

# Men's Health Week 2013

**ACTION MEN- TURNING WORDS INTO ACTIONS!**

# MEN'S HEALTH WEEK 2013

BE YOUR OWN ACTION HERO  
TAKE 1 | JUNE | 2013

**STARRING A CAST OF MILLIONS**  
SHOWING AT A VENUE NEAR YOU 10TH-16TH JUNE

**VISIT [WWW.MHFL.ORG](http://WWW.MHFL.ORG) FOR MORE INFORMATION**

## Events Taking Place in Ireland

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# Men's Health Week 2013

## - What's Happening Across Ireland?

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[Men's Health Week \(MHW\) 2013](#) will run from Monday 10<sup>th</sup> June until Sunday 16<sup>th</sup> June 2013. The focus in Ireland this year will be upon: '*Action Men - Turning Words into Actions*'.

Not too long ago, we were unaware of the full extent of men's poor health status and the specific health issues that they face. However, this is no longer the case. In recent years, a broad range of research has highlighted the health difficulties which face men in Ireland and further afield. This evidence clearly shows that men's health could be improved in many significant ways. However, men require structural support, cultural encouragement, and opportunities to do this.

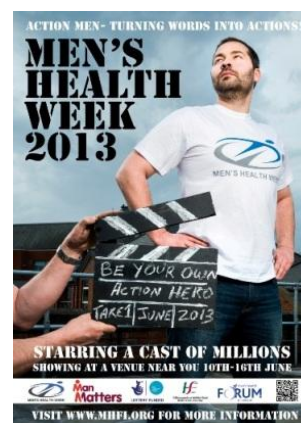
Now that we know what many of the key men's health issues are, it's time to do something about them. This year, [Men's Health Week](#) calls for action on men's health. There is a role for everyone.

Frequently, we simply blame men for their own state of health, and focus upon the shortcomings of individuals without recognising that there are also wider determinants of health. MHW 2013 calls upon everyone to do their bit to improve the lot of men and boys, and to start turning words into actions.

The [Men's Health Forum in Ireland](#) (MHFI) wishes to document at least some of the events and activities which are taking place throughout the island of Ireland to mark MHW 2013. There are three ways to submit details of events:

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

The following paper lists some things that are happening in Ireland this year. However, this is certainly NOT an exhaustive list!



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

### Just before Men's Health Week ...

- [Why Disadvantaged Men in Mid-Life are at Excessive Risk of Suicide](#) [Belfast]
- [Action Cancer - Action Man](#) [Enniskillen, Co. Fermanagh]
- [Autism Awareness and Attitudes](#) [Belfast]
- [Men's Cancer Journey - Conference](#) [Cookstown, Co. Tyrone]
- [Men's Policy Forum - Showcasing Best Practice](#) [Belfast]
- [Celebrating Fathers](#) [Belfast]
- [Young Men Talking Week](#) [Northern Ireland]

### Throughout the whole of Men's Health Week ...

- [Active Lives after Cancer](#) [Belfast]
- [A Touchy Subject: Men and Eating Disorders](#) [All Ireland]
- [College of Psychiatrists in Ireland](#) [Republic of Ireland]
- [Drop-in Health Information Sessions for Male Staff](#) [WHSCT area]
- [Focus on Male Carers](#) [Republic of Ireland]
- [Free Counselling Sessions for Men](#) [All Ireland]
- [Letterkenny Men's Health Week Celebrations](#) [Letterkenny, Co. Donegal]
- [Lewis Fertility Testing - £50 off SpermComet Test](#) [All Ireland]
- [Looking after your Mental Health and Preventing Depression](#) [All Ireland]
- [Men's Food and Health Behaviour](#) [All Ireland]

### Monday 10<sup>th</sup> June 2013 ...

- [Action Cancer - Action Man](#) [Belfast]
- [Real Health Advice for Real Men](#) [Coleraine, Co. Derry / Londonderry]

### Tuesday 11<sup>th</sup> June 2013 ...

- [Launch of 'A Report on the Excess Burden of Cancer among Men in the Republic of Ireland'](#) [Dublin]
- [Men's Health Exhibition](#) [Enniscorthy, Co. Wexford]
- [Men's Health Talk](#) [Belfast]
- [Men's Lunch](#) [Dublin]
- [Raidió na Gaeltachta Live Men's Health Interview](#) [All Ireland]
- [You Got The Balls?](#) [Claremorris, Co. Mayo]

### Wednesday 12<sup>th</sup> June 2013 ...

- [Men's Health Fair](#) [Navan, Co. Meath]
- [Men's Health MOT](#) [Derry]

### Thursday 13<sup>th</sup> June 2013 ...

- [Action Cancer - Action Man](#) [Belfast]
- [Belfast City Hall Men's Health Event](#) [Belfast]
- [From Policy to Practice: Profiling the Impact of Ireland's National Men's Health Policy](#) [Dublin]
- [Health in Mind ... The ONE Book](#) [Coleraine, Co. Derry / Londonderry]
- [Men's Health Day](#) [Midleton, Co. Cork]
- [Walk to Swiss Cottage](#) [Cahir, Co. Tipperary]

### Friday 14<sup>th</sup> June 2013 ...

- [Healthy Men](#) [Derry / Londonderry]
- [Men's Health Awareness Event](#) [Belmullet, Co Mayo]
- [Top Tips for Looking after Yourself](#) [Belfast]

### Saturday 15<sup>th</sup> June 2013 ...

- [Daddy Bear's Picnic](#) [Craigavon, Co. Armagh]
- [Healthy Men](#) [Derry / Londonderry]
- [Sure Start Fathers' Day](#) [Belfast]
- [Trip to Glendalough](#) [Dublin to Co. Wicklow]

### Sunday 16<sup>th</sup> June 2013 ...

- [Men Together - Men to the Centre](#) [Hill of Uisneach, Co. Westmeath]

### Just after Men's Health Week 2013 ...

- [Real Health Advice for Real Men](#) [Ballymena, Co. Antrim]
- [Action Cancer - Action Man](#) [Derry / Londonderry]
- [Men's Health Checks](#) [Coalisland, Co. Tyrone]
- [Real Health Advice for Real Men](#) [Antrim, Co. Antrim]
- [safeTALK Workshop](#) [Cork City, Co. Cork]
- [Real Health Advice for Real Men](#) [Magherafelt, Co. Derry / Londonderry]
- [Action Cancer - Action Man](#) [Belfast]
- [Real Health Advice for Real Men](#) [Ballymoney, Co. Antrim]
- [Man2Man](#) [Dublin]
- [Action Cancer - Action Man](#) [Ballymena, Co. Antrim]
- [Action Cancer - Action Man](#) [Belfast]

## Why Disadvantaged Men in Mid-Life are at Excessive Risk of Suicide



**Date:** Thursday 30<sup>th</sup> May 2013

**Time:** 7.00pm - 8.00pm

**Venue:**

Queen's University Belfast  
Room LG.115  
David Keir Building  
Stranmillis Road  
Belfast

**Organised by:** The Samaritans

**Details:**

To highlight the publication of 'Men and Suicide: Why it's a Social Issue', the Samaritans invite you to attend a free public lecture titled: 'Why Disadvantaged Men in Mid-Life are at Excessive Risk of Suicide'. This will be led by Professor Rory O'Connor from the University of Stirling.

