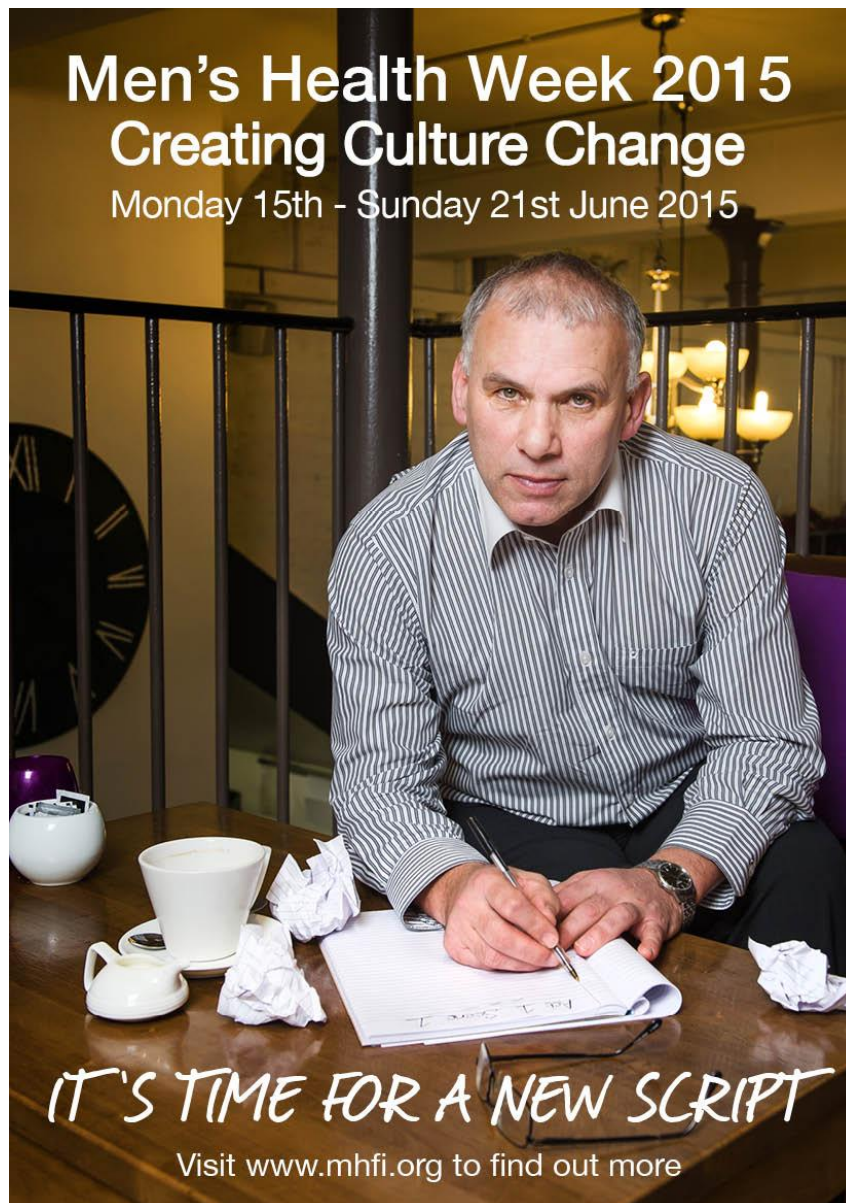


Men's Health Week 2015



Events and activities taking place on the island of Ireland

Men's Health Week 2015

- What's Happening Across Ireland?

[Men's Health Week \(MHW\) 2015](#) will run from Monday 15th June until Sunday 21st June 2015. The focus on the island of Ireland this year will be upon: *'Creating Culture Change - it's time for a new script'*.

Males constitute almost 50% of the population on the island of Ireland and, therefore, deserve to have a gender lens focused upon their specific health needs. Research shows that these men experience a disproportionate burden of ill-health and die too young ...

- Local men die, on average, four and a half years younger than women.
- Males have higher death rates than women for all of the leading causes of death.
- Poor lifestyles are responsible for a high proportion of chronic diseases.
- Late presentation to health services leads to a large number of problems becoming untreatable ...

Although the health of men in Ireland is poor, it can be improved in many significant ways. Work has already been done to support the health needs of men and boys: Ireland was the first country in the world to have a National Men's Health Policy; the 'Engage' men's health training programme has influenced how services and structures support males; new innovative initiatives have been developed which provide a model for improving aspects of men's health ... Much has been achieved, but there is room for more.

'It's time for a new script' which re-defines how men look after their health, as well as how they can be actively supported to do so. This requires focusing upon *'creating culture change'* in Ireland which views men's health as being everyone's business. MHW 2015 offers a launch pad to do this.

The [Men's Health Forum in Ireland](#) (MHFI) wishes to document at least some of the events and activities which will be taking place throughout the island of Ireland to mark MHW 2015. There are three ways to submit details of events:

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

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

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

Just before and/or throughout Men's Health Week ...

['Challenges and Choices' Men's Health Manual](#) [All-island]

[Men's Health MOT Health Checks](#) [Belfast]

[Intervening to Reduce Obesity Workshop](#) [All-island]

['Write a New Script' Conference](#) [Northern Ireland-wide]

[Discovery to Recovery](#) [Western Health and Social Care Trust area]

[13th Annual Gay Health Forum](#) [Republic of Ireland-wide]

[Technology, Mental Health and Suicide Prevention](#) [Republic of Ireland-wide]

['Engage' Men's Health Workshop](#) [Portadown, Co. Armagh]

[Using Your Brain to Beat Addiction](#) [Limerick City]

[Cancer Prevention Talk](#) [Blanchardstown, Dublin]

[Mood Walk](#) [Belfast]

[#getagrip #menshealth](#) [Northern Ireland-wide]

[Alcohol and You](#) [South Eastern Northern Ireland]

[Western Health & Social Care Trust Celebrations](#) [Western Northern Ireland]

[Cooley, Drogheda and Dundalk Men's Sheds](#) [Co. Louth]

[Young Men's Mental Health](#) [Republic of Ireland-wide]

[South Eastern Health and Social Care Trust](#) [South Eastern Northern Ireland]

Monday 15^h June 2015 ...

[Men's Health Week Launch in the South East](#) [Enniscorthy, Co. Wexford]

[M.anage E ating N.utritious](#) [Newbridge, Co. Kildare]

[Manfulness - Mindfulness for Men](#) [Shankill Road, Belfast]

[Recycled Wise Men: Bike Workshop](#) [Belfast]

[Launch of Men and Digestive System Factsheet](#) [Navan, Co. Meath]

[Manfulness - Mindfulness for Men](#) [Falls Road, Belfast]

[Community Information Service on Cancer](#) [Belmullet, Co. Mayo]

[Alright Lads. What's Your Goal?](#) [Coleraine, Co. Derry / Londonderry]

[Joint Mobility and Strength Taster Class](#) [Belmullet, Co. Mayo]

Tuesday 16th June 2015 ...

