

# Men's Health Week 2016

Monday 13th - Sunday 19th June 2016

Men United - for Health and Wellbeing



Are We Winning?



Visit [www.mhfi.org](http://www.mhfi.org) to find out more

photo by David Maher, Sportsfile

... what can I do to mark  
this week?

# Absolutely everyone can do something to support and celebrate Men's Health Week (MHW) 2016 ...

The focus for Men's Health Week (MHW) this year (*'Men United - for Health and Wellbeing'*) lends itself to a wide range of ways to mark this occasion. The starting point is to ask yourself and/or your organisation the question: *'Are we winning?'* ... If not, then think about joining with other people to do something that will make a positive difference to the health of men and boys throughout the island of Ireland.

However, you don't have to stick rigidly to this particular theme. Anything which promotes the week and encourages men and boys to lead healthier lifestyles, to be more aware of preventable health problems, and to seek early detection and treatment for health difficulties will be very welcome!



In Ireland, there is a MHW poster, postcard, logo, and an image pack which can be used by anyone who wishes to raise awareness of MHW and/or to be associated with it. All of these images are available for free online downloading at: [www.mhfi.org/mhw/mhw-image-pack.html](http://www.mhfi.org/mhw/mhw-image-pack.html) There is also a FREE 32 page men's health manual which outlines ten key practical health challenges for men - see [www.mhfi.org/mhw/mhw-2016.html](http://www.mhfi.org/mhw/mhw-2016.html) for details of how to access it.

These resources are important promotional tools - as one of the key aims of MHW is to let as many people as possible (especially men) know about the week, when it will happen, and how they can get involved.

Hi there,

Just a note to let you know that International Men's Health Week 2016 begins on Monday 13<sup>th</sup> June and lasts until Sunday 19<sup>th</sup> June.

During this week, **EVERYONE** is asked to unite and work together to improve the health and wellbeing of men and boys.

However, the big question is: 'Are we winning?' ... If not, then let's do something positive to make a difference.

Have a great week, and remember to look after both your own health and that of others.

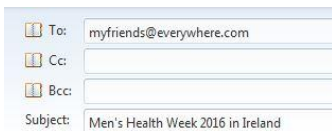
Good Luck!

Affix stamp here

A row of logos at the bottom of the postcard, including the Men's Health Week logo, the HI logo, the FORUM logo, the HSC logo, and the Public Health Agency logo. There is also a QR code on the right side of the row.

Even if you don't have a lot of time, energy or resources to give, there are still some really easy (and FREE) ways that you can show your support ...

## WHAT



## HOW

Put a [Men's Health Week poster](#) (or two or three) up in your workplace / meeting space / community centre / local shop / waiting room / Men's Shed / home ...

Promote the week on your website - using a copy of the [Men's Health Week logo](#) and/or other MHW images.

Link to the Men's Health Forum in Ireland's website page devoted to Men's Health Week 2016 ([www.mhfi.org/mhw/mhw-2016.html](http://www.mhfi.org/mhw/mhw-2016.html)) from your own website, Facebook page or other social networking site.

Send an email to everyone in your contacts list to tell them about Men's Health Week, and ask them to forward the message to all their contacts. Why not also insert the [MHW logo](#) into your outgoing emails for the months of May and June?

Become a fan of the Men's Health Week in Ireland's Facebook page ([www.facebook.com/MensHealthWeek](http://www.facebook.com/MensHealthWeek)) and send this link to all your online friends.

Include information on [Men's Health Week](#) in your mailouts / newsletters.

Tell others about what is happening in your area during Men's Health Week by posting details on the MHFI website. Use the form at: [www.mhfi.org/mhw/promote-an-event.html](http://www.mhfi.org/mhw/promote-an-event.html)

Make the Men's Health Week [logo](#) your computer desktop 'wallpaper' during May and June.

Remind your colleagues to follow all the latest news on Twitter ([www.twitter.com/MensHealthIRL](http://www.twitter.com/MensHealthIRL)). Also Tweet about the week yourself, and include #MHW2016 in your message.

Encourage the men you know to get involved in some of the activities taking place during [Men's Health Week 2016](#) ...

## However, even more is possible. If you're a ...

### HEALTH SERVICE PROVIDER

Why not produce a men's health leaflet, or offer men's health (MOT / NCT) checks, or run a men's health campaign in your area, or consult with local men about what services they need, or give free pedometers to men, or ...?

### COMMUNITY / VOLUNTARY GROUP

Why not start-up a walking group, or organise a healthy eating cookery class, or form a men's health group, or launch a men's swimming / cycling club, or get your local leisure centre / gym to offer a free pass to men during MHW, or collate and display a list of local Helplines / support services for men, or ...?

### SPORTING BODY

Why not use your unique position (as many men like sport already) to give out men's health information at games, or get local men to join-in training sessions, or ask your best known athlete to give a men's health talk, or develop forms of your sport which older men can participate in, or print men's health messages on your players' shirts, or put details about the week into your match programmes, or set-up / support a 'ParkRun' programme, or ...?

### EMPLOYER

Why not organise health checks for men in your workplace, or set-up a regular game of football before / after work, or invite speakers to come in and give talks on specific aspects of men's health, or produce your own workplace guide to men's health, or offer an hour off to your employees to attend a men's health event, or support a walk / cycle to work week, or ...?

### MEDIA PERSON

Why not cover MHW 2016 in your publication / programme, or research and produce an in-depth special report on a specific men's health issue, or promote the work of a local men's health project, or run a series of features on men's health during MHW 2016, or have a men's health supplement in your newspaper, or ...?

## If you're a ...

### LOCAL POLITICIAN / POLICY MAKER

Why not table a debate on men's health in the Northern Ireland Assembly / Dáil Éireann / local council chamber, or set-up an inter-party group on men's health, or host a men's health seminar in your constituency, or propose a party policy on men's health, or look at how elements of the Men's Health Policy in the Republic of Ireland could be introduced to Northern Ireland, or set your department the goal of tackling a specific men's health issue over the coming year, or have a look at some of the evidence about men's health status (available at: [www.mhfi.org/resources/research-policies-and-reports.html](http://www.mhfi.org/resources/research-policies-and-reports.html)) or ...?

### OTHER SERVICE PROVIDER

Why not display men's health information in your public spaces, or direct your service users to men's health programmes, or provide a room and administrative support for a local men's health initiative, or think about helping to start-up a '[Men's Shed](#)' or ...?

### HELPLINE

Why not specifically target men and encourage them to use your service during MHW, or ...?

### MAN

Why not take a few minutes to look at the state of your own health, and make MHW 2016 the start date for a new beginning? You might even consider taking on one or more of the ten challenges in our new Man Manual ...

### WOMAN

Why not encourage the man / men in your life (partner, father, brother, uncle, grandfather, neighbour, friend, colleague etc.) to take part in one of the MHW events, or to see their GP about that niggling health concern, or to join a men's health group, or ...?



MEN'S HEALTH WEEK