

Daily Social Media Themes for Men's Health Week 2018

MEN'S HEALTH WEEK

Monday 11th - Sunday 17th June 2018

ONE SMALL STEP FOR MAN
ONE GIANT LEAP FOR MEN'S HEALTH

What's your small step going to be?



Visit www.mhfi.org to find out more

#MensHealthWeek



Seirbhíse Sláinte
Níce Feadar
& Forbairt

Building a
Better Health
Service



HSC Public Health
Agency
Project supported by the PHA



Purpose of this Document

Men's health issues and needs are numerous and complicated. So much so, that we could probably assign a different one to highlight on each day of the year and still have an outstanding pool of ones to explore!

When preparing for Men's Health Week (MHW) 2018, the all-island Planning Group felt that it would be useful to draw attention to a specific theme on each day during MHW, as well as on the days leading up to it. The themes decided upon were ...

- Friday 8th June - Men's health week is coming! ... Here's what you need to know
- Saturday 9th June - Men and healthy relationships
- Sunday 10th June - We are what we eat
- Monday 11th June - Top tips for men's mental fitness
- Tuesday 12th June - Keeping your heart healthy
- Wednesday 13th June - Men and cancer
- Thursday 14th June - Trash the ash ... Men and smoking
- Friday 15th June - One less today ... Men and alcohol
- Saturday 16th June - Sports Saturday... Men, physical activity and sport
- Sunday 17th June - The importance of fathers to children's outcomes

However, anything which highlights men's health issues and needs during MHW 2018 will be very welcome on any day - so, there's no need to stick rigidly to these themes.

Social media (especially Facebook and Twitter) has become a powerful tool for organisations to spread their message. During Men's Health Week 2018, we are encouraging everyone to 'Post' and 'Tweet' to their heart's content and, when possible, to use the hashtag:

#MensHealthWeek

This paper seeks to help those people who would like to support MHW 2018 using their social media channels, but who don't have the time, energy or knowledge to develop their own messages. Therefore, on each day of the week, there is a range of suggested Posts and Tweets (and, often, graphics) that you can simply cut-and-paste from. Some of these refer to research / events / resources / support / help in the Republic of Ireland, while others have a Northern Ireland focus. When this is the case, they will be accompanied by either [RoI] or [NI]. However, the core information given in either of these will be useful to everyone.

There are lots of message options presented for each day of the week. Feel free to use them all, or pick and choose the ones that suit yourself / your organisation / your location.

We hope that you might be willing to promote MHW 2018 on your social media outlets this year. Even loading a few things to your website / Facebook page / Twitter site / other social media platform can, and will, make a huge difference to publicising the week. It's also an easy and free way to show your support.



Friday 8th June 2018

Men's health week is coming! ... Here's what you need to know



The Final Countdown to Men's Health Week 2018 has begun ...

We're nearly there. The clock is ticking. It won't be long now until International Men's Health Week (MHW). This year, it will run from Monday 11th until Sunday 17th June 2018.

Almost fifty years ago, Astronaut Neil Armstrong landed on the moon and said some of the most famous words in history: '*One small step for [a] man. One giant leap for mankind*'. Neil and his colleagues had taken a huge step into the unknown. There was a great challenge in front of them, but they met it head on. They were in a vulnerable situation, but relied on each other's support and the back-up of thousands of people behind the project.

During MHW 2018, people in Ireland are also being asked to do something out of this world. Everyone is encouraged to work together to do at least one small practical thing to improve their own health and the health of men across the island. The key question is: 'what's your small step going to be?'

To find out more about the week and how you can support it / get involved, visit:
www.mhfi.org/mhw/mhw-2018.html



Men's Health Week 2018 is almost here. Do you know everything that you need to know? If not, check out: www.mhfi.org/mhw2018toolbox.pdf #MensHealthWeek

#MensHealthWeek Have you seen the 'Challenges and Choices' Man Manual for Men's Health Week yet? View the preview copy at: www.mhfi.org/challenges2018.pdf

You can easily support #MensHealthWeek 2018 by using one or more of the graphics and images at: www.mhfi.org/mhw/mhw-image-pack.html

Stuck for ideas on how to mark #MensHealthWeek 2018? ... If so, see:
www.mhfi.org/mhw2018celebrateit.pdf

Find out about some of the events being held to mark #MensHealthWeek 2018 in Ireland by visiting: www.mhfi.org/mhw2018events.pdf

Possible Images / Animation ...