[Co. Meath Men's Sheds Networking Event](#) [Trim, Co. Meath]

[Engage National Men's Health Training](#) [Adare, Co. Limerick]

[Looking After Yourself](#) [Cashel, Co. Tipperary]

[Here4U Trophy](#) [Belfast]

Wednesday 17th June 2015 ...

[Men's Health Week Breakfast](#) [Ballymoney, Co. Antrim]

[Shelbourne Motors Men's Health Screening Day](#) [Craigavon, Co. Armagh]

[Men's Health Fair](#) [Maghaberry Prison, Lisburn, Co. Antrim]
[Mental Health Workshop](#) [Kilglass, Co. Sligo]
[Roundtable: The Case for Universal HPV Vaccinations](#) [Stormont, Belfast]
[Belfast Trust Men](#) [Belfast]
[Men's Health Awareness Day](#) [Headford, Co. Galway]
[Manfulness - Mindfulness for Men](#) [Suffolk Road, Belfast]
[Is Northern Ireland a Good Place to be Old?](#) [Northern Ireland-wide]
[Traveller Men's Health Day](#) [Phoenix Park, Dublin 8]
[Why Don't Men Look After Their Health?](#) [Bangor, Co. Down]
[Men's Cancer Awareness Session](#) [Strabane. Co. Tyrone]

Thursday 18th June 2015 ...

[Men's Health Screening and Information Day](#) [Banbridge, Co. Down]
[A New Conversation for Men](#) [Republic of Ireland-wide]
[Men's Health Morning](#) [Downpatrick, Co. Down]
[Healthy Cooking Class](#) [Antrim, Co. Antrim]
[Men's Health Fair](#) [Enniskillen, Co. Fermanagh]
[Celebrating Men's Health](#) [Tralee, Co. Kerry]
[Men's Health Day in Gurrabraher](#) [Cork City]
[Recycled Wise Men: Prostate Cancer Quiz](#) [Belfast]

Friday 19th June 2015 ...

[Amen Support Services](#) [Navan, Co. Meath]
[Launch of SPACE 2](#) [Ballymun, Dublin 9]
[Men-Only Cookery Class](#) [Foxford, Co. Mayo]

Saturday 20th June 2015 ...

[Den Legends Cup](#) [Crosskeys, Co. Cavan]

Sunday 21st June 2015 ...

[Omeath - Carlingford Greenway Walk](#) [Co. Louth]
[Men's Health Expo](#) [Ranelagh, Dublin 6]

Just after Men's Health Week 2015 ...

[Tune In. Turn On.](#) [Republic of Ireland-wide]

'Challenges and Choices' Men's Health Manual



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Official Launch = Monday 18th May 2015

Organised by: Men's Health Forum in Ireland (MHFI)

Details:

As the final countdown to Men's Health Week begins, the Men's Health Forum in Ireland is launching a new, free, 32 page Man Manual. This booklet (titled 'Challenges and Choices') poses a series of simple, practical challenges to men in an effort to radically improve their health.

The manual was written by internationally acclaimed men's health author Dr Ian Banks, President of the European Men's Health Forum. It is based upon the highly successful series of 'Haynes Manuals for Men' which have been developed by Dr Banks. These publications use the widely recognised Haynes Car Workshop Manual format (which many men are already familiar with) to promote health messages in a straightforward, step-by-step, humorous and commonsense way.

Evidence clearly shows that there are many challenges to be faced when seeking to improve men's health. However, it also highlights that men's health can be improved in significant ways - if the right choices are made. This manual provides the information and the tools to do this.

Production of the 'Challenges and Choices' manual has been funded by the Health Service Executive in the Republic of Ireland, and by the Public Health Agency in Northern Ireland.

For more information contact:

Colin Fowler

Tel: 0751 9945261

Email: colin@mhfi.org

Website: www.mhfi.org/mhw/mhw-2015.html#Challenges

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Men's Health MOT Health Checks



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Throughout May and June 2015

Time: 10.00am onwards each day

Venue:

Action Cancer House
1 Marlborough Park
Belfast BT9 6XS

Organised by: Action Cancer

Details:

MOT health checks are available for males aged 16 years and older. The tests include cholesterol and glucose testing, blood pressure, lung function, body composition analysis, and facial skin analysis. Action Cancer will also provide advice on diet, nutrition and cancer awareness.

To book an appointment, call Action Cancer on 02890 803344 or visit www.actioncancer.org to book online.

Entry Fee: Free

For more information contact:

Malachy Nixon
Tel: 02890 803344
Email: mnixon@actioncancer.org
Website: www.actioncancer.org

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Intervening to Reduce Obesity Workshop



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Wednesday 3rd June 2015

Time: 9.00am - 1.00pm

Venue:

Stormont Hotel
Upper Newtownards Road
Belfast BT4 3LP

Organised by: All-Island Obesity Action Forum

Details:

This event will focus on interventions to reduce the burden of obesity both nationally and globally. Interventions currently in place on the island of Ireland will be discussed, while keynote speaker Professor Jaap Seidell - from the University of Amsterdam - will focus on a public-private partnership initiative (the JOGG programme) being run in the Netherlands. A social media youth peer campaign rolled out recently in four European Union countries will also be presented.

For more information visit:

www.safefood.eu/Professional/Events/All-island-Obesity-Action-Forum-Intervening-to-re.aspx

[Back to list of events](#)

Write a New Script Conference



Men's Health Week 2015

Mon 15th - Sun 21st June

Date: Thursday 4th June 2015

Time: 9.00am - 1.00pm

Venue:

Dunsilly Hotel
20 Dunsilly Road
Antrim
Co. Antrim BT41 2JH

Organised by: Cancer Focus Northern Ireland

Details:

Cancer Focus Northern Ireland invites you to attend their 2015 Men's Health Conference. This will ...

- Examine health and wellbeing with a focus on empowering older men to improve their health and to access support when needed.
- Present interim findings from the Well Aware Project.
- Include a presentation on Northern Ireland Cancer Registry research.
- Highlight awareness and screening campaigns.
- Consider the personal experiences of men in relation to health and cancer.

Entry Fee: Free

For more information contact:

Denise Bownes
Email: denisebownes@cancerfocusni.org

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Discovery to Recovery



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Thursday 4th June 2015

Time: 9.30am

Venue:

The Guildhall
Guildhall Street
Derry / Londonderry BT48 6DQ

Organised by:

Western Health and Social Services Trust (WHSCCT) Mental Health Service

Details:

The vision of the WHSCCT Mental Health Service is to support people on a journey of recovery by making the best use of their talents and resources in becoming experts in self-care. The Trust aims to move mental health services beyond responding to illness to being a service concerned with building a greater quality of life, by empowering people with mental health challenges, their families, friends and the community. To promote this goal, you are invited to a health fair titled 'Discovery to Recovery'. At this event, the Trust will also launch their service user group, SMILE (supporting mental health in lived experience), and introduce participants to the recently developed 'My Mind' smartphone app.