**Entry Fee:** Free

**To book a place visit:**

<https://response.questback.com/britishpsychologicalsociety/menandsuicide>

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## Action Man - Action Cancer (Enniskillen)



**Date:** Tuesday 4<sup>th</sup> June 2013

**Time:** 11.00am - 7.30pm

**Venue:**

Fermanagh Rural Community Initiative  
Unit 3  
56A Tempo Road  
Enniskillen  
Co. Fermanagh BT74 6HR

**Organised by:** Action Cancer

**Details:**

Offer of MOT health checks for men: cholesterol, glucose, blood pressure, body composition analysis, lung function, facial skin analysis, lifestyle assessment, and advice on cancer prevention and early detection.

**Entry Fee:** Free

**For more information contact:**

Malachy Nixon  
Tel: 02890 803344  
Email: [mnixon@actioncancer.org](mailto:mnixon@actioncancer.org)  
Website: [www.actioncancer.org](http://www.actioncancer.org)

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## Autism Awareness and Attitudes



**Date:** Tuesday 4<sup>th</sup> June 2013

**Time:** 11.30am - 1.30pm

**Venue:**

Canada Room  
Queen's University Belfast  
University Road  
Belfast BT7 1NN

**Organised by:** ARK (Access Research Knowledge)

**Details:**

ARK is holding a seminar to launch the results of the 2012 Northern Ireland Life and Times Survey. In '*Autism Awareness and Attitudes: A general population baseline*', Karola Dillenburger, Julie-Ann Jordan and Lynne McKerr (School of Education, Queen's University Belfast) will focus on knowledge and public attitudes to the social, employment, educational and housing issues facing people with autism, as well as highlighting personal experiences. The seminar will be followed by a light lunch.

The 2012 survey focused on autism, community relations, minority ethnic groups, migrant workers, asylum seekers and other equality issues. Full results of the survey will be available at [www.ark.ac.uk/nilt](http://www.ark.ac.uk/nilt) on 4<sup>th</sup> June 2013.

**Entry Fee:** Free, but places need to be booked in advance

**For more information:**

Tel: 02871 675513  
Email: [info@ark.ac.uk](mailto:info@ark.ac.uk)  
Website: [www.ark.ac.uk/nilt](http://www.ark.ac.uk/nilt)

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## Men's Cancer Journey - Conference



**Date:** Wednesday 5<sup>th</sup> June 2013

**Time:** 9.30am - 4.00pm

**Venue:**

Adair Suite  
Glenavon Hotel  
Cookstown  
Co. Tyrone

**Organised by:** ManAlive Project within Cancer Focus NI

**Details:**

This conference will focus on the male journey through the cancer experience, and will update healthcare workers and individuals with an interest in men's health on cancer issues affecting men.

**Entry Fee:** Free

**For more information contact:**

Alison Brown  
Tel: 02890 663281  
Email: [alisonbrown@cancerfocusni.org](mailto:alisonbrown@cancerfocusni.org)  
Website: [www.cancerfocusni.org](http://www.cancerfocusni.org)

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## Men's Policy Forum - Showcasing Best Practice



**Date:** Friday 7<sup>th</sup> June 2013

**Time:** 10.00am - Noon

**Venue:**

Northern Ireland Council for Voluntary Action (NICVA)  
61 Duncairn Gardens  
Belfast BT15 2GB

**Organised by:** Men's Policy Forum in NICVA

**Details:**

The Men's Policy Forum was established to offer the opportunity to, and facilitate the sharing of, information and models of best working practice among member organisations. It also aims to work collectively to identify gaps in government policy; raise awareness of the needs of males; and address inequalities for men in Northern Ireland.

To mark Men's Health Week 2013, this open invitation event will showcase a number of projects related specifically to men and their health and wellbeing. It will also offer an opportunity for attendees to network and disseminate information about their own projects.

**Entry Fee:** Free

**For more information contact:**

Cathy Breslin  
Tel: 02890 877777  
Email: [cathy.breslin@nicva.org](mailto:cathy.breslin@nicva.org)

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## Celebrating Fathers



**Date:** Saturday 8<sup>th</sup> June 2013

**Time:** 11.00am - 2.00pm

**Venue:**

Colin Neighbourhood Partnership  
Cloona House  
31 Colin Road  
Poleglass  
Belfast BT17 0LG

**Organised by:** Colin Neighbourhood Partnership and Man Matters

**Details:**

- This event is being held for fathers and their children from the Colin Neighbourhood.
- There will be information and advice on health issues for men, craft and play activities for the kids and their dads, and food.

**Entry Fee:** Free

**For more information contact:**

Umberto Scappaticci (Scap)  
Tel: 02890 623813  
Email: [scap@newcolin.com](mailto:scap@newcolin.com)  
Website: [www.newcolin.com](http://www.newcolin.com)

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## Young Men Talking Week



**Date:** Monday 3<sup>rd</sup> June - Sunday 9<sup>th</sup> June 2013

**Organised by:** Youth Action NI's Work with Young Men Team

### Details:

#YoungMenTalking Week is about increasing young men's - and wider society's - awareness of the issues that impact on the lives of young men. Young men perceive that wider society looks at their lives in a very negative fashion, and this week aims to promote positive messages about the lives of young men. It is also an opportunity for young men to organise, and get involved in, events within their local communities.

#YoungMenTalking events will highlight the positive contributions that young men make to their local communities and wider society. Throughout the week, daily positive messages (that have been designed by young men) will be posted on Twitter and Facebook to ensure that the message goes to as wide an audience as possible.

#YoungMenTalking Week is just before Men's Health Week. This year's theme for Men's Health Week is 'Action Men - Turning Words into Action'. That's what #YoungMenTalking Week is about - young men taking action.

There will be a series of events taking place across three strategic geographical locations: South Armagh, East Belfast and Fermanagh.

### For more information contact:

Michael - Tel: 02837 511624 | Email: [michael@youthaction.org](mailto:michael@youthaction.org)

Jonny - Tel: 02890 240551 | Email: [jonathan@youthaction.org](mailto:jonathan@youthaction.org)

Barry - Tel: 02866 328534 | Email: [barry@youthaction.org](mailto:barry@youthaction.org)

[www.facebook.com/YouthActionNI](http://www.facebook.com/YouthActionNI) or [www.twitter.com/YouthActionNI](http://www.twitter.com/YouthActionNI)

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## Active Lives After Cancer



**Date:** Throughout Men's Health Week

**Venue:**

Cancer Lifeline  
44 Alliance Avenue  
Belfast BT14 7PJ

**Organised by:** Cancer Lifeline

**Details:**

- Cancer Lifeline supports people who live in North Belfast, the Shankill area and Newtownabbey. The organisation is managed by individuals who have experience of cancer.
- The 'Active Lives After Cancer' project aims to support isolated people (aged 60+) from North Belfast who are affected by cancer.
- The project is specifically targeted at those with a cancer diagnosis - and their family / carers - who are not, currently, accessing support services.
- It offers: short term befriending visits; get-togethers; complementary therapies; transport to and from Cancer Lifeline; counselling; group health and wellbeing events.