 <p>A blue circular badge with a white border. Inside, it says "WE SUPPORT MEN'S HEALTH WEEK 2018 #MensHealthWeek www.mhfi.org".</p>	<p>Available at: www.mhfi.org/mhw/mhw-image-pack.html#Badge2018 </p>
 <p>A stylized blue logo consisting of a circle and a line, with the text "MEN'S HEALTH WEEK" below it.</p>	<p>Available at: www.mhfi.org/mhw/mhw-image-pack.html#Generic </p>
 <p>A banner featuring the Men's Health Week logo on the left and the text "MEN'S HEALTH WEEK 2018 Find out more at www.mhfi.org #MensHealthWeek" on a dark blue background.</p>	<p>Available at: www.mhfi.org/mhw/mhw-image-pack.html#Banner2018 </p>
 <p>A poster for Men's Health Week 2018. It features a man in a white space suit standing on a grey, cratered surface. Text includes "MEN'S HEALTH WEEK Monday 18th - Sunday 17th June 2018", "ONE SMALL STEP FOR MAN ONE GIANT LEAP FOR MEN'S HEALTH", and "What's your small step going to be?". Logos for SAGE, M, and others are at the bottom.</p>	<p>Available at: www.mhfi.org/mhw/mhw-image-pack.html#Poster2018 </p>
 <p>A frame from an animation. It shows a man in a white space suit standing on a grey, cratered surface. Text includes "One Small Step For Man", "One Giant Leap For Men's Health", and "What's your small step going to be?".</p>	<p>Animation available at: https://youtu.be/iEra_ZtedFY </p>

Saturday 9th June 2018

Men and healthy relationships



Find your space!

When it comes to relationships, couples can benefit from some healthy time apart to pursue their own interests and hobbies, and to connect with friends (old and new). It's important for men to have a space outside the usual settings, such as the home or the workplace, where they can meet other like-minded men, de-stress, unwind and recharge. 'Space' is the key to a healthy and balanced relationship.

Men's Sheds offer men an alternative, informal space with no expectations or social pressures, where men can simply chat, share stories, learn a new skill or take up an old one. The banter and camaraderie experienced by the men is at the heart of every Shed.

Having a space of one's own, where a man can find a sense of belonging and identity beyond the family home, can profoundly impact their wellbeing. It can lead to healthier, better-connected men who then carry that positivity and increased confidence into every aspect of their lives and relationships. In this way, and many others, men's sheds have a positive, life-changing impact; not only on the men who attend them, but on their families and communities.

Spouses and partners can play a supporting role by encouraging their men to join a Men's Shed. During Men's Health Week 2018, find your nearest Men's Shed by visiting:
www.menssheds.ie/shed-directory

Men can be many things

Men can be many things ...

Men can be happy. Men can be sad.

Men can be fearless. Men can be fearful.

Men can be strong. Men can be weak.

Men can be aggressive. Men can be passive.

Men can be outgoing. Men can be isolated.

Men can be helpful. Men are sometimes in need of help.

If you are a man in need of support, talk to someone today. Find a listening ear and help at:
www.amen.ie

Domestic violence is a pattern of abuse to control the behaviour of another

Most relationships have difficult times and almost every couple argues now and then. But violence is different from common marital or relationship problems. Domestic violence is a pattern of abuse that a current or former partner, spouse, boyfriend or girlfriend uses to control the behaviour of another person.

If you are experiencing domestic violence or abuse you are not alone. For help and support to get your life back on track, contact Amen [RoI] at: www.amen.ie | Men's Advisory Project [NI] at: www.mapni.co.uk | Men's Action Network [NI] at: www.man-ni.org



Men can be the victims of abuse within relationships too. Have your voice heard - speak out - break the silence. There are people ready to help during #MensHealthWeek. Contact Amen [RoI]: www.amen.ie | MAP [NI]: www.mapni.co.uk | MAN [NI]: www.man-ni.org

Strong healthy relationships are a key pillar to healthy and happy lives. What changes can you make today to build upon and improve your relationships? What's your small step going to be for #MensHealthWeek 2018?

Healthy relationships include respect, honesty, trust, love and compassion. They do not include emotional, physical, psychological, verbal, financial or sexual exploitation or abuse. If you recognise any of these in your relationships seek help. Make a change. #MensHealthWeek

Men are strong, capable, proactive, decisive, respected and fearless. Men are also sensitive, bullied, abused, vulnerable, isolated and fearful. Men can be all of these things at any time. Sometimes men need help too. Get support if you need it. #MensHealthWeek

[NI] Maintaining healthy relationships requires effort and facing challenges. What's your 'small step' going to be during #MensHealthWeek ... www.relateni.org

[RoI] Maintaining healthy relationships requires effort and facing challenges. What's your 'small step' going to be during #MensHealthWeek ... www.accord.ie

Men's sheds make for healthier, happier men. Healthier, happier men make for stronger and richer relationships. This #MensHealthWeek find your local shed at: www.menssheds.ie/shed-directory