Entry Fee: Free

For more information contact:

Email: health.improvement@westerntrust.hscni.net

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13th Annual Gay Health Forum



Men's Health Week 2015

Mon 15th - Sun 21st June

Date: Friday 5th June 2015

Time: 9.15am - 3.30pm

Venue:

The Printworks
Dublin Castle
Dame Street
Dublin 2

Organised by: The Gay Men's Health Service (GMHS), HSE, and partners Gay Health Network (GHN) with the support of the Department of Health, the HSE's National Directorate Health and Wellbeing, and Primary Care and Mental Health.

Details:

Men who have Sex with Men (MSM) are recognised as a key target group for HIV prevention, sexual health awareness, and care and support services. The 13th Annual Gay Health Forum (GHF13) theme will be: 'Empowering: Sexual Health and Well-Being'. GHF13 provides an important platform for presentations from recent clinical audits, research, and surveillance reports on HIV and STIs.

Entry Fee: Free

For more information contact:

Mick Quinlan
Email: mick.quinlan@hse.ie

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Technology, Mental Health and Suicide Prevention



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Monday 8th June 2015

Time: Noon

Venue:

Nitro
3rd Floor
One Grand Parade
Ranelagh
Dublin 6

Organised by: ReachOut

Details:

ReachOut.com is launching a new publication titled: 'Technology, Mental Health and Suicide Prevention in Ireland - a Good Practice Guide'. This was commissioned by the Health Service Executive's National Office for Suicide Prevention (NOSP). Gerry Raleigh, Director of NOSP will address the launch.

Entry Fee: Free

For more information contact:

Derek Chambers
Email: derek@reachout.com

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'Engage' Men's Health Workshop



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Tuesday 9th June 2015

Time: 9.30am - 4.00pm

Venue:

Craigavon Area Hospital
68 Lurgan Road
Portadown
Co. Armagh BT63 5QQ

Organised by:

Southern Health and Social Care Trust (SHSCT) Promoting Wellbeing Team

Details:

You are invited to apply for a place on an 'Engage' Men's Health Workshop. The aim of this training is to increase participants' understanding of best practice in engaging men with health and social services, and will look at: the broad determinants of men's health, including how gender influences men's approach to looking after their own health; how to guide health consultations with men using brief intervention and motivational interviewing techniques; how best practice guidelines in working with men can be used to engage men more effectively with health and social services; the barriers and prompts experienced by men when accessing health and social services. The facilitators will be Rosemary Daly and Nuala Quinn from the SHSCT.

Entry Fee: Free

For more information contact:

Mairead Casey
Tel: 02837 412129
Email: Mairead.Casey@southerntrust.hscni.net

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Using Your Brain to Beat Addiction



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Friday 12th June 2015

Time: 10.00am - 1.00pm

Venue:

PALLS Education Centre
Unit 2, Docklands Business Park
Dock Road
Limerick
Co. Limerick

Organised by: PALLS (Probation and Linkage in Limerick Scheme)

Details:

To launch National Men's Health Week 2015, PALLS is delighted to welcome the renowned scientist and speaker Professor Billy O'Connor (Head of Teaching and Research in Physiology at the University of Limerick's Graduate Entry Medical School) to present a workshop on the brain and addiction. This event is for male service users in Limerick (project workers and key workers are welcome to support clients, but it is proposed to keep the number of professionals to a minimum). Places are limited.

Entry Fee: Free

For more information contact:

Rachel
Tel: 061 608180
Email: info@palls.ie

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Cancer Prevention Talk



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Friday 12th June 2015

Time: 2.00pm

Venue:

Coolmine Therapeutic Community
Grove Road
Blanchardstown
Dublin 15

Organised by: Irish Cancer Society

Details:

Cancer prevention talk aimed at men.

Entry Fee: Free

For more information contact:

Karen
Email: karenlennon@coolminetc.ie

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Mood Walk



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Friday 12th June 2015

Time: 6.30pm - 10.00pm

Venue:

Mary Peters Track
Upper Malone Road
Belfast BT9 5PR

Organised by: Aware Defeat Depression

Details:

You, and your family and friends, are invited to join Aware Defeat Depression at a fun-filled evening walk which will take place in Barnett Demesne, Shaw's Bridge and the Mary Peters Track in Belfast. This event seeks to lift your mood and, at the same time, raise money to support people living with depression.

The evening will start from the Mary Peters Track, and participants are invited to walk either 10k or 5k with their friends and family, and finish-up by relaxing with a picnic and live entertainment.

Entry Fee: £10 registration fee.

For more information contact:

Kieran Hughes
Tel: 02890 357820
Web: www.aware-ni.org/moodwalk

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#getagrip #menshealth



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Throughout June 2015

Time: AM and PM appointments available

Venues:

- Action Cancer House, 1 Marlborough Park, Belfast BT9 6XS
- 'Big Bus' - travelling all over Northern Ireland
- Sports Community Pop-Ups across Northern Ireland

Organised by: Action Cancer

Details:

Throughout June, Tyrone GAA star Sean Cavanagh, Rugby Professional Paddy Jackson, and Cliftonville Striker Joe Gormley are encouraging men aged 16+ to book a free health check with Action Cancer. You can book online at www.actioncancer.org/Appointments or by calling 028 9080 3344. #getagrip #menshealth

Entry Fee: Free

For more information contact:

Frances Dowds
Tel: 02890 803344
Email: fdowds@actioncancer.org
Web: www.actioncancer.org

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Alcohol and You



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Throughout Men's Health Week 2015

Organised by: Alcohol and You

Details:

Alcohol and You will be contributing to a number of events during Men's Health Week 2015. These will include ...

- Wednesday 17th June 2015: a Health Fair in Maghaberry Prison - offering an alcohol awareness stand and the opportunity for brief advice to be given.
- Thursday 18th June: morning event in South Eastern Regional College in Downpatrick, involving roundtable talks on a range of health issues. In the afternoon, there will be an alcohol awareness stand at a community men's health event in the Colin area of West Belfast.
- Throughout the week: Alcohol and You will be focusing on the effects of alcohol on male health via their Facebook page and website - which has a specific section on Alcohol and Men.

For more information contact:

Jacqui Henning
Alcohol and You Coordinator
Tel: 02892 501379
Email: Jacqui.Henning@setrust.hscni.net
Web: www.alcoholandyouni.com

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Western Health and Social Care Trust Celebrations



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Monday 15th June - Friday 19th June 2015

Time: Mornings, afternoons and evenings

Venues:

- Derry / Londonderry City
- Enniskillen, Co. Fermanagh
- Lisnaskea, Co. Fermanagh
- Omagh, Co. Tyrone
- Strabane, Co. Tyrone

Organised by: Health Improvement Department, WHSCT

Details:

Throughout Men's Health Week, the Western Health and Social Care Trust's Health Improvement Department will be organising a range of events to celebrate this week. Activities will include: cancer awareness and prevention, health checks, football tournaments, outdoor physical activity sessions, open days, information stands, workplace sessions ...