**Entry Fee:** Free

**For more information contact:**

Tel: 02890 351999  
Email: [info@cancerlifeline.info](mailto:info@cancerlifeline.info)  
Website: [www.cancerlifeline.info](http://www.cancerlifeline.info)

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## A Touchy Subject: Men and Eating Disorders



**Date:** Throughout Men's Health Week

**Organised by:** University of Ulster

### **Details:**

- Eating Disorders (EDs) and body image issues are, traditionally, thought of as something only women suffer from.
- Research shows that the number of men with disorders such as Anorexia or Bulimia is growing rapidly in the UK and Ireland.
- EDs are no longer just for girls.
- Treatment and support is available across Northern Ireland and the Republic of Ireland. However, the stigma facing males suffering from these disorders creates massive barriers to men getting help.
- A study is being carried out in the University of Ulster to look at the barriers facing men of all ages regarding disordered eating, over-exercising and body image issues. This research aims to give a voice to men on these issues.
- We want to talk to anyone working with men or with experience of these issues.

### **For more information contact:**

Una Foye

Tel: 02890 366291

Email: [foye-u@email.ulster.ac.uk](mailto:foye-u@email.ulster.ac.uk)

Website: [www.mengetedstoo.co.uk](http://www.mengetedstoo.co.uk)

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## College of Psychiatrists in Ireland



**Date:** Throughout Men's Health Week

**Organised by:** College of Psychiatrists in Ireland

### **Details:**

To mark Men's Health Week 2013, the College of Psychiatrists of Ireland will be launching a series of articles written by three of their members. These will focus upon Youth Mental Health.

These articles are titled:

- [‘A Little Knowledge isn't a Dangerous Thing!’](#): Dr Mark Beirne
- [‘Suicide and Young People - the Irish Situation’](#): Dr Gary McDonald
- [‘Worth Getting Worked-up About? What is Happening with Young Men's Mental Health?’](#): Dr Paddy Power

### **For more information contact:**

Andrea Ryder  
Communications Manager, College of Psychiatrists of Ireland  
Tel: 01 6344374  
Website: [www.irishpsychiatry.ie](http://www.irishpsychiatry.ie)

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## Drop-in Health Information Sessions for Male Staff



### Dates and Venues:

*Monday 10<sup>th</sup> June 2013*  
Estates Services Department  
Altnagelvin Area Hospital  
Glenshane Road  
Derry / Londonderry BT47 6SB

*Wednesday 12<sup>th</sup> June 2013*  
Library Foyer  
South West Acute Hospital  
124 Irvinestown Road  
Enniskillen  
Co. Fermanagh BT74 6DN

*Thursday 13<sup>th</sup> June 2013*  
Coffee Room in the Staff Canteen  
Tyrone and Fermanagh Hospital  
1 Donaghane Road  
Omagh  
Co. Tyrone BT79 0NS

**Time:** 10.30am - 2.00pm

### Details:

To mark Men's Health Week 2013, the Western Health and Social Care Trust's (WHSCT) Health Improvement Department will be organising a number of events for their male staff. Men will be encouraged to take time out to attend free Drop-in Health Information Sessions which will cover a range of issues including cancer awareness and blood pressure checks.

### For more information contact:

Caoimhe Lavery  
Tel: 02871 865127  
Email: [caoimhe.lavery@westerntrust.hscni.net](mailto:caoimhe.lavery@westerntrust.hscni.net)  
Web: [www.westerntrust.hscni.net](http://www.westerntrust.hscni.net)

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## Focus on Male Carers



**Date:** Throughout Men's Health Week

**Organised by:**

The Care Alliance Ireland in partnership with eight other leading Irish charities who support family carers: The Alzheimer Society, The Carers' Association, Caring for Carers, The Disability Federation, MS Ireland, The Parkinson's Association, Bri, and The Irish Hospice Foundation.

**Details:**

- National Carers' Week and Men's Health Week take place at the same time.
- This year, one focus of Carers' Week in the Republic of Ireland will be events and information to support and acknowledge the tremendous caring work of men in Ireland.
- According to the 2011 Census, men make up over one third (39%) of carers in Ireland.
- The Men's Health Forum in Ireland is delighted to be a supporter of, and associated with, this important initiative.

**For more information contact:**

Liam O'Sullivan  
Tel: 087 2073265  
Email: [ndo@carealliance.ie](mailto:ndo@carealliance.ie)  
Website: [www.carersweek.ie](http://www.carersweek.ie)

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## Free Counselling Sessions for Men



**Date:** Throughout Men's Health Week

**Organised by:** Helplink Support Services

### **Details:**

- Helplink's national online or by phone counselling service is offering 14 free counselling sessions to men to mark International Men's Health Week 2013.
- There will be two free sessions offered each day throughout the week.
- All you have to do is email [counselling@helplink.ie](mailto:counselling@helplink.ie) with your name and a phone number, quoting 'IMH Week'.
- They will offer session dates and times during that week for you to choose from.

**Entry Fee:** Free

### **For more information contact:**

Lochlann Scott  
Tel: 091 520963  
Email: [counselling@helplink.ie](mailto:counselling@helplink.ie)  
Website: [www.helplink.ie](http://www.helplink.ie)

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# Letterkenny Men's Health Week Celebrations



Throughout the week, there will be a display of Men's Shed work in the Mall of Letterkenny Shopping Centre, as well as an information / Images of Men display in one of the shops.

## Monday 10<sup>th</sup> June 2013

- 1.00pm: Launch of Men's Health Week programme by the Mayor of Letterkenny in the Shopping Centre. Balloons will be released.
- 2.00pm - 5.00pm: A workshop on dealing with trauma and addictions in the Regional Cultural Centre. This will include a former street drinker sharing his experience.

## Tuesday 11<sup>th</sup> June 2013

- 10.00am - Noon: Health checks (body mass index, blood pressure and diabetes), health information, and tea / coffee for taxi drivers - at the Gazebo in Market Square.
- 2.00pm - 4.00pm: Visit to 'Life's Toolbox' Men's Shed Project (Old Laundry in St. Conal's Hospital) for a tour of the premises and tea / coffee.

## Wednesday 12<sup>th</sup> June 2013

- 10.00am - Noon: Health checks for taxi drivers - at the Gazebo in Market Square.
- Noon - 3.00pm: 'Bill and Ben' will demonstrate the effect on health of being inactive and being active. This will take place on Main Street.
- 2.00pm - 4.00pm: Workshop in the Regional Cultural Centre focusing on Dawnbreakers and diversity.

## Thursday 13<sup>th</sup> June 2013

- 11.00am - 5.00pm: Health Checks for everyone - in conjunction with Active Letterkenny (Town Council and Chamber of Commerce) - at the Gazebo in Market Square.
- 11.00am - 4.00pm: Information stands, holistic therapies, blood pressure and body mass index checks in the Shopping Centre.
- 11.00am - 2.00pm: Visit to 'Life's Toolbox' Men's Shed Project.

## Friday 14<sup>th</sup> June 2013

- 10.00am - 4.00pm: Information stands, holistic therapies and health checks in the Shopping Centre.
- 2.00pm - 4.00pm: 'Bill and Ben' demonstration in the Shopping Centre.