What makes a relationship work? ... Honesty, respect and trust are vital elements. It's also important that all parties have time to pursue their own interests. What's your 'small step' going to be? #MensHealthWeek

Lives are a patchwork of relationships which all reinforce one another; relationships with our partners, our families, our communities and, just as importantly, with ourselves. Join a Men's Shed during #MensHealthWeek to strengthen these relationships: www.menssheds.ie

One of the best ways to keep a relationship healthy and vibrant is to spend quality time apart from your partner. For men, joining a Men's Shed is one of the best ways to ensure that you always have something new and exciting to talk about at the end of the day! #MensHealthWeek

Sunday 10th June 2018

We are what we eat



What you put in has to come out

Maintaining a healthy weight and staying fit requires us to look at what we put in (food and drink) and what we take out (by way of burning-up this 'food fuel'). In many ways it's a simple equation.

A well-balanced diet not only improves your general health, sense of wellbeing and helps maintain a healthy weight, but can also lower your cholesterol, keep your blood pressure down, and reduce your risk of developing heart disease, diabetes and some cancers. When combined with healthy eating, participation in regular physical activity can help you to: live longer; achieve and maintain a healthy weight; lower the risk of chronic diseases associated with being overweight; improve your mental health and wellbeing; be more social and make new friends ... This really is a WIN-WIN situation for men!

If you don't believe us, check out: www.safefood.eu/Healthy-Eating.aspx | www.choosetolivebetter.com | www.enjoyhealthyeating.info | <http://weigh2live.safefood.eu>



The amount of sugar in energy drinks may surprise you. Some contain up to 17 teaspoons of sugar. Make cutting down your 'small step' during #MensHealthWeek 2018:

<https://goo.gl/JJpW9E>

(See image 6)

#MensHealthWeek Did you know that alcoholic drinks are full of calories? Check out:

<https://goo.gl/ugvgMM> and take a step towards cutting back.

(See image 7)

Men tend to think that bigger portions are normal, but they can make you gain weight:

<https://goo.gl/HnKbdS> Try using a smaller plate this #MensHealthWeek

(See image 8)

Eating too much salt results in high blood pressure which can lead to stroke or heart disease: <https://goo.gl/ZOPpP0> Shake the habit for #MensHealthWeek 2018.
(See image 9)

The recommended level of fibre for men is 25g/day. Are you getting enough this #MensHealthWeek ...? More information is available at: <https://goo.gl/sLZtdg>
(See image 10)

Irish men consume, on average, 30.9g of processed meat a day. Are you one of them? Try cutting down for #MensHealthWeek <https://goo.gl/D88V65>
(See image 11)






Men with a waist size of over 37 inches are at increased risk of some health conditions. Tighten-up this #MensHealthWeek See: <https://goo.gl/z641d9>
(See image 12)

It is estimated that about 8 out of 10 men in Ireland don't eat enough fruit and vegetables. How are you doing? ... #MensHealthWeek

Men - are you struggling to shed those extra pounds? Here are some gut busting tips to help you: www.safefood.eu/Healthy-Eating/Weight-Loss/Advice-and-help/Gut-busting-tips-for-men.aspx #MensHealthWeek

Possible Images / Animation ...

	<p>Available at: www.mhfi.org/Image6Safefood.jpg</p>
	<p>Available at: www.mhfi.org/Image7Safefood.jpg</p>

		<p>Available at: www.mhfi.org/Image8SafeFood.jpg</p>
		<p>Available at: www.mhfi.org/Image9SafeFood.jpg</p>
		<p>Available at: www.mhfi.org/Image10SafeFood.jpg</p>
		<p>Available at: www.mhfi.org/Image11SafeFood.jpg</p>
		<p>Available at: www.mhfi.org/Image12SafeFood.jpg</p>
<p>Animation available at: https://youtu.be/Sx0JfRZ7ULY</p>		
<p>Ciaran speaks about how healthy eating and exercise helped him to beat Type 2 Diabetes: www.youtube.com/watch?v=PayqDOEry20</p>		
<p>Vinny talks about his weight loss journey, when he shed 18 stone in 24 months: www.youtube.com/watch?v=kpcxAZj5MFM</p>		

Monday 11th June 2018

Top tips for mental fitness



Get Your 'Five-A-Day'

Mental health difficulties affect society as a whole, and not just a small, isolated group. But good mental health is more than simply the absence of problems. It is just as important as good physical health, and maintaining mental fitness should be a priority for everyone. There are five simple steps to help maintain and improve your wellbeing. Try to build these into your daily life and think of them as your 'five-a-day' for wellbeing ...