Approximately 400 men will be targeted, and a calendar of events will be posted on the Trust's intranet, website and Facebook page. For a full overview, visit: www.mhfi.org/WHSCtmhw2015.pdf

Entry Fee: Free

For more information contact:

Sandra Semple
Tel: 02871 865127
Email: sandra.semple@westerntrust.hscni.net

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Cooley, Drogheda and Dundalk Men's Sheds



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Throughout Men's Health Week 2015

Details:

Throughout Men's Health Week 2015, Cooley, Drogheda and Dundalk Men's Sheds will be celebrating in many ways. This will include:

- Starting an exercise class - including information on diet and nutrition.
- Having health checks conducted through their local Boots chemist - which will take each man's blood pressure, let them know their BMI, and talk about diabetes to any men who might be at risk.
- Distributing Men's Health Week posters and Man Manuals at different fund raising events and to community groups.
- Hosting visits from fledgling Men's Sheds ...

For more information contact:

Eva Beirne
Netwell Activities and Events Coordinator
Tel: 042 9370395
Email: eva.beirne@netwellcentre.org

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Young Men's Mental Health



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: During Men's Health Week 2015

Details:

Throughout Men's Health Week (MHW) 2015, Headstrong - the National Centre for Youth Mental Health - will be promoting the key messages by displaying MHW posters and postcards in all their offices and 'Jigsaw' services throughout Ireland.

They will also highlight young men's mental health issues via their website and social media outlets, and will share statistics on young men's use of the Jigsaw service.

For more information contact:

Aileen O'Reilly
Education and Training Officer
Tel: 01 4727010
Email: Aileen.OReilly@headstrong.ie

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South Eastern Health and Social Care Trust Activities



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Throughout Men's Health Week 2015

Details:

The newly formed South Eastern Health and Social Care Trust's (SEHSCT) Men's Health Network will be running a range of locally-based activities during Men's Health Week (MHW) 2015.

In addition, the staff coordinating this network will...

- Ask the SEHSCT Communications Department to put an article on MHW 2015 onto the Trust Intranet.
- Invite all their community partnership organisations to post details about MHW on their websites, and to include links to the MHW 2015 website, the 'Toolbox for Action', the poster for this year, and the Man Manual.
- Establish a men's health resources table in the front foyer of Lisburn Health Centre for the week running up to MHW.
- Promote the event across the Trust team and partner organisations.
- Write articles on men's health and wellbeing in the workplace for two local council partnerships: Ards and North Down Borough Council and Lisburn and Castlereagh City Council.

For more information contact:

Alison Doake
Health Development Specialist
Tel: 02891 510282
Email: Alison.Doake@setrust.hscni.net

Elaine Hardy
Health Development Specialist
Tel: 02892 1380
Email: elaine.hardy@setrust.hscni.net

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Men's Health Week Launch Event in the South East



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Monday 15th June 2015

Time: 10.00am - 1.00pm

Venue:

Templeshannon
Enniscorthy
Co. Wexford

Organised by:

Men's Development Network and Wexford Local Development

Details:

This event will focus upon launching Men's Health Week (MHW) and promoting it across Co. Wexford - through inviting men from across the county to participate. The event will promote the new 'Challenges and Choices' Man Manual, and will highlight ways of making MHW a success. The gathering will also focus upon engaging men in planning for Autumn events, training and other initiatives.

Entry Fee: Free

For more information contact:

Lorcan Brennan
Tel: 086 3619884
Email: lorcan@mens-network.net
Web: men@mens-network.net

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M.anage E.ating N.utritious



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Monday 15th June 2015

Time: 10.00am - 1.00pm

Venue:

Newbridge Family Resource Centre
Dara Park
Newbridge
Co. Kildare

Organised by: Newbridge Family Resource Centre

Details:

This event will consist of an informal get together in Newbridge Family Resource Centre, wherein the aim is to inform men about finding balance between the foods we eat and how we eat them. A healthy and nutritious meal will be cooked during the morning, and participants will be encouraged to roll-up their sleeves and get involved in the preparation and the cooking.

It's easy to pick-up the phone to order a take-away, but the aim is for the men to take away the knowledge to prepare a tasty and healthy home cooked meal. Just because it's easy to order a take-away, that doesn't mean that it's the best or right thing to do. So ... don't be shy, just drop on by for some healthy fun and some healthy food where men can 'chat and chew'. Every journey begins with one step, and it's up to you which direction you take it.

Entry Fee: Free.

For more information contact:

Derek Burke
Tel: 087 3492906
Email: comdev2@newbridgefrfc.ie
Web: www.newbridgefrfc.ie

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Manfulness - Mindfulness for Men



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Monday 15th June 2015

Time: 10.30am - 1.00pm

Venue:

Shankill Library
298-300 Shankill Road
Belfast BT13 2BN

Organised by: Health in Mind @ Libraries NI

Details:

Led by Caroline Stewart - founder of the Belfast Mindfulness Centre - the 'Manfulness' workshops introduce Mindfulness-Based Cognitive Therapy (MBCT). The techniques of MBCT develop our ability to bring our attention to the present moment, and to take notice of thoughts, feelings, body sensations and the world around us. The practice can help us to catch and let go of negative thoughts and feelings that can cause us to feel stressed.

We have found that women are far more likely to attend mindfulness workshops than men, so we created 'Manfulness' - so that they, too, could enjoy the many health benefits it can bring e.g. less worry about the past or future; less criticism of self and others; more acceptance of the present moment as it is; a different way of relating to and coping with sensations, emotions, thoughts and feelings; a greater sense of being a part of life; blood pressure normalised; heart rate lowered; cardiovascular effectivity increased; enhanced immune system; reduced stress and anxiety; improved sleep and concentration; and more!

Entry Fee: Free

For more information contact:

Shankill Library
Tel: 02890 509232
Email: shankill.library@librariesni.org.uk
Web: www.yourhealthinmind.org.uk

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Recycled Wise Men: Bike Workshop



Men's Health Week 2015

Mon 15th - Sun 21st June

Date: Monday 15th June 2015

Time: 10.00am - 1.00pm

Venue:

Minor Hall
Dee Street Community Centre
12-16 Dee Street
Belfast BT4 1FT

Organised by: Wise Men of the East Network

Details:

Workshop by Green Bike Company - providing local men with the opportunity to take five simple actions to maintain and improve lifestyle habits. This will involve members of Bikeway East Cycling Group.

Everyone is invited to take part in a fun morning of learning, applying maintenance skills, being connected to community events, and availing of wellbeing health checks.

Entry Fee: Free

For more information contact:

Alan Houston
Tel: 02890 451512
Email: alan@ebcda.org
Web: www.wise-men.org.uk

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Launch of Men and Digestive System Factsheet



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Monday 15th June 2015

Time: 11.00am

Venue:

Canon Row
Navan
Co. Meath

Organised by: Meath Primary Healthcare Project for Travellers

Details:

Launch and dissemination of a 'Men and Digestive System' factsheet as part of the ongoing work with Traveller Men in Co. Meath.

