

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) 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: Exploring Men's Health

Name of Organisation Running Event: Amen - the men's support group

Contact Person: Mary T. Cleary

Address:

St. Anne's Resource Centre, Railway Street, Navan, Co. Meath

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Brief description of the event:

To mark Men's Health Week, the Amen meeting on Tuesday evening (13th June 2006) will be devoted to presentations and discussions on men's health issues.

- Mr John O'Donoghue B.Sc. Psych will address the meeting. The title of his talk will be 'Men and Mental Well-Being'. He will focus on stress and how it affects our physical health and emotional well-being. In his presentation, he will outline the many ways stress can cause physical, psychological and mental problems if not dealt with and will give tips on how to identify stressors and alleviate stress.
- Dr Pat Troy will give a talk on the various conditions/diseases that predominantly affect men e.g. prostate cancer, testicular cancer and melanoma. His presentation will include advice on recognising early symptoms of various diseases and the importance of early detection and treatment.
- Mary Cleary will address the meeting about the physical and psychological effects of domestic abuse on men and the value of the support offered by Amen.
- A number of men will talk about their own health experiences - both physical and emotional.
- The meeting will conclude with a Question and Answer session.

Amen run weekly meetings every Tuesday evening at 8.00pm in St. Anne's Resource Centre, Railway Street, Navan, Co. Meath.

Please Return To:

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