1. **CONNECT** with the people around you - family, friends, colleagues and neighbours - and spend time developing relationships.
2. **BE ACTIVE** and find a physical activity that you enjoy. Go for a walk, run, swim or cycle, play a game, do some gardening ... Exercise makes you feel good.
3. **TAKE NOTICE** of the world around you, be observant, look for something beautiful or remark on something unusual. Savour and enjoy the moment, be aware of your surroundings and appreciate the place you're in.
4. **KEEP LEARNING** and don't be afraid to try something new. Rediscover an old hobby or sign up for a course. Take on a different role, fix a bike, learn to play an instrument, develop a skill that you've always wanted to have ... Set yourself a challenge and have some fun.
5. **GIVE** to others. Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Find ways to work together with others on things rather than on your own.

During #MensHealthWeek 2018 take the first small steps towards improving your mental fitness. For practical help, support, tips and advice, visit: www.yourmentalhealth.ie or www.mindingyourhead.info



Welcome to Men's Mental Fitness Day during #MensHealthWeek 2018. Here's some tips for small steps to improve your mental wellness / fitness: www.3ts.ie/blog/mental-wellness

[Rol] If your head's all over the place this #MensHealthWeek start by visiting: www.yourmentalhealth.ie

[NI] If your head's all over the place this #MensHealthWeek start by visiting:
www.mindingyourhead.info

[RoI] Young men can see what local services and supports are available to help their mental fitness by visiting: www.youthhealth.ie/signposts #MensHealthWeek

Today we are focusing on men's mental health #MensHealthWeek Stigma is a huge barrier many men face when discussing mental health. Here is some information on what stigma is:
<https://seechange.ie/wp-content/uploads/2018/02/See-Change-What-is-Stigma-A5-brochure-HR.pdf>

See Change Ambassador Neil Kelders is a fitness trainer who speaks out about his experience of depression and anxiety. Here Neil offers some help and guidance for #MenshealthWeek ...
https://youtu.be/B6A_NU2_Wy4

Rick Rossiter is a See Change Ambassador and mental health advocate. Here he speaks about the mask many men have to put on and how we can better understand our mental health #MensHealthWeek 2018 ... <https://youtu.be/ZCviNh9gWHc>

It's good to talk, but sometimes we need a bit more than that. Check out this video on 'What is Counselling' at: www.3ts.ie/need-help/3steps-mental-health-videos #MensHealthWeek 2018

It's #MensHealthWeek 2018. Have you ever tried 'WorkOut' - the mental fitness phone app? ... If not, why not have a look at: <http://ie.reachout.com/workout>

Discrimination and marginalisation have a direct impact on Traveller men's mental health ...
<https://bit.ly/2HQNWIB> #MensHealthWeek 2018

Expression is important for #MentalFitness Reach out to someone this #MensHealthWeek ...
<https://bit.ly/2HPslHn>

#MensHealthWeek Traveller men are engaged in improving mental health in their community
<https://bit.ly/2KdRhqi>

Here's ten practical tips from Mental Health Ireland on how to build resilience and wellbeing this #MHW2017 ... www.mentalhealthireland.ie/wp-content/uploads/2015/09/MHI-Building-Resilience-Wellbeing-Flyer.pdf

Possible Images / Animation ...



Range of mental fitness posters available at:
www.yourmentalhealth.ie/mind-yourself/good-mental-health/littlethings-campaign



Available at:
www.mhfi.org/TakeFive.JPG

Animation available at: <https://youtu.be/fadGyUphwPA>

See Change Ambassador Neil Kelders reflects upon the need to talk about what you're going through and the support you require: www.youtube.com/watch?v=B6A_NU2_Wy4

See Change Ambassador Rick Rossiter talks about the importance of not hiding behind a mask and seeking help and support when you need it:
www.youtube.com/watch?v=ZCviNh9gWHc

Derek talks about his struggle with anxiety and the steps that he took to deal with it:
www.youtube.com/watch?v=7QnIJEExR0eA

Tuesday 12th June 2018

Keeping your heart healthy



[NI] Would you know the symptoms of a Heart Attack?

Did you know that 2/3 men experience slow onset symptoms? This means that symptoms can be irregular and mild, becoming more continuous and intense in the hours, days and weeks leading up to a heart attack.

Know the symptoms and take the first steps to protecting yourself this Men's Health Week. For more information, visit: www.nichs.org.uk/mens-heart-facts #MensHealthWeek

[ROI] Would you know the symptoms of a Heart Attack?

Did you know that 2/3 men experience slow onset symptoms? This means that symptoms can be irregular and mild, becoming more continuous and intense in the hours, days and weeks leading up to a heart attack.