Entry Fee: Free

For more information contact:

Eileen Gilsonan
Tel: 087 6449544
Email: eileen.gilsonan@hse.ie

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Manfulness - Mindfulness for Men



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Monday 15th June 2015

Time: 2.30pm - 5.00pm

Venue:

Falls Road Library
49 Falls Road
Belfast BT12 4PD

Organised by: Health in Mind @ Libraries NI

Details:

Led by Caroline Stewart - founder of the Belfast Mindfulness Centre - the 'Manfulness' workshops introduce Mindfulness-Based Cognitive Therapy (MBCT). The techniques of MBCT develop our ability to bring our attention to the present moment, and to take notice of thoughts, feelings, body sensations and the world around us. The practice can help us to catch and let go of negative thoughts and feelings that can cause us to feel stressed.

We have found that women are far more likely to attend mindfulness workshops than men, so we created 'Manfulness' - so that they, too, could enjoy the many health benefits it can bring e.g. less worry about the past or future; less criticism of self and others; more acceptance of the present moment as it is; a different way of relating to and coping with sensations, emotions, thoughts and feelings; a greater sense of being a part of life; blood pressure normalised; heart rate lowered; cardiovascular effectivity increased; enhanced immune system; reduced stress and anxiety; improved sleep and concentration; and more!

Entry Fee: Free

For more information contact:

Falls Road Library
Tel: 02890 509212
Email: fallsroad.library@librariesni.org.uk
Web: www.yourhealthinmind.org.uk

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Community Information Service on Cancer



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Monday 15th June 2015

Time: 3.30pm - 7.45pm

Venue:

Marie Keating Mobile Unit
Outside Áras Inis Gluaire
Belmullet
Co. Mayo

Organised by:

The Men's Community Initiative / Erris Care and Repair Service

Details:

New research from the Marie Keating Foundation shows that one in five men in Ireland cannot identify any of the visual signs of skin cancer. We welcome the Foundation to Belmullet this year as part of International Men's Health Week. Their mobile unit - which provides a free community information service on all types of cancer - will be parked outside Áras Inis Gluaire with a nurse advisor on board. No appointment is necessary.

From 7.15pm - 7.45pm there will be a 'Spot the Difference' Skin Cancer Information Session.

Entry Fee: Free

For more information contact:

Lorraine Wilson
Tel: 097 81079
Email: l.wilson@arasinisgluaire.ie

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Alright Lads. What's Your Goal?



Men's Health Week 2015

Mon 15th - Sun 21st June

Date: Monday 15th June 2015

Time: From 6.45pm

Venue:

Ballysally Youth and Community Centre
Millburn Road
Coleraine
Co. Derry / Londonderry BT52 2QA

Organised by: Neighbourhood Renewal Coordinator and Causeway Rural and Urban Network (CRUN)

Details:

Health event for men (aged 18+) to celebrate Men's Health Week 2015. The evening begins with MOT health checks in the Centre's Training Room. This will be followed by Zorb Football on the pitch beside the Centre, and will end with a healthy chicken curry and rice served in the Training Room.

Entry Fee: Free

For more information contact:

Iain McAfee
Neighbourhood Renewal Health Coordinator
Tel: 02827 661841
Mobile: 0781 8506215
Email: iain.mcafee@northerntrust.hscni.net

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Joint Mobility and Strength Taster Class



Men's Health Week 2015

Mon 15th - Sun 21st June

Date: Monday 15th June 2015

Time: 7.45pm

Venue:

Áras Inis Gluaire
Belmullet
Co. Mayo

Organised by:

The Men's Community Initiative / Erris Care and Repair Service

Details:

Following on from the Marie Keating Foundation's Cancer Awareness session earlier today, Michelle Healy will host a taster session for men on joint mobility and strength. All men are welcome to come along and try it out!

Refreshments will be served, and there will be information available on the Men's Shed and 'Men on the Move' physical activity programmes in operation locally.

Entry Fee: Free

For more information contact:

Lorraine Wilson
Tel: 097 81079
Email: l.wilson@arasinisgluaire.ie

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Co. Meath Men's Sheds Networking Event



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Tuesday 16th June 2015

Time: 10.00am - 4.00pm

Venue:

Trim Castle Hotel
Castle Street
Trim
Co. Meath

Organised by: Trim Family Resource Centre

Details:

This is a Co. Meath Men's Sheds networking event which is being hosted by Trim Family Resource Centre.

The programme will include a mix of health presentations, practical activities and discussion sessions. There will also be a range of information stands available.

Entry Fee: Free

For more information contact:

Liam Rodger
Trim Family Resource Centre
Tel: 046 9438850
Email: devworkertrimfrc@gmail.com

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Engage National Men's Health Training



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Tuesday 16th June 2015

Time: 10.00am - 4.00pm

Venue:

Woodlands Hotel
Adare
Co. Limerick

Organised by:

Limerick Sports Partnership and the Men's Development Network

Details:

Engage National Men's Health Training will be delivered to Limerick Sports Partnership staff by the Men's Development Network's Health Coordinator. Engage was developed in response to the growing demand from service providers for support to improve their engagement and work with men. It was created via a partnership between the Institute of Technology Carlow, the Men's Development Network, Waterford Institute of Technology and the Health Service Executive's Health Promotion Department. The training content is based upon the partners' experience, evidence from academic and evaluation literature, and an extensive 24 month pilot phase. The Men's Health Forum in Ireland (MHFI) supported the production of resources for this training, and continues to assist with the resourcing of Trainers.

Entry Fee: Free

For more information contact:

Lorcan Brennan
Tel: 086 3619884
Email: lorcan@mens-network.net
Web: men@mens-network.net

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Looking After Yourself



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Tuesday 16th June 2015

Time: 1.30pm - 5.00pm

Venue:

Cashel Men's Shed
Spafield Family Resource Centre
Old Road
Cashel
County Tipperary

Organised by: Cashel Men's Shed

Details:

A series of talks on health issues is being organised by Cashel Men's Shed. Admission is free and all are welcome. The programme will include:

- 1.30pm - Welcome and introduction
- 1.45pm - Achieving health through advancing years
- 2.30pm - Exploring mental health and building resilience
- 3.00pm - Tea / coffee break
- 3.15pm - What is 'Parkinson's Disease'?
- 3.45pm - Stress and how to avoid it
- 4.15pm - Question-and-answer session
- 4.30pm - Free blood pressure checks

Entry Fee: Free

For more information contact:

Conor Ryan
Tel: 062 63622
Email: cryan@spafieldfrc.ie

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Here4U Trophy



Men's Health Week 2015

Mon 15th - Sun 21st June

Date: Tuesday 16th June 2015

Time: 6.00pm - 8.00pm

Venue:

Grosvenor Recreation Centre
162 Grosvenor Road
Belfast BT12 5AT

Organised by: Belfast Health and Social Care Trust (BHSCT)

Details:

To mark Men's Health Week 2015, BHSCT is hosting a 5-a-side football tournament for the 'Here4U Trophy'.

'Man Van' health checks will begin at 6.00pm pitch side, and the matches will begin at 7.00pm.

