

# Men's Health Forum in Ireland: Men's Health Week 2006 - Online Registration of Event

Men's Health Week (MHW) will run from Monday 12th June until Sunday 18th June this year. The theme for 2006 is "Males and Mental Well-Being".



The purpose of this week is to heighten awareness of preventable male health problems, and to encourage early detection and treatment of illness among men and boys. This week gives everyone (health care providers, public policy makers, community groups, the media ...) an opportunity to encourage men and boys to seek medical advice and early treatment for disease and injury.

The Men's Health Forum in Ireland (MHFI) is inviting groups / individuals to organise an event to mark this week, and we will create a section on our website ([www.mhfi.org/mhw.htm](http://www.mhfi.org/mhw.htm)) to promote the details of these activities. If you would like to have your details included on this site, please complete and return the form below ...

**Name of Event:** Mind Your Self - Men's Health Workshop

**Name of Organisation Running Event:** North & West Belfast Area Health Promotion Consortium and North & West Belfast Mental Health Promotion Department

**Contact Person:** Joan Melanophy / Margaret Woods

**Address:** Health Promotion Department  
Twin Spires / Curran House  
155 Northumberland Street  
Belfast

**Post Code:** BT13 2JF

**Telephone Number:** 02890 417449 or 02890 417443

**Fax Number:**

**E-mail Address:** [joan.melanophy@nwb.n-i.nhs.uk](mailto:joan.melanophy@nwb.n-i.nhs.uk) or [margaret.woods@nwb.n-i.nhs.uk](mailto:margaret.woods@nwb.n-i.nhs.uk)

**Web Site Address:** n/a

**Brief description of the event - maximum 150 words** [what / when / where / why / who for etc.]

When: Thursday 15<sup>th</sup> June 2006 from 10.00am - 2.00pm

Where: Everton Complex Gym, 585-589 Crumlin Road, Belfast

Why: (1) To promote awareness of the inequality that exists between men's and women's health and to highlight the main conditions affecting adult men. (2) To persuade men to make positive lifestyle changes to improve their health - encouraging them to attend their GPs for regular check ups.

Who is it for: All male staff who work in North & West Belfast Health & Social Services Trust, The Royal Hospitals and The Mater Hospital (although women are welcome).

What: Men's MOTs, BP, cholesterol levels, blood glucose checks, Body Mass Index, lung capacity checks, flexibility checks, use of gym, Turkish Shaves, barber, sun damage scanner, podiatry reflexology, aromatherapy, Indian Head Massage, testicular and prostate awareness talk, smoking cessation, Community Addiction Team, advice about mental health. Sandwiches/refreshments - healthy and free.

Please Return To:

Colin Fowler, The Men's Project, Parents Advice Centre, Floor 4, Franklin House, 12 Brunswick Street, Belfast BT2 7GE