Know the symptoms and take the first steps to protecting yourself this Men's Health Week. For more information, visit: <https://irishheart.ie/your-health/> #MensHealthWeek



[NI] Prevention is better than cure. Take practical steps to look after your heart health today! Visit: www.nichs.org.uk/how-to-keep-healthy #MensHealthWeek

[ROI] Prevention is better than cure. Take practical steps to look after your heart health today! Visit: <https://irishheart.ie/your-health/ways-to-live-better> #MensHealthWeek

Geoff always kept himself fit, going to the gym 2-3 times a week and taking-up cycling. He had a healthy diet and was not overweight. So the possibility of a heart attack was the last thing on his mind. Hear his story: <https://nichs.org.uk/geoff-story> #MensHealthWeek

'I didn't realise what was coming down the road' - Michael Lyster on living with heart failure: <https://irishheart.ie/news/didnt-realise-coming-road-michael-lyster-living-heart-failure> #MensHealthWeek

STOP - it could save your life. Know the symptoms of a heart attack this #MensHealthWeek

Listen to your heart, not your head during #MensHealthWeek 2018! View a man's guide to heart health: <http://irishheart.ie/wp-content/uploads/2017/01/AMansGuideToHealth.pdf>

Possible Images ...

	Available at: www.mhfi.org/HeartAttackSymptoms.png
	Available at: www.mhfi.org/Heartburn-or-Heart-Attack.jpg
	Available at: www.mhfi.org/MensHeartGuide.png
	Available at: www.mhfi.org/STOP.jpg
<p>Steve speaks about how a health scare prompted him to lose 19 stone in weight: www.youtube.com/watch?v=tcggc8MKpUc</p>	

Wednesday 13th June 2018

Men and cancer



During Men's Health Week 2018, people in Ireland are being asked to take one small step for their health which could be a giant step against cancer. Everyone is encouraged to work together to do one small practical thing to improve their own health and the health of men across the island.

Did you know that there are a number of steps that men could take to cut their cancer risk? For example, making small healthy lifestyle choices every day; knowing the signs, checking for changes in your body and getting screening tests; getting checked out if you notice anything unusual or if you're worried about your health; learning more about cancer and how to reduce the risk ...

What's your 'one small step' going to be during Men's Health Week 2018? ...

To find out more about cancer, how to avoid it, and where to get support if you have it, visit:
www.cancer.ie/reduce-your-risk | www.cancerfocusni.org/cancer-prevention |
www.mariekeating.ie/get-men-talking | www.bowelscreen.ie



During #MensHealthWeek men are being asked to take a small step to improve their health. Find out how to spot cancer early and reduce risk in this Manual For Men:
www.cancer.ie/sites/default/files/content-attachments/spot_cancer_early_-_manual_for_men_2017.pdf

[RoI] #MensHealthWeek Over 11,000 Irish men are diagnosed with cancer each year. By taking a few simple steps, every man can reduce their risk of cancer and improve their chances of a happy and healthy life: www.cancer.ie/reduce-your-risk/mens-health/cut-your-cancer-risk-in-half Questions?: Contact Cancer Nurseline at 1800 200 700

[RoI] It's hard to believe that this little tool could save your life! Free home bowel screening test for men (and women) aged 60-69. Register today at: <https://apps.bowelscreen.ie/bowel-screening/verify-you-are-registered-with-bowelscreen.609.cbsregistrationpublic.html>
#MensHealthWeek

Men are much more likely to develop bowel cancer compared to women - even though they are less likely to do a free home test which could prevent bowel cancer. Don't get left behind. If you are aged 60-69, register for the test today: <http://bit.ly/2nuX29Z> #MensHealthWeek

This week is International #MensHealthWeek Did you know that 1 in 3 men will be diagnosed with cancer at some point in their lives? Remember, one small step could be a giant step against cancer! Let's #GetMenTalking about cancer risks, symptoms and facts. #CancerAwareness

Read the real life stories of Irish men who got talking and got checked at: www.mariekeating.ie/get-men-talking One small step could be a giant step against cancer. #GetMenTalking #MensHealthWeek #MKFHeroesOfHope #CancerAwareness

#MensHealthWeek Use this week as a chance to find out about the early warning signs of cancer: <http://cancerfocusni.org/cancer-info/signs-symptoms>

#MensHealthWeek Did you know that almost half of all cancers could be avoided. Here's 12 small steps to reduce your cancer risk: <https://cancerfocusni.org/cancer-prevention>

#MensHealthWeek Almost half of all cancers could be avoided by following the recommendations in the European Code against Cancer <http://cancer-code-europe.iarc.fr/index.php/en>

Possible Images ...