Entry Fee: Free to BHSCT staff

For more information contact:

Paul O'Kane
Tel: 02895 049951
Email: paul.okane@belfasttrust.hscni.net

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Men's Health Week Breakfast



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Wednesday 17th June 2015

Venue:

Triangle Housing Association
60 Eastermeade Gardens
Ballymoney
Co. Antrim BT53 6BD

Organised by: Triangle Housing Association

Details:

The men in Triangle Housing Association's Central Office will be hosting a Men's Health Week breakfast on Wednesday 17th June 2015.

Iain McAfee, from the Public Health Agency, will deliver a talk to the men about health issues, and will offer them information and tips for healthy living and, in particular, on keeping their hearts in good shape.

There will be a collection during the breakfast for Ballboys UK - a testicular cancer charity that focuses on raising awareness among young men.

Entry Fee: Free

For more information contact:

Brian McLaughlin
Floating Support Officer
Tel: 02890 459555
Email: brian.mclaughlin@trianglehousing.org.uk

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Shelbourne Motors Men's Health Screening and Information Day



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Wednesday 17th June 2015

Time: 9.00pm - 5.00pm

Venue:

Shelbourne Motors
334 Tandragee Road
Portadown
Craigavon BT62 3RB

Organised by: Frances Haughey, Closing the Gap Project, Armagh City, Banbridge and Craigavon Borough Council

Details:

Working in partnership with the Closing the Gap Project (funded by the PHA), Armagh City, Banbridge and Craigavon Borough Council, and Shelbourne Motors, a Men's Health Screening and Information Day will be offered. Over 45 male staff will avail of health checks, to include: weight, height, BMI, blood pressure, waist measurement, lung function testing, as well as signposting to other men's health information and services. A Stop Smoking Cessation Specialist will also be conducting consultations, and promoting the stop smoking service available within the workplace.

Entry Fee: Free

For more information contact:

Frances Haughey
Tel: 0750 0772905
Email: frances.haughey@armaghbanbridgecraigavon.gov.uk

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Men's Health Fair



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Wednesday 17th June 2015

Time: 9.30pm - 4.00pm

Venue:

Maghaberry Prison
Old Road
Ballinderry Upper
Lisburn BT28 2PT

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

Details:

A Health Fair will be run to raise awareness of men's health issues. There will be stands by the Mental Health Team, Community Addictions Team, Health Development Team, Start360, Samaritans, Barnardos, Prison Dental Team, Safer Custody, and the Prison Gym. These organisations will provide a wide range of information / support materials for prisoners to bring back to their cells. Light refreshments will also be provided for the 60 prisoners attending.

This event will be widely promoted within the prison service, and the Governor and his management team will attend.

For more information contact:

Roisin Santan / Alison Doake
Email: alison.doake@setrust.hscni.net

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Mental Health Workshop



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Wednesday 17th June 2015

Time: 10.00am - Noon

Venue:

Men's Group
Tireragh Community Support Ltd
The Coach House
Kilglass
Co. Sligo

Organised by: Tireragh Community Support Ltd

Details:

This is a workshop for 15 participants on a Men's Health Community Employment Scheme based in West Sligo. The workshop is collaboratively designed by the men in the group and facilitator, Allen Gilhooly - Mental Health Consultant. This workshop will cover how stress / anxiety affects men, and the options that they already have at their disposal.

Entry: Closed Group

For more information contact:

Pamela Tuffy
Tel: 096 49088
Email: allen@needhelp.ie
Web: www.needhelp.ie

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Roundtable: The Case for Universal HPV Vaccinations



Men's Health Week 2015

Mon 15th - Sun 21st June

Date: Wednesday 17th June 2015

Time: 10.00am - Noon

Venue:

Room 315
Parliament Buildings
Stormont Estate
Belfast BT4 3XX

Organised by:

European Men's Health Forum and Queen's University Belfast

Details:

Human papilloma virus (HPV) is the name for a group of viruses that affect the skin and moist membranes lining the body, for example, in the cervix, anus, mouth and throat. There are more than 100 types of HPV. HPV is very common, and almost every sexually-active person will get HPV at some time in their lives. Most people with HPV never develop symptoms or health problems. However, sometimes infections persist and may cause a variety of very serious problems.

Despite HPV's impact on the health of both sexes, most countries' HPV immunisation programmes (including Ireland and the United Kingdom) are exclusively for females. This 'Roundtable' brings together leading experts in this field to discuss the evidence for introducing a universal vaccination programme.

Please note that this is an invitation-only event. For more information visit: www.hpvaction.org

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Belfast Trust Men



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Wednesday 17th June 2015

Time: 11.00am - 2.00pm

Venue:

D Floor
Tower Block
Belfast City Hospital
51 Lisburn Road
Belfast BT9 7AB

Organised by:

Health Improvement Department, Belfast Health and Social Care Trust

Details:

Free Men's Health Checks. All welcome!

Entry Fee: Free

For more information contact:

Paul O'Kane
Tel: 02895 049951
Email: paul.okane@belfasttrust.hscni.net

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Men's Health Awareness Day



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Wednesday 17th June 2015

Time: 11.00am - 3.00pm

Venue:

Solas Family Resource Centre
Main Street
Headford
Co. Galway

Organised by: Solas Headford Family Resource Centre and Galway Rural Development Company

Details:

All men are welcome to attend and ...

- The Irish Heart Foundation will host men's cardiovascular health clinics - cholesterol, blood pressure testing etc.
- The Marie Keating Foundation will host men's cancer awareness clinics.
- Basic fitness testing will be carried out by Levi Tierney - a local exercise instructor.

Entry Fee: Free

For more information contact:

John Middleton
Tel: 093 36446
Email: john@solasfrc.ie

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Manfulness - Mindfulness for Men



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Wednesday 17th June 2015

Time: 10.30am - 1.00pm

Venue:

Suffolk Library
Stewartstown Road
Belfast BT11 9JP

Organised by: Health in Mind @ Libraries NI

Details:

Led by Caroline Stewart - founder of the Belfast Mindfulness Centre - the 'Manfulness' workshops introduce Mindfulness-Based Cognitive Therapy (MBCT). The techniques of MBCT develop our ability to bring our attention to the present moment, and to take notice of thoughts, feelings, body sensations and the world around us. The practice can help us to catch and let go of negative thoughts and feelings that can cause us to feel stressed.

We have found that women are far more likely to attend mindfulness workshops than men, so we created 'Manfulness' - so that they, too, could enjoy the many health benefits it can bring e.g. less worry about the past or future; less criticism of self and others; more acceptance of the present moment as it is; a different way of relating to and coping with sensations, emotions, thoughts and feelings; a greater sense of being a part of life; blood pressure normalised; heart rate lowered; cardiovascular effectivity increased; enhanced immune system; reduced stress and anxiety; improved sleep and concentration; and more!

Entry Fee: Free

For more information contact:

Suffolk Library
Tel: 02890 509235
Email: suffolk.library@librariesni.org.uk
Web: www.yourhealthinmind.org.uk

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Is Northern Ireland a Good Place to be Old?