**Organised by:** Letterkenny Community Development Project

**Entry Fee:** Free

**For more information contact:**

Cathal Monaghan

Tel: 086 1990348

Email: [cdpmensdevelopment@gmail.com](mailto:cdpmensdevelopment@gmail.com)

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## Lewis Fertility Testing - £50 off SpermComet Test



**Date:** Saturday 1<sup>st</sup> June - Sunday 30<sup>th</sup> June 2013

**Time:** 9.00am - 5.00pm each day

**Venue:**

Lewis Fertility Testing  
Room 0017  
Institute of Pathology  
Grosvenor Road  
Belfast BT12 6BJ

**Organised by:** Lewis Fertility Testing

**Details:**

Infertility affects approximately 1 in 6 couples, and 40% of the problems experienced are related to the man. At Lewis Fertility Testing, the SpermComet<sup>TM</sup> Test has been developed. With individual sperm analysed for DNA damage, this is the most sensitive DNA test available. Clinically defined thresholds guide couples to the best course of fertility treatment for them. The Test can also explain 80% of previously unexplained infertility.

Contact Lewis Fertility Testing within the month of June and register your interest for the SpermComet test - you will then receive £50 off the test.

**For more information contact:**

Rachel Savage  
Tel: 02890 238915  
Email: [r.savage@lewisfertilitytesting.com](mailto:r.savage@lewisfertilitytesting.com)  
Website: [www.lewisfertilitytesting.com](http://www.lewisfertilitytesting.com)

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## Looking after your Mental Health and Preventing Depression



**Date:** Throughout Men's Health Week

**Organised by:** Aware Defeat Depression (NI), and Aware (RoI)

### Details:

- Aware Defeat Depression (Northern Ireland) and sister organisation Aware (Republic of Ireland), work to help people affected by depression, and the family and friends of those affected by depression. The primary focus is to support people through all stages of their recovery.
- Both organisations facilitate support groups throughout the country. The purpose of these groups is to bring together people affected by depression, and to offer a unique opportunity to talk openly about depression and its impact.
- Both bodies deliver free training and programmes which help people to understand the importance of depression and looking after their own mental health.
- Aware Defeat Depression runs the 'Mood Matters' programme - a series of depression awareness programmes which aim to promote knowledge and help individuals to develop an understanding of the importance of looking after their own mental health.
- Aware delivers a 'Life Skills' programme which allows participants to learn how to manage their feelings when they feel stressed, worried or depressed. People will also learn simple and practical skills to help them cope with life's challenges.

**Entry Fee:** Free

**For more information visit:**

[www.aware-ni.org](http://www.aware-ni.org) and  
[www.aware.ie](http://www.aware.ie)

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## Men's Food and Health Behaviour



**Date:** Throughout Men's Health Week 2013

**Venue:** Across the island of Ireland

**Organised by:** Safefood

### **Details:**

- Research conducted by Safefood has highlighted major gender differences in food related attitudes and behaviour.
- To mark Men's Health Week, Safefood has identified five proactive healthy eating tips, specifically for men, that they will Tweet and Facebook each day during the week.
- These tips will offer a short behaviour change message to men in relation to food and healthy eating.

### **For more information contact:**

Sara Eslami

Tel: 01 4480621

Email: [seslami@safefood.eu](mailto:seslami@safefood.eu)

Website: [www.safefood.eu](http://www.safefood.eu)

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## Action Man - Action Cancer (Belfast)



**Date:** Monday 10<sup>th</sup> June 2013

**Time:** 10.00am - 3.00pm

**Venue:**

Belfast City Hall  
Donegall Square  
Belfast BT1 5GS

**Organised by:** Action Cancer

**Details:**

Offer of MOT health checks for men: cholesterol, glucose, blood pressure, body composition analysis, lung function, facial skin analysis, lifestyle assessment, and advice on cancer prevention and early detection.

**Entry Fee:** Free

**For more information contact:**

Malachy Nixon  
Tel: 02890 803344  
Email: [mnixon@actioncancer.org](mailto:mnixon@actioncancer.org)  
Website: [www.actioncancer.org](http://www.actioncancer.org)

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## Real Health Advice for Real Men - Coleraine



**Date:** Monday 10<sup>th</sup> June 2013

**Time:** 7.30pm - 9.30pm

**Venue:**

Social Club, Coleraine Showgrounds  
Ballycastle Road  
Coleraine  
Co. Derry / Londonderry

**Organised by:** North Antrim Community Network and Causeway Rural and Urban Network in association with Zest. Funded by the Public Health Agency.

**Details:**

- You are invited to a men's health event which will be strictly male only.
- This will offer health advice and fun activities in a male friendly environment.
- There will be a talk by Conor McCafferty of Zest. Conor specialises in addiction counselling, and has many years experience of working with self-harming and suicidal individuals and their families.
- The session will be followed by a hearty supper.
- See [www.mhfi.org/realhealthadvice.pdf](http://www.mhfi.org/realhealthadvice.pdf) for a list of all the dates, times and venues that this workshop will be held to mark Men's Health Week.

**Entry Fee:** Free

**For more information contact:**

Amanda Pollock  
Tel: 0774 0282650  
Email: [amanda@nacn.org](mailto:amanda@nacn.org)  
Website: [www.nacn.org](http://www.nacn.org)

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## Launch of 'A Report on the Excess Burden of Cancer among Men in the Republic of Ireland'



**Date:** Tuesday 11<sup>th</sup> June 2013

**Time:** 11.00am - Noon

**Venue:**

Irish Cancer Society  
43/45 Northumberland Road  
Dublin 4

**Organised by:** The Irish Cancer Society, the Centre for Men's Health in IT Carlow, and the National Cancer Registry of Ireland

**Details:**

This event will launch the findings of research into the excess burden of cancer among men in the Republic of Ireland.

**Entry Fee:** Free

**For more information contact:**

Irish Cancer Society  
Tel: 01 2310500  
Email: [info@irishcancer.ie](mailto:info@irishcancer.ie)  
Website: [www.cancer.ie](http://www.cancer.ie)

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## Men's Health Exhibition



**Date:** Tuesday 11<sup>th</sup> June 2013

**Time:** 11.00am - 12.30pm

**Venue:**

Templeshannon Community Centre  
Enniscorthy  
Co. Wexford

**Organised by:**

Wexford Local Development and the Men's Development Network

**Details:**

Exhibition to launch Men's Health Week in Co. Wexford

**Entry Fee:** Free

**For more information contact:**

Lorcan Brennan  
Tel: 086 3619884  
Email: [lorcan@mens-network.net](mailto:lorcan@mens-network.net)  
Website: [www.mens-network.net](http://www.mens-network.net)

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## Men's Health Talk



**Date:** Tuesday 11<sup>th</sup> June 2013

**Time:** Noon -12.45pm

**Venue:**

Post Graduate Lecture Theatre  
Belfast City Hospital  
51 Lisburn Road  
Belfast BT9 7AB

**Organised by:** Belfast Health and Social Care Trust

**Details:**

- Men's Health Talk by Mr Patrick Keane, Consultant Urologist.
- Informal talk on what males should look out for in terms of Testicular and Prostate Cancer, and the importance of looking after yourself.
- Chance to get your Body Mass Index checked.
- All males welcome.
- Tea and Coffee will be served.