	<p>Available at: www.mhfi.org/CancerInfograph2018.jpg</p>
	<p>Available at: www.mhfi.org/ICSmanual.png</p>



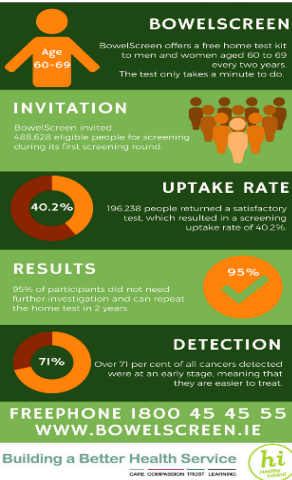
BowelScreen
An Clár Náisiúnta Scagthástála Putóige
The National Bowel Screening Programme



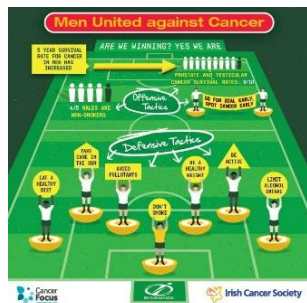
Available at:
www.mhfi.org/BowelScreen.png

BowelScreen

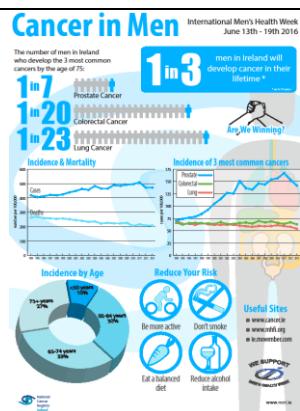
An Clár Náisiúnta Scagthástála Putóige
The National Bowel Screening Programme



Available at:
www.mhfi.org/BowelScreenInfograph.png



www.mhfi.org/CancerGamePlay.JPG



Available at:
www.mhfi.org/NCRI2.png

Thursday 14th June 2018

Trash the ash ... Men and smoking



Trash the Ash

Smoking is the biggest single cause of untimely death amongst men on the island of Ireland. Indeed, worldwide it has killed more people than both World Wars put together! However, the good news is that these deaths are preventable and, while some men continue to smoke, it is less common than it was in the past. Have a think during Men's Health Week this year ... do you need to take one small step towards quitting?

The very moment that you stop smoking your health starts to improve. If you would like to live longer, have more energy, feel less stressed, have better sex, strengthen your body's immune system ... think about kicking the habit. There's loads of help available. Start by checking out www.quit.ie or www.want2stop.info



[NI] Smoking is the biggest cause of avoidable death amongst men on the island of Ireland. Find out more at: www.want2stop.info and take the first step towards quitting #MensHealthWeek

[RoI] Smoking is the biggest cause of avoidable death amongst men on the island of Ireland. Find out more at: www.quit.ie and take the first step towards quitting #MensHealthWeek

Quit smoking to live longer. Men who quit by the age of 30 add 10 years to their life. Now, that's a step in the right direction! #MensHealthWeek

Did you know that you're four times more likely to quit smoking with specialist support and Nicotine Replacement Therapy? #MensHealthWeek

[NI] #MensHealthWeek The very moment that men stop smoking their health starts to improve. Today's the day to trash the ash! www.want2stop.info/ready-stop-smoking/top-tips

[Rol] #MensHealthWeek The very moment that men stop smoking their health starts to improve. Today's the day to trash the ash! www.quit.ie/Community/Top-Quit-Tips

Have you seen Dave Allen talk about giving up smoking? Check it out at:
www.youtube.com/watch?v=7FweG226aiw #MensHealthWeek

Listen to Paul O'Kane speak about stopping smoking:
www.youtube.com/watch?v=ChZJqm11EfQ

Possible Images / Animation ...

	<p>Available at: www.mhfi.org/HSEStopSmoking.JPG</p>
	<p>Available at: www.mhfi.org/PHASmoking.JPG</p>
<p>Animation available at: https://youtu.be/dyjrRIZPsBI</p>	

Friday 15th June 2018

One less today... Men and alcohol



What's your small step going to be: Rethink alcohol?

Take one small step to be informed - know the calorie count of your drinks. One standard drink will add between 68 and 96 calories. Over one week of consumption within recommended guidelines, that's approximately 1,000 and 1,500 calories being added to your waistline. Over a year, that's roughly 17 to 24lbs, or close to two stone. For more information, visit: [RoI] www.askaboutalcohol.ie | [NI] www.alcoholandyouni.com #MensHealthWeek



What's your small step going to be: Rethink alcohol?

Take one small step to inform yourself - know your limits, count your standard drinks this #MensHealthWeek One pint = two standard drinks / two Units. Visit: [RoI] www.askaboutalcohol.ie | [NI] www.alcoholandyouni.com

What's your small step going to be: Rethink alcohol?

Make one small step to be informed - know the calorie count of your drinks. One standard drink will add between 68-96 calories. Visit www.askaboutalcohol.ie this #MensHealthWeek

#MensHealthWeek - What's your small step going to be: Rethink alcohol?