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Wednesday 17th June 2015

Time: 10.30am - 12.00pm

Venue:

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

Organised by: ARK Ageing Programme

Details:

The ARK Ageing Programme invites you to a seminar titled: 'Is Northern Ireland a Good Place to be Old?' This event marks the launch of the results of the 2014 Northern Ireland Life & Times Survey, and will focus on attitudes to ageing and ageism. During the seminar, Paula Devine and Gemma Carney (ARK Ageing Programme) will discuss key findings from the 2014 Life & Times survey. Claire Keatinge (Commissioner for Older People for Northern Ireland) will highlight the importance of research in helping policy makers make Northern Ireland a better place for older people.

Entry Fee: Free

For more information contact:

Caroline
Tel: 02890 973222
Email: caroline.rice@qub.ac.uk
Web: www.ark.ac.uk/ageing

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Traveller Men's Health Day



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Wednesday 17th June 2015

Venue:

The Phoenix Park
Dublin 8

Organised by: Primary Healthcare Project for Travellers

Details:

The aim of this day is to promote the health of Traveller Men. A five-a-side football tournament will be held - with each team representing a Primary Healthcare Project for Travellers e.g. Finglas, Coolock, Clondalkin, Pavee Point, Ballymun, Southside Travellers Action Group (STAG), Tallaght, Balbriggan etc.

The Asthma Society, Cancer Screening Service, Order of Malta, Irish Haemochromatosis Society, Diabetes Ireland, Jigsaw and a Public Health Nurse will also be in attendance.

Entry Fee: Free

For more information contact:

John Collins
Pavee Point
Email: john.collins@pavee.ie

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Why Don't Men Look After Their Health?



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Wednesday 17th June 2015

Time: 2.00pm - 4.00pm

Venue:

NDCN Community Hub
Flagship Centre
Bangor
Co. Down

Organised by: North Down Community Network (NDCN)

Details:

A round table discussion on why men are likely to neglect their health will be aimed at members of NDCN Men's Shed plus a few invited guests from other local men's groups. Discussion will be prompted by a PowerPoint presentation outlining health statistics which demonstrate that men are more likely to die younger than women, and less likely to seek medical attention at an early stage. Participants will be invited to explore the reasons for this, and the event will be used to kick-start further discussions / health awareness / prevention activities in the future.

Entry Fee: Free

For more information contact:

Gregory Martin
Tel: 02891 461386
Email: gregorymartin@ndcn.co.uk
Web: www.ndcn.co.uk

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Men's Cancer Awareness Session



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Wednesday 17th June 2015

Time: 7.00pm - 9.00pm

Venue:

Strabane and District Caring Services
32-36 Bridge Street
Strabane
Co. Tyrone BT82 9AE

Organised by: Strabane and District Caring Services

Details:

Cancer has a major impact on the health of men in Northern Ireland. 5,794 men are diagnosed with cancer every year - that's 22 men every working day! Around 2,000 men will lose their lives to cancer every year.

This cancer awareness session will include:

- Information and advice on signs and symptoms of cancer in men.
- Free skin cancer checks.
- Free blood pressure and BMI checks.
- Free cholesterol checks.

Entry Fee: Free

For more information contact:

Grainne Begley
Tel: 02871 884 986
Email: grainnesdcs@btconnect.com

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Men's Health Screening and Information Day



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Thursday 18th June 2015

Time: 9.00am - 5.00pm

Venue:

Radius Systems
Scarva Road Industrial Estate
Banbridge
Co. Down BT32 3QD

Organised by: Frances Haughey, Health Improvement Worker, Armagh City, Banbridge and Craigavon Borough Council

Details:

Working in partnership with the Closing the Gap Project (funded by the PHA), Armagh City, Banbridge and Craigavon Borough Council, and Radius Systems, a Men's Health Screening and Information Day will be offered. Over 20 male staff will avail of health checks, to include: weight, height, BMI, blood pressure, waist measurement, lung function testing, as well as signposting to other men's health information and services. A Stop Smoking Cessation Specialist will also be conducting consultations, and promoting the stop smoking service available within the workplace.

Entry Fee: Free

For more information contact:

Frances Haughey
Tel: 0750 0772905
Email: frances.haughey@armaghbanbridgecraigavon.gov.uk

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A New Conversation for Men



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Thursday 18th June 2015

Time: 9.00am - 5.00pm

Venue:

National University of Ireland, Galway (NUIG)
University Road
Galway

Organised by: 2015 Health Promotion Conference at NUIG

Details:

This conference will bring together policy, research and practice perspectives on how health literacy can be strengthened and implemented to promote the health of the citizens of Ireland. The Men's Development Network (MDN) will be making a presentation on '*A New Conversation for Men - 7 Key Questions Towards Wellbeing and Better Health*'.

In the presentation, MDN will demonstrate how these 7 Key Questions can be / have been used as a training tool to support best practice when engaging men, and to develop more male-focused service plans. The session will also present a snapshot of some of the key challenges to supporting and engaging men, what men have said about using the questions in developmental groups, and the next steps needed.

For more information contact:

Lorcan Brennan
Tel: 086 3619884
Email: lorcan@mens-network.net

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Men's Health Morning



Men's Health Week 2015

Mon 15th - Sun 21st June

Date: Thursday 18th June 2015

Time: 9.30am - 1.00pm

Venue:

South Eastern Regional College (SERC)
Market Street
Downpatrick
Co. Down BT30 6LZ

Organised by: County Down Rural Community Network

Details:

This is a free event for men. All ages are welcome! As part of the event, the Action Cancer 'Big Bus' will be on site from 9.00am to 4.00pm. Appointments for this service must be booked in advance by phoning 028 90803344.

At 9.30am, men are invited to come along and enjoy a talk by Down County Museum on the changing role of men. This will be followed by health-focused 'table talks' - with advice and information on topics such as cancer, smoking, drugs, alcohol and mental health issues.

Entry Fee: Free

For more information contact:

Jenny / Heather
Tel: 02844 612311
Email: info@countydownrcn.com
Web: www.countydownrcn.com

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Healthy Cooking Class



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Thursday 18th June 2015

Time: 10.00am

Venue:

Action Mental Health (AMH) Men's Shed Steeple Antrim
4a Steeple Road
Antrim
Co. Antrim BT41 1AF

Organised by: AMH Men's Shed Steeple Antrim

Details:

To celebrate Men's Health Week, local Sheddars will be learning how to cook a healthy lunch in the Shed.

Entry Fee: Free

For more information contact:

Louise Jones
Tel: 0780 9343575
Email: ljones@amh.org.uk
Web: www.amh.org.uk/services/mens-shed

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Men's Health Fair



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Thursday 18th June 2015

Time: 10.30am - 12.30pm

Venue:

Men's Shed Fermanagh
Drumcoo
Enniskillen
Co. Fermanagh BT78 4FY

Organised by: Men's Shed Fermanagh

Details:

This event will offer information stands and health checks to local men.