**Entry Fee:** Free

**For more information contact:**

Paul O'Kane  
Tel: 028950 49951  
Email: [paul.okane@belfasttrust.hscni.net](mailto:paul.okane@belfasttrust.hscni.net)

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## Men's Lunch



**Date:** Tuesday 11<sup>th</sup> June 2013

**Time:** 12.30pm - 2.00pm

**Venue:**

Talbot Centre  
29 Upper Buckingham Street  
Dublin 1

**Organised by:** The Talbot Centre

**Details:**

- This is a men's lunch, where men are invited to come together to share a meal.
- It is being hosted in the Talbot Centre, at 29 Upper Buckingham Street, Dublin 1.
- There will also be some speakers present who will discuss men's health issues.

**Entry Fee:** Free

**For more information contact:**

Trevor Bissett  
Tel: 01 8363434  
Email: [trevorbissett@gmail.com](mailto:trevorbissett@gmail.com)

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## Raidió na Gaeltachta Live Men's Health Interview



**Date:** Tuesday 11<sup>th</sup> June 2013

**Time:** Noon

**Venue:** Broadcast throughout Ireland

**Organised by:** RTÉ's Raidió na Gaeltachta

**Details:**

RTÉ's Raidió na Gaeltachta will be conducting an interview with staff from Clinic Cois Abhann GP surgery in Dingle, Co. Kerry, to explore men's health issues.

**For more information contact:**

Jeaic Mac Gearailt

Tel: 066 9155929

Email: [info@rnag.ie](mailto:info@rnag.ie)

Web: [www.rte.ie/rnag](http://www.rte.ie/rnag)

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## You Got the Balls?



**Date:** Tuesday 11<sup>th</sup> June 2013

**Venue:**

McWilliam Park Hotel  
Claremorris  
Co. Mayo

**Organised by:** HealthWest Community Pharmacy, Ballindine

**Details:**

Have you got the balls? ... well, Mayo stars Andy Moran and Colm Boyle certainly have, and they're joining in!

To mark Men's Health Week, you are invited to a men's health evening for males from across the region. There'll be music (Hermitage Green from Limerick), comedy (Joe Rooney of Father Ted fame and Daniel Dowling), speakers (Gerry Duffy from Mullingar - who has done ten 'Iron Man' triathlons in 10 days, and 32 marathons in thirty-two days), special guests, and balls to play with. Hopefully, it'll get us all motivated to get off the couches and make some positive change.

Women can come too of course. All proceeds from the evening will go to 'On the Road Again' and Claremorris Men's Shed.

**For more information contact:**

HealthWest Community Pharmacy  
Tel: 094 93 64712  
Facebook: [www.facebook.com/pages/You-got-the-balls/571180806248076](http://www.facebook.com/pages/You-got-the-balls/571180806248076)  
Twitter: [www.twitter.com/YouGotTheBalls](http://www.twitter.com/YouGotTheBalls)

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## Men's Health Fair



**Date:** Wednesday 12<sup>th</sup> June 2013

**Time:** 5.00pm - 9.00pm

**Venue:**

Newgrange Hotel  
Bridge Street  
Navan  
Co. Meath

**Organised by:** Amen Support Services Ltd

**Details:**

Amen Support Services Ltd is pleased to announce the 2nd Annual Men's Health Event in Meath to coincide with Men's Health Week. This Men's Health Fair will provide men, and their concerned partners or family members, with information on a variety of health and well being topics.

There will be over 20 local and national organisations available including: Irish Heart Foundation (stroke and heart disease - offering free blood pressure checks); the Marie Keating Foundation (awareness of cancer and related issues); the Irish Red Cross (ambulance, search and rescue services, and community based health, programmes - offering free blood pressure checks and glucose testing); SOSAD (supporting those in distress or at risk from suicide and people who have been bereaved by suicide) ...

**Entry Fee:** Free

**For more information contact:**

Kate  
Tel: 046 9076864  
Email: [info@amen.ie](mailto:info@amen.ie)  
Website: [www.amen.ie](http://www.amen.ie)

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## Men's Health MOT



**Date:** Wednesday 12<sup>th</sup> June 2013

**Time:** 6.00pm - 8.00pm

**Venue:**

Long Tower Centre  
Brandywell  
Derry BT48

**Organised by:** Bogside and Brandywell Health Forum

**Details:**

- Bogside and Brandywell Health Forum is holding a Men's Health MOT event in the Long Tower Centre to coincide with Men's Health Week.
- The event will provide health information and health checks for men including cholesterol, blood pressure, weight checks, eye tests, foot care, dental checks and much more.
- Dr. O'Hagan, from Bayview Medical Practice, will open the event with a humorous presentation on men's health at 6.00pm. He will later be available to speak with men privately - if anyone wishes to discuss anything with him.
- A barber will also be available to cut hair!
- Tea and sandwiches will be served.

**Entry Fee:** £1.00

**For more information contact:**

Tommy Carlin  
Tel: 02871 365330  
Email: [tommy@bbhealthforum.org](mailto:tommy@bbhealthforum.org)

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## Action Man - Action Cancer (Belfast)



**Date:** Thursday 13<sup>th</sup> June 2013

**Time:** 9.30am - 8.00pm

**Venue:**

Action Cancer House  
1 Marlborough Park  
Belfast BT9 6XS

**Organised by:** Action Cancer

**Details:**

Offer of MOT health checks for men: cholesterol, glucose, blood pressure, body composition analysis, lung function , facial skin analysis, lifestyle assessment, and advice on cancer prevention and early detection.

**Entry Fee:** Free

**For more information contact:**

Malachy Nixon  
Tel: 02890 803344  
Email: [mnixon@actioncancer.org](mailto:mnixon@actioncancer.org)  
Website: [www.actioncancer.org](http://www.actioncancer.org)  
Online Booking: <http://eformz.info/actionCancer>

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## Belfast City Hall Men's Health Event



**Date:** Thursday 13<sup>th</sup> June 2013

**Time:** 11.00am - 2.00pm

**Venue:**

Belfast City Hall  
Donegall Square  
Belfast BT1 5GS

**Organised by:** Belfast Men's Health Group

**Details:**

The grounds at the front of Belfast City Hall will host a free three hour event which will involve physical activities / challenges, health checks, and refreshments for men and boys from across Belfast (as well as visitors to the city). Males are welcome to join in some or all of this programme.

The activities at the venue will include a climbing wall, spin bikes, boxercise, Nordic walking, fly-fishing demonstrations, armchair aerobics, yoga, zumba, pilates... and participants will also be able to get their blood pressure and body mass index checked.

**Entry Fee:** Free

**For more information contact:**

Paul O'Kane  
Tel: 0782 4619359  
Email: [paul.okane@belfasttrust.hscni.net](mailto:paul.okane@belfasttrust.hscni.net)

Bryan Irwin  
Tel: 02890 351999  
Email: [bryan@cancerlifeline.info](mailto:bryan@cancerlifeline.info)

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# From Policy to Practice: Profiling the Impact of Ireland's National Men's Health Policy



**Date:** Thursday 13<sup>th</sup> June 2013

**Time:** 10.00am - 4.00pm

**Venue:**

Dr Steevens' Hospital  
St. John's Road West  
Dublin 8

**Organised by:**

Health Service Executive and the Men's Health Forum in Ireland (MHFI)

**Details:**

The aim of this conference is to profile the key outputs in the area of men's health in Ireland that have been delivered since the publication of the Men's Health Policy and Five Year Action Plan in 2009, and to set priorities for key policy areas in men's health in the future. The programme will include:

- Keynote addresses from two leading experts in the field of men's health - Noel Richardson and Kate Hunt.
- Workshops addressing a broad spectrum of men's health topics.
- Poster presentations from a diverse range of organisations in Ireland who have been working in the field of men's health and well-being.