Take one small step to be safe - stick to the recommended low-risk weekly drinking guidelines: [RoI] www.askaboutalcohol.ie | [NI] www.alcoholandyouni.com

What's your small step going to be: Rethink alcohol?

One small step to ensure no harm 2 others - stay within the low-risk weekly drinking guidelines: [RoI] www.askaboutalcohol.ie | [NI] www.alcoholandyouni.com #MensHealthWeek

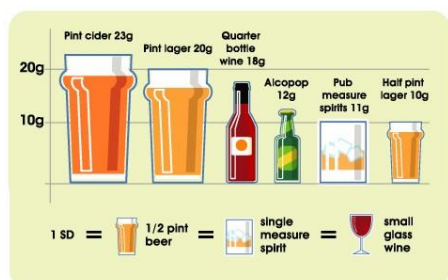
Drinking less alcohol is better for your health and your performance in all areas of life. Find out more during #MensHealthWeek at: www.askaboutalcohol.ie | www.alcoholandyouni.com

Worried about your drinking? ... Take the first step this #MensHealthWeek and get straight talking facts on alcohol misuse at: www.askaboutalcohol.ie | www.alcoholandyouni.com

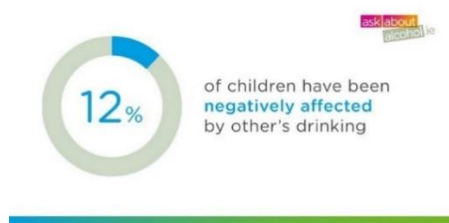
Possible Images / Animation ...



Available at:
www.mhfi.org/AlcoholWaistline.jpg



Available at:
www.mhfi.org/AlcoholChart.jpg



Available at:
www.mhfi.org/AlcoholImpact.jpg



Available at:
www.mhfi.org/AskAboutAlcohol.jpg



Available at:
www.mhfi.org/LittleThings.jpg

Animation available at: <https://youtu.be/Omxj1dbHu1U>

Saturday 16th June 2018

Sports Saturday... Men, physical activity and sport



The #FindYourTrail campaign encourages men of all ages and abilities to enjoy the Irish outdoors during Men's Health Week 2018 #MensHealthWeek Watch the video at <https://vimeo.com/138325788> and visit www.IrishTrails.ie to #FindYourTrail

#WeAllRun wants to encourage men of all ages to get active and start running during Men's Health Week 2018 #MensHealthWeek Watch the video at <https://vimeo.com/119848629> and visit www.athleticsireland.ie/find-a-club and www.parkrun.ie to get active in your local community.

Walking is the easiest way to get moving, get active and get happy, and @GetIrelandWalking is here to help you get started. They've got tips and advice for anybody who wants to start walking during Men's Health Week 2018 #MensHealthWeek More information is available at: www.getirelandwalking.ie

[RoI] Looking to expand your knowledge of sport and physical activity? Your Local Sports Partnership has a range of initiatives including Community Coaching, First Aid, Strength and Conditioning and Disability Inclusion Training. Find your Local Sports Partnership at: www.sportireland.ie/Participation/Local_Sports_Partnerships/LSP_Contact_Finder 9

Finish your Men's Health Week 2018 off with a fantastic free run/walk event in your local area. parkrun organises free, weekly, 5km timed runs around the world. They are open to everyone, and are safe and easy to take part in. You can register simply by visiting: www.parkrun.ie #MensHealthWeek

Sometimes walking with a group is an easier task than walking on your own. There are many walking groups across Ireland that you can join for a walk. See www.getirelandwalking.ie/findgroup to find a walking group near you. #MensHealthWeek

Physical activity in the youth work sector: We asked, you answered!
In 2016/2017, NYCI's National Youth Health Programme (NYHP) conducted a rapid needs assessment on physical activity within the youth work sector. The purpose of this research was to inform the NYHP about gaps in knowledge, capacity and training in relation to the provision of physical activity programmes and the promotion of physical activity across the youth sector. You can see the highlights in an infographic at <https://goo.gl/Epbm1T> and read the report at <https://goo.gl/Wzej2Y> #MensHealthWeek



#FindYourTrail encourages men of all ages and ability to enjoy the Irish outdoors during Men's Health Week. There are more than 900 trails nationwide waiting to be discovered. Run, walk, bike and paddle your way through them all #BeActive #MensHealthWeek <https://goo.gl/zvAUmV>

#WeAllRun wants to encourage men of all ages to get active and start running during Men's Health Week 2018. Most people already run every day - they just might not notice it. #MensHealthWeek <https://goo.gl/Ff4k9l>