Entry Fee: Free

For more information contact:

Sonya Slevin
Tel: 0786 6384117
Email: sslevin@amh.org.uk

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Celebrating Men's Health



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Thursday 18th June 2015

Time: 11.00am - 3.00pm

Venue: Across Tralee, Co. Kerry

Organised by: Men's Group - St. John of God Kerry Services

Details:

The Men's Group of St John of God Kerry Services will be celebrating International Men's Health Week by exhibiting posters of all the different types of projects and training that they have taken part in and what they hope to achieve as a group in the future.

Also on the 18th of June, a soccer match against the local National Learning Network will take place. This will be followed by presentation of RUA Certificates to all of the members that have taken part. Everyone is welcome to support us on this day.

Entry Fee: Free

For more information contact:

Phil McSweeney
Tel: 087 6896130
Email: phil.mcsweeney@sjog.ie
Web: www.facebook.com/skills4lifekerry

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Men's Health Day in Gurrabraher



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Thursday 18th June 2015

Time: Noon - 4.00pm

Venue:

The Parochial Hall
Gurrabraher
Cork City
Co. Cork

Organised by: Community Health Workers

Details:

Drop in to try out any of the activities on offer, or just pick up some health information. Activities will include ...

- Indoor bowls
- Massage therapy
- Pool tournament
- How to make a simple Smoothie
- Sexual health workshop
- Information on free cancer screening programmes
- Podiatry consultations
- Healthy snacks and refreshments ...

Entry Fee: Free

For more information contact:

Martin Ahearne | Email: Martin.Aherne@hse.ie
Bernard Twomey | Email: Bernard.Twomey@hse.ie

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Recycled Wise Men: Prostate Cancer Quiz



Men's Health Week 2015

Mon 15th - Sun 21st June

Date: Thursday 18th June 2015

Time: 1.30pm - 5.30pm

Venue:

Royal British Legion Hall
Montgomery Road
Cregagh
Belfast BT6 9JD

Organised by: Wise Men of the East Network

Details:

Prostate Cancer Quiz - providing information and awareness of prostate cancer and men's health.

A fund-raising afternoon with food, games of darts and pool, followed by a quiz to test the knowledge of members of five local men's groups. Other rounds of questions will focus on culture, world of sport and food.

Entry Fee: Free

For more information contact:

Alan Houston
Tel: 02890 451512
Email: alan@ebcda.org
Web: www.wise-men.org.uk

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Amen Support Services



Men's Health Week 2015

Mon 15th - Sun 21st June

Date: Friday 19th June 2015

Time: 10.00am - 5.00pm

Venue:

Navan Shopping Centre
Navan
Co. Meath

Organised by: Amen Support Services

Details:

Amen provides a confidential helpline, and a support and information service for male victims of domestic abuse. To mark Men's Health Week, they will have an information stand in the Mall in Navan Shopping Centre.

Entry Fee: Free

For more information contact:

Peter Murphy
Tel: 046 9023718
Email: pmurphy@amen.ie
Web: www.amen.ie

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Launch of SPACE 2



Men's Health Week 2015

Mon 15th - Sun 21st June

Date: Friday 19th June 2015

Time: 6.30pm - 8.00pm

Venue:

Axis
Ballymun
Dublin 9

Organised by: Axis

Details:

Axis will be hosting an initial 'gathering' of people interested and/or working in the areas of creativity / mental health / youth work / men - a kind of The Chats & Showing event. We have invited young men from the area to attend, along with key organisations such as Head Strong, First Fortnight, local youth services, men's networks etc. The purpose of the event is to: promote the new SPACE project; give young men a chance to take part in and sign-up to the project; explore what interesting work is being done in this area; start networking. The overall aim is to host a fully-fledged Creative Men's Seminar event later in the year (November - to tie in with the end of SPACE).

For more information contact:

Emma Connors
Tel: 01 8832100
Email: emma.connors@axisballymun.ie
Web: www.axisballymun.ie

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Men-Only Cookery Class



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Friday 19th June 2015

Time: 7.30pm

Venue:

St Joseph's Secondary School
Providence Road
Foxford
Co. Mayo

Organised by: My Nutrition

Details:

This is a Healthy Cookery Class for men only.

There will be a brief presentation on issues and risk factors associated with men's health, followed by a demonstration of healthy dishes. The men will then split into groups and get cooking.

At the end, everyone will sit down and enjoy a meal together.

Entry Fee: €25

For more information contact:

Tom Coleman
Tel: 085 1783154
Email: tomasjcoleman@gmail.com
Web: www.mynutritionireland.ie/our-services/healthy-cookery-classes

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Den Legends Cup



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Saturday 20th June and Saturday 27th June 2015

Time: 4.30pm

Venue:

St. Matthews Park
Crosskeys
Co. Cavan

Organised by: Donncha Brady, Jerome Kiernan, Martin Cahill

Details:

This is a Gaelic football tournament which will target players who are over 35 years of age. It will include eight local football teams.

The first round of games will be held on Saturday 20th June, and the Semi-Finals and Final will be held on Saturday 27th June 2015.

There will be fun for all the family. SOSAD and the Irish Heart Foundation will also be in attendance.

Entry Fee: Free

For more information contact:

Jerome Kiernan
Tel: 086 8528086
Email: Jerome.kiernan@hotmail.com

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Omeath - Carlingford Greenway Walk



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Sunday 21st June 2015

Time: Start at 11.30am

Venue:

Omeath - Carlingford Greenway
Co. Louth

Organised by: Cooley Peninsula Men's Shed

Details:

The aim of this walk is to mark Men's Health Week, have some fun, and raise funds for Cooley Peninsula Men's Shed.

Participants can walk, jog or run the 8.4km route at their own pace.

Refreshments will be provided en route at Greer Quay.

Entry Fee: €10

For more information contact:

Cooley Peninsula Men's Shed
Tel: 085 8895471

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Men's Health Expo



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Sunday 21st June 2015

Time: 3.00pm - 6.00pm

Venue:

Cuisle Centre
47a Ranelagh Road (Seventh Day Adventist Church)
Ranelagh
Dublin 6

Organised by: Cuisle Health Centre

Details:

Free health checks including blood pressure, cholesterol, BMI, lung capacity, exercise tolerance, and health age.

The event is strictly for men, and is provided free-of-charge by qualified medical professionals.

Entry Fee: Free

For more information contact:

Edith
Tel: 087 1430944
Email: edensams@gmail.com

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Tune In. Turn On.



Men's Health Week 2015
Mon 15th - Sun 21st June

Date: Tuesday 23rd and Wednesday 24th June 2015

Time: 9.00am - 4.30pm each day

Venue:

Teach Bhríde Centre
Chapel Lane
Tullow
Co. Carlow

Organised by: Engage National Men's Health Training Programme and the Men's Health Forum in Ireland

Details:

The Men's Health Forum in Ireland has been working with the Engage National Men's Health Training Programme team to develop a workshop which will increase the capacity of service providers and practitioners to effectively engage with young men in relation to programmes which promote their mental health and well-being.

This Training for Trainers residential in June 2015 will kick-start the roll-out of a wider range of workshops during the Autumn and Winter of 2015.

Entry Fee: Free

For more information contact:

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