**Entry Fee:** Free (but bookings must be made in advance)

**For more information contact:**

Colin Fowler  
Tel: 0044 751 9945261  
Email: [colin@mhfi.org](mailto:colin@mhfi.org)  
Website: [www.mhfi.org](http://www.mhfi.org)

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## Health in Mind ... The ONE Book



**Date:** Thursday 13<sup>th</sup> June 2013

**Time:** 11.00am - 1.00pm

**Venue:**

Coleraine Library  
Queen Street  
Coleraine  
Co. Derry / Londonderry BT52 1BE

**Organised by:** Health in Mind Partnership

**Details:**

The Health in Mind Partnership is funded by the Big Lottery Fund to reduce the stigma attached to mental illness through information, learning and reading. On World Book Day, in March 2013, Health in Mind launched 'The One Book' for Northern Ireland: *"The Unlikely Pilgrimage of Harold Fry"*. This book was carefully chosen for the quality of the writing, the engaging storyline, and its potential to make the reader think. It's a book that will appeal to men of all ages, and it has an essentially uplifting message.

One Book events for 2013 have been held throughout Northern Ireland since April and, to mark Men's Health Week, a special event is being held in Coleraine Library.

**Entry Fee:** Free

**For more information:**

Tel: 02890 395980

Email: [healthinmind@librariesni.org.uk](mailto:healthinmind@librariesni.org.uk)

Website: [www.yourhealthinmind.org.uk](http://www.yourhealthinmind.org.uk)

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# Men's Health Day



**Date:** Thursday 13<sup>th</sup> June 2013

**Venue:**

Midleton Community Enterprise Centre  
Owennacurra Business Park  
Knockgriffin  
Midleton  
Co. Cork

**Organised by:**

South and East Cork Area Development (SECAD)

**Details:**

This event will target a number of Men's Sheds that SECAD is working with at present, and will include:

- Presentations from the Irish Cancer Society and Diabetes Ireland.
- Interactive workshops (led by HSE Health Promotion Officers) on Planning Change for Health.
- A workshop on Men's Emotional Wellbeing and its Impact on Physical Health - led by the Social and Health Education Project (SHEP).
- Screening tests including blood glucose, BMI, blood pressure and carbon monoxide.

**Entry Fee:** Free

**For more information:**

Kieran Butler  
Tel: 021 4613432  
Email: [kbutler@secad.ie](mailto:kbutler@secad.ie)  
Website: [www.secad.ie](http://www.secad.ie)

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## Walk to Swiss Cottage



**Date:** Thursday 13<sup>th</sup> June 2013

**Time:** 12.30pm - 2.00pm (approximately)

**Venue:**

Meet at Cahir Castle Car Park  
Cahir  
Co. Tipperary

**Organised by:** Cashel Men's Shed

**Details:**

- This will involve a gentle walk of approximately two miles in the scenic area around Cahir Castle.
- The route will follow the river Suir to Swiss Cottage.
- The event is open to men of all ages and abilities, and any women who wish to accompany them.

**Entry Fee:** Donation to Men's Shed - if desired

**For more information contact:**

Deirdre O'Connor  
Tel: 062 63622  
Email: [doconnor@spafieldfrc.ie](mailto:doconnor@spafieldfrc.ie)  
Website: [www.spafieldfrc.ie](http://www.spafieldfrc.ie)

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# Healthy Men



**Date:** Friday 14<sup>th</sup> June 2013

**Time:** 1.00pm - 4.00pm

**Venue:**

Foyleside Shopping Centre  
Orchard Street  
Derry / Londonderry BT48 6XY

**Organised by:** Men's Action Network supported by the Man Matters project

**Details:**

This event will offer an opportunity for men to get their cholesterol, sugar level, and blood pressure checked. Their Body Mass Index (BMI) will also be measured, and they will have an opportunity to try out some relaxing complementary therapies.

**Entry Fee:** Free

**For more information contact:**

Michael Lynch  
Tel: 02871 377777  
Email: [man\\_in\\_derry@yahoo.co.uk](mailto:man_in_derry@yahoo.co.uk)  
Website: [www.man-ni.org](http://www.man-ni.org)

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## Men's Health Awareness Event



**Date:** Friday 14<sup>th</sup> June 2013

**Time:** 3.00pm - 5.30pm

**Venue:**

Áras Inis Gluaire  
Civic Centre  
Belmullet  
Co Mayo

**Organised by:**

Men's Community Initiative, Erris Men's Shed and the HOPE Project

**Details:**

- Guest speakers on the day - Ailish Houlihan of Croi and their Nutritionist - will be introducing the new 'Weight Management Programme' which will be tailored for men.
- Information on other men's health issues will be available, as well as an opportunity to find out about the options available for exercise and social activities for men in the local area.
- This is a joint venture between the Men's Community Initiative, the HOPE Project and Erris Men's Shed. Everyone is welcome.

**Entry Fee:** Free

**For more information contact:**

Lorraine on Tel: 097 81079

Maura on Tel: 087 185 7280

Padraig at Email: [errismensshed@gmail.com](mailto:errismensshed@gmail.com)

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## Top Tips for Looking after Yourself



**Date:** Friday 14<sup>th</sup> June 2013

**Time:** 10.00am - 1.00pm

**Venue:**

Clady Villa  
Knockbracken Healthcare Park  
Saintfield Road  
Belfast

**Organised by:** Belfast Men's Health Group (BMHG) and the Belfast Health and Social Care Trust (BHSCT)

**Details:**

- Stress can affect anyone. It doesn't just make you feel bad - it can also be bad for your health. The good news is there are steps you can take to deal with it.
- This workshop outlines practical ways for you to start dealing with stress and to stop it building up in the future.
- Please note that places are limited.

**Entry Fee:** Free

**For more information contact:**

Paul O'Kane  
Tel: 0782 4619359  
Email: [paul.okane@belfasttrust.hscni.net](mailto:paul.okane@belfasttrust.hscni.net)

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## Daddy Bear's Picnic



**Date:** Saturday 15<sup>th</sup> June 2013

**Time:** 10.00am - 2.00pm

**Venue:**

Lough Neagh Discovery Centre  
Oxford Island National Nature Reserve  
Craigavon  
Co. Armagh BT66 6NJ

**Organised by:** Loughshore Access Project

**Details:**

The Daddy Bear's Picnic will involve:

- BBQ
- Family fun activities
- Health checks and advice for men
- Nature scavenger hunt for toddlers (aged 3+)
- Pond dipping activities
- ... and much more

**Entry Fee:** Free

**For more information contact:**

Louise McAlinden  
Tel: 02838 317898  
Email: [info@lap.uk.com](mailto:info@lap.uk.com)

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# Healthy Men



**Date:** Saturday 15<sup>th</sup> June 2013

**Time:** 1.00pm - 4.00pm

**Venue:**

Foyleside Shopping Centre  
Orchard Street  
Derry / Londonderry BT48 6XY

**Organised by:** Men's Action Network supported by the Man Matters project

**Details:**

This event will offer an opportunity for men to get their cholesterol, sugar level, and blood pressure checked. Their Body Mass Index (BMI) will also be measured, and they will have an opportunity to try out some relaxing complementary therapies.