Daily Walking is the easiest way for men to get active and @GetIreWalking is here to help you get started. Find support near you - walking groups, local sports partnerships and more during Men's Health Week 2018 #MensHealthWeek <http://goo.gl/KkFt17>

[Rol] 29 Local Sports Partnerships across Ireland aim to increase levels of participation and help you get active during Men's Health Week 2018 #MensHealthWeek <https://goo.gl/En1neJ>

@parkrunIE organise free, weekly, 5km timed runs in Ireland. They are open to everyone and free to take part. Why not start during Men's Health Week 2018? You can register for free at www.parkrun.ie #MensHealthWeek

What's your 'one small step' going to be as part of #MensHealthWeek This Saturday, as part of #SportsSaturday, why not take a friend to @parkrunIE. You can register for free at www.parkrun.ie

Sometimes walking with a group is an easier task than walking on your own. There are many walking groups across Ireland that you can join. See <http://ow.ly/Lw4j30jhVWc> to find a walking group near you. #MensHealthWeek

See what the youth work sector had to say about physical activity among our young people in Ireland today at <https://goo.gl/Wzej2Y> #MensHealthWeek #YouthWorkChangesLives #healthyireland

With 80% of youth workers ensuring physical activity occurs on a weekly basis, keep our young people fit and healthy this #MensHealthWeek by bringing back play for fun - <https://goo.gl/izeJ82> #YouthWorkChangesLives

Walking is the simplest way to get our young people moving this #MensHealthWeek. Visit <https://goo.gl/RGD6FS> to take your young people on a local adventure to get active and happy #YouthWorkChangesLives

[Rol] Keep our young people active by partnering with your Local Sports Partnership to see how you can increase physical activity levels among our youth #MensHealthWeek #YouthWorkChangesLives <https://goo.gl/dfM4vR>

Physical activity in the youth work sector is key to developing life skills. This #MensHealthWeek ensure our youth are active as #YouthWorkChangesLives.

With only a small % of youth workers reporting excellent knowledge of the benefits of physical activity, check out @Irishheart_ie Slí na Sláinte trainings in your area #MensHealthWeek #YouthWorkChangesLives <https://goo.gl/UHJKdg>

Possible Images / Animation ...



Available at:
www.mhfi.org/WalkingGroups.jpg



Available at:
www.mhfi.org/PhysicalActivityStats.jpg

Animation available at: <https://youtu.be/ZzsaUnaDF7k>

Ciaran speaks about how healthy eating and exercise helped him to beat Type 2 Diabetes:
www.youtube.com/watch?v=PayqDOEry20

Sunday 17th June 2018

The Importance of Fathers to Children's Outcomes



Happy Father's Day!

Today marks the end of Men's Health Week 2018. Thanks a million to everyone who helped to celebrate the week by organising events, publicising men's health issues, putting up posters, encouraging men to get involved in looking after themselves better ... Every 'small step' contributes to a giant leap for men's health on the island of Ireland!

When asked 'what is the most important role that you have ever had in your life', many men will say 'fatherhood'. Dads play an extremely important role in their children's lives, and there is a strong body of evidence which shows how they improve outcomes for their children. Today - Father's Day - is the perfect time to remind ourselves about this. To read some of the key facts, check out: www.mhfi.org/TheDadFactor.pdf



Happy Father's Day! Have you ever thought about 'what good are dads?' If not, check out: www.fatherhoodinstitute.org/uploads/publications/71.pdf ... #MensHealthWeek 2018

#MensHealthWeek 2018: Fathers play a key role in improving their children's outcomes. This local briefing paper highlights how: www.mhfi.org/TheDadFactor.pdf

What is the evidence for why dads need to be supported to stay involved in their children's lives? ... www.mhfi.org/manmattersbriefing3.pdf #MensHealthWeek

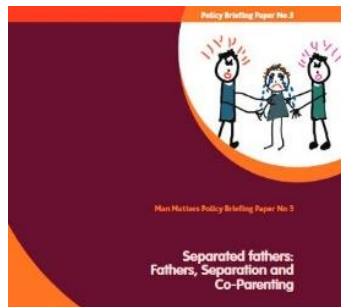
Fathers have a powerful impact upon their children's mental health. Find out how at: www.mhfi.org/FathersAndChildMentalHealth.pdf #MensHealthWeek 2018

#MensHealthWeek (Men's Health Week 2018) ends today. Thanks to everyone who made it so successful. Why not think about turning your 'small steps' into 'big steps' in the year ahead? ...

Possible Images ...



Available at:
www.mhfi.org/TheDadFactor.jpg



Available at:
www.mhfi.org/BriefingPaper3.jpg



Available at:
www.mhfi.org/WhatGoodAreDads.jpg



Available at:
www.mhfi.org/mhw_logo_facebook.jpg