and weight checks, advice on diet and exercise, cancer information, and a cuppa and a chat. Participants will also be in with a chance of winning a haircut and hot towel shave at a local Barber Shop.

Entry Fee: Free

For more information contact:

Tel: 0044 2871 414004 | 0044 771 0025494

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Chi Me



Men's Health Week 2017
find out more at www.mhfi.org

Date: Friday 16th June 2017

Time: To be confirmed

Venue:

Downtown Centre's Men's Group
49 Market Square South
Lisburn
Co. Antrim BT28 1AD

Organised by: Health Development, South Eastern Health and Social Care Trust

Details:

Chi Me session

Entry Fee: Free

For more information contact:

Caroline McGrath
Email: caroline.mcgrath@setrust.hscni.net
Website: www.setrust.hscni.net

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Men's Health Day @ Mountbellew Fitness Centre



Men's Health Week 2017
find out more at www.mhfi.org

Date: Saturday 17th June 2017

Time: 9.30am - 2.00pm

Venue:

Mountbellew Fitness Centre
Holy Rosary College
Mountbellew
Co. Galway

Organised by: Mountbellew Fitness Centre

Details:

This event is entirely free ... free health screening in association with the Irish Heart Foundation, free gym access for men, free men's exercise classes (Pilates / Boot Camp/ Spinning)

Entry Fee: Free

For more information contact:

Tomas Kenny
Tel: 00353 86 7828720
Email: info@MountbellewFitnessCentre.com

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Heart Attack and Physical Activity - Well Talk



Men's Health Week 2017
find out more at www.mhfi.org

Date: Tuesday 20th June 2017

Time: 8.00am - 9.00am

Venue:

McCormack Demolition
Trench Road
Mullusk
Co. Antrim

Organised by: Northern Ireland Chest Heart & Stroke

Details:

All staff in McCormack Demolition will be encouraged to attend a 'Well Talk' delivered by Northern Ireland Chest Heart & Stroke. This will focus upon heart attack and physical activity. Copies of the Man Manual will be circulated to staff, and posters will be displayed throughout the workplace during Men's Health Week.

Entry Fee: Free

For more information contact:

Emma McCrudden
Tel: 0044 2890 320184
Email: emccrudden@nichs.org.uk
Website: www.nichs.org.uk

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Museum Project Visit



Men's Health Week 2017
find out more at www.mhfi.org

Date: Wednesday 21st June 2017

Time: 2.00pm - 4.00pm

Venue:

Folk and Transport Museum
Cultra
Holywood
Co. Down

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

Details:

Men's group visit to Folk and Transport Museum

Entry Fee: Free

For more information contact:

Greg Martin
Tel: 0044 2891 475783
Email: gregorymartin@ndcn.co.uk
Website: www.ndcn.co.uk

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Heart Attack and Healthy Eating - Well Talk



Men's Health Week 2017
find out more at www.mhfi.org

Date: Thursday 22nd June 2017

Time: 1.00pm - 2.00pm

Venue:

Mivan Marine Limited
Greysteele Road
Antrim
Co. Antrim

Organised by: Northern Ireland Chest Heart & Stroke

Details:

All staff in Mivan Marine Ltd will be encouraged to attend a 'Well Talk' delivered by Northern Ireland Chest Heart & Stroke. This will look at heart attack and physical activity. Man Manuals will be circulated to staff, and posters will be displayed throughout the workplace during Men's Health Week.

Entry Fee: Free

For more information contact:

Emma McCrudden
Tel: 0044 2890 320184
Email: emccrudden@nichs.org.uk
Website: www.nichs.org.uk

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