**Entry Fee:** Free

**For more information contact:**

Michael Lynch  
Tel: 02871 377777  
Email: [man\\_in\\_derry@yahoo.co.uk](mailto:man_in_derry@yahoo.co.uk)  
Website: [www.man-ni.org](http://www.man-ni.org)

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## Sure Start Fathers' Day



**Date:** Saturday 15<sup>th</sup> June 2013

**Time:** 10.00am - 2.00pm

**Venue:**

New Life City Church  
143 Northumberland Street  
Belfast BT13 1AA

**Organised by:** Sure Start Fathers' Network and Man Matters

**Details:**

This is a large scale annual event for fathers and other family members. This year, it will include:

- Football final
- Mini olympics for fathers and kids
- Men's health advice and information
- Kids' entertainment
- Health therapies
- Barbers
- Food

**Entry Fee:** Free

**For more information contact:**

Gary Smyth  
Tel: 02890 329718  
Email: [gary.smyth@wea-ni.com](mailto:gary.smyth@wea-ni.com)  
Website: [www.manmatters.org](http://www.manmatters.org)

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## Trip to Glendalough



**Date:** Saturday 15<sup>th</sup> June 2013

**Time:** 10.00am - 6.00pm

**Venue:** From Ballyfermot in Dublin to Glendalough, Co. Wicklow

**Organised by:**

Ballyfermot / Chapelizod Partnership and Matt Talbot Community Trust

**Details:**

Calling men over 55 years of age ... Are you living in Ballyfermot, Cherry Orchard or Chapelizod? If so, Matt Talbot Community Trust and the Ballyfermot / Chapelizod Partnership are organising a trip to Glendalough that you might be interested in. If so, you will need to bring rain gear and suitable walking shoes.

We will leave from 4 Drumfinn Park, Ballyfermot, at 10.00am and will return at 6.00pm. Lunch will be provided. Places need to be booked in advance.

**Cost:** €5.00

**For more information contact:**

Valerie Coffey

Tel: 01 6235612

Email: [vcoffey@ballyfermotpartnership.ie](mailto:vcoffey@ballyfermotpartnership.ie)

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## Men Together - Men to the Centre



**Date:** Sunday 16<sup>th</sup> June 2013

**Time:** 1.00pm

**Venue:** Hill of Uisneach, Co. Westmeath

This is on the R390 between Mullingar and Athlone. Equidistant between Killare crossroads and the small village of Loughnavalley, the entrance to the Hill is at a lay-by with a picnic table. You will also see a small wicker hut at this place, and there is a brown and white sign identifying the place as the Hill of Uisneach. The hill is approximately 10 miles /17 kilometres from Mullingar. If travelling from the Mullingar direction, the lay-by will be on your right, and on your left if coming from the Athlone direction. Put "Rathnew, Westmeath, Ireland" into [www.maps.google.com](http://www.maps.google.com) and you will see map and satellite imagery of the location. Google has mis-spelled Uisneach as Usnagh and you will see the Hill of Usnagh above and to the left of Rathnew. Click the "Directions" tab to get directions from your location.

**Organised by:** Fir Le Chéile: Men Together

### **Details:**

On Father's Day, men and boys from the entire island of Ireland will assemble at the foot of the Hill of Uisneach - the exact geographical centre of Ireland. Together, elders and boys will walk in the spirit of care, solidarity and brotherhood for the wellbeing of all males of all parts of Ireland. This will be a celebration of maleness, one that is thoroughly inclusive and non-hierarchical. With no flags, no fliers, no selling, no preaching, just togetherness as we walk the small, gentle climb to the very centre of Ireland, this will be an historic occasion - one that is unique in the culture of health and wellbeing of men and boys. We are free to walk with personal intentions, to acknowledge the lives lived by those men and boys known to us who have passed, to walk on behalf of those men and boys among us who are unable to do so, to walk for the betterment of our very selves.

**Entry Fee:** Free

### **For more information contact:**

John Cantwell

Tel: 01 6704905 / 087 2414 963

Email: [john@slianchroi.ie](mailto:john@slianchroi.ie)

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## Real Health Advice for Real Men - Ballymena



**Date:** Monday 17<sup>th</sup> June 2013

**Time:** 7.30pm - 9.30pm

**Venue:**

Auditorium, The Braid Centre  
Bridge Street  
Ballymena  
Co. Antrim

**Organised by:** North Antrim Community Network and Causeway Rural and Urban Network in association with Zest. Funded by the Public Health Agency.

**Details:**

- You are invited to a men's health event which will be strictly male only.
- This will offer health advice and fun activities in a male friendly environment.
- There will be a talk by Conor McCafferty of Zest. Conor specialises in addiction counselling, and has many years experience of working with self-harming and suicidal individuals and their families.
- The session will be followed by a hearty supper.
- See [www.mhfi.org/realhealthadvice.pdf](http://www.mhfi.org/realhealthadvice.pdf) for a list of all the dates, times and venues that this workshop will be held to mark Men's Health Week.

**Entry Fee:** Free

**For more information contact:**

Amanda Pollock  
Tel: 0774 0282650  
Email: [amanda@nacn.org](mailto:amanda@nacn.org)  
Website: [www.nacn.org](http://www.nacn.org)

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## Action Man - Action Cancer (Derry / Londonderry)



**Date:** Tuesday 18<sup>th</sup> June 2013

**Time:** 11.00am - 7.30pm

**Venue:**

Hillcrest House  
14-17 Jasmine Court  
Derry / Londonderry BT47 2DZ

**Organised by:** Action Cancer

**Details:**

Offer of MOT health checks for men: cholesterol, glucose, blood pressure, body composition analysis, lung function, facial skin analysis, lifestyle assessment, and advice on cancer prevention and early detection.

**Entry Fee:** Free

**For more information contact:**

Malachy Nixon  
Tel: 02890 803344  
Email: [mnixon@actioncancer.org](mailto:mnixon@actioncancer.org)  
Website: [www.actioncancer.org](http://www.actioncancer.org)

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## Men's Health Checks



**Date:** Tuesday 18<sup>th</sup> June 2013

**Time:** 2.15pm - 5.00pm

**Venue:**

Newell Stores  
11 Lineside  
Coalisland  
Co.Tyrone BT71 4LP

**Organised by:** Southern Investing for Health and Closing the Gap

**Details:**

Series of health checks offered to all men who attend.

**Entry Fee:** Free

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## Real Health Advice for Real Men - Antrim



**Date:** Tuesday 18<sup>th</sup> June 2013

**Time:** 7.00pm - 9.30pm

**Venue:**

The Old Courthouse  
Market Square  
Antrim  
Co. Antrim

**Organised by:**

South Antrim Community Network in association with Zest. Funded by the Public Health Agency.

**Details:**

- You are invited to a men's health event which will be strictly male only.
- This will offer health advice and fun activities in a male friendly environment.
- There will be a talk by Conor McCafferty of Zest. Conor specialises in addiction counselling, and has many years experience of working with self-harming and suicidal individuals and their families.
- The session will be followed by a hearty supper.
- See [www.mhfi.org/realhealthadvice.pdf](http://www.mhfi.org/realhealthadvice.pdf) for a list of all the dates, times and venues that this workshop will be held to mark Men's Health Week.

**Entry Fee:** Free

**For more information contact:**

Michelle Wilson  
Tel: 02894 478645  
Email: [michelle@southantrimcommunitynetwork.org](mailto:michelle@southantrimcommunitynetwork.org)

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## safeTALK Workshop



**Date:** Tuesday 18<sup>th</sup> June 2013

**Time:** 6.30pm

**Venue:**

Blackpool Community Centre  
90 Great William O'Brien Street  
Blackpool  
Cork  
Co. Cork

**Organised by:** Health Action Zone

**Details:**

- Training programme that prepares participants to identify persons with thoughts of suicide and connect them to suicide first aid resources.
- These specific skills are called 'suicide alertness' and are taught with the expectation that the person learning them will use them to help reduce suicide risk in their communities.
- Following a safeTALK workshop, participants will be more willing and able to perform an important helping role for persons with thoughts of suicide.

**Entry Fee:** Free

**For more information contact:**

Stephen Murphy  
Tel: 087 9814803  
Email: [stephen.murphy@hse.ie](mailto:stephen.murphy@hse.ie)

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## Real Health Advice for Real Men - Magherafelt



**Date:** Wednesday 19<sup>th</sup> June 2013

**Time:** 7.30pm - 9.30pm

**Venue:**

Meadowbank Sports Arena  
Ballyronan  
Magherafelt  
Co. Derry / Londonderry

**Organised by:** Cookstown and Western Shores Area Network in association with Zest. Funded by the Public Health Agency.

**Details:**

- You are invited to a men's health event which will be strictly male only.
- This will offer health advice and fun activities in a male friendly environment.
- There will be a talk by Conor McCafferty of Zest. Conor specialises in addiction counselling, and has many years experience of working with self-harming and suicidal individuals and their families.
- The session will be followed by a hearty supper.
- See [www.mhfi.org/realhealthadvice.pdf](http://www.mhfi.org/realhealthadvice.pdf) for a list of all the dates, times and venues that this workshop will be held to mark Men's Health Week.

**Entry Fee:** Free

**For more information contact:**

Denise Doherty  
Tel: 02879 634865

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## Action Man - Action Cancer (Belfast)



**Date:** Thursday 20<sup>th</sup> June 2013

**Time:** 9.30am - 8.00pm

**Venue:**

Action Cancer House  
1 Marlborough Park  
Belfast BT9 6XS

**Organised by:** Action Cancer

**Details:**

Offer of MOT health checks for men: cholesterol, glucose, blood pressure, body composition analysis, lung function, facial skin analysis, lifestyle assessment, and advice on cancer prevention and early detection.

**Entry Fee:** Free

**For more information contact:**

Malachy Nixon  
Tel: 02890 803344  
Email: [mnixon@actioncancer.org](mailto:mnixon@actioncancer.org)  
Website: [www.actioncancer.org](http://www.actioncancer.org)  
Online Booking: <http://eformz.info/actionCancer>

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## Real Health Advice for Real Men - Ballymoney



**Date:** Thursday 20<sup>th</sup> June 2013

**Time:** 7.30pm - 9.30pm

**Venue:**

Auditorium, Ballymoney Town Hall  
Townhead Street  
Ballymoney  
Co. Antrim

**Organised by:** North Antrim Community Network and Causeway Rural and Urban Network in association with Zest. Funded by the Public Health Agency.

**Details:**

- You are invited to a men's health event which will be strictly male only.
- This will offer health advice and fun activities in a male friendly environment.
- There will be a talk by Conor McCafferty of Zest. Conor specialises in addiction counselling, and has many years experience of working with self-harming and suicidal individuals and their families.
- The session will be followed by a hearty supper.
- See [www.mhfi.org/realhealthadvice.pdf](http://www.mhfi.org/realhealthadvice.pdf) for a list of all the dates, times and venues that this workshop will be held to mark Men's Health Week.

**Entry Fee:** Free

**For more information contact:**

Amanda Pollock  
Tel: 0774 0282650  
Email: [amanda@nacn.org](mailto:amanda@nacn.org)  
Website: [www.nacn.org](http://www.nacn.org)

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## Man2Man



**Date:** Friday 21<sup>st</sup> June 2013

**Time:** 10.00am - 2.30pm

**Venue:**

Dr Steevens' Hospital  
St. John's Road West  
Dublin 8

**Organised by:** The Gay Men's Health Service in the HSE and the Gay Health Network, with the support of the Department of Health, the National AIDS Strategy Committee, and the National Office for Social Inclusion, HSE.

**Details:**

- This is the 11<sup>th</sup> Annual All-Ireland Gay Health Forum (GHF11).
- GHF11 provides an important platform for presentations from recent clinical audits, research and surveillance reports.
- There will also be presentations on a range of initiatives.
- Places are limited, and will be assigned on a first to register basis.
- To register, email your details to: [info@ghn.ie](mailto:info@ghn.ie)

**Entry Fee:** Free

**For more information (but not to register) contact:**

Mick Quinlan  
Email: [mick.quinlan@hse.ie](mailto:mick.quinlan@hse.ie)

or

Susan Donlon  
Email: [susan.donlon@dublinaidsalliance.ie](mailto:susan.donlon@dublinaidsalliance.ie)

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## Action Man - Action Cancer (Ballymena)



**Date:** Tuesday 25<sup>th</sup> June 2013

**Time:** 11.00am - 7.30pm

**Venue:**

Ballymena North Business and Recreation Centre  
120 Cushendall Road  
Ballymena  
Co. Antrim BT43 6HB

**Organised by:** Action Cancer

**Details:**

Offer of MOT health checks for men: cholesterol, glucose, blood pressure, body composition analysis, lung function, facial skin analysis, lifestyle assessment, and advice on cancer prevention and early detection.

**Entry Fee:** Free

**For more information contact:**

Malachy Nixon  
Tel: 02890 803344  
Email: [mnixon@actioncancer.org](mailto:mnixon@actioncancer.org)  
Website: [www.actioncancer.org](http://www.actioncancer.org)

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## Man - Action Cancer (Belfast)



**Date:** Thursday 27<sup>th</sup> June 2013

**Time:** 9.30am - 8.00pm

**Venue:**

Action Cancer House  
1 Marlborough Park  
Belfast BT9 6XS

**Organised by:** Action Cancer

**Details:**

Offer of MOT health checks for men: cholesterol, glucose, blood pressure, body composition analysis, lung function, facial skin analysis, lifestyle assessment, and advice on cancer prevention and early detection.

**Entry Fee:** Free

**For more information contact:**

Malachy Nixon  
Tel: 02890 803344  
Email: [mnixon@actioncancer.org](mailto:mnixon@actioncancer.org)  
Website: [www.actioncancer.org](http://www.actioncancer.org)  
Online Booking: <http://eformz.info/actionCancer>

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