

# Men's Health Week 2018

## MEN'S HEALTH WEEK

Monday 11th - Sunday 17th June 2018

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

*What's your small step going to be?*



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

#MensHealthWeek



## Some of the events and activities taking place on the island of Ireland

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# Men's Health Week 2018 ... What's Happening Across Ireland?

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[Men's Health Week 2018](#) will run from Monday 11<sup>th</sup> until Sunday 17<sup>th</sup> June. The focus on the island of Ireland this year will be: *'One small step for man - one giant leap for men's health'* and everyone is being asked the question: *'what's your small step going to be?'* A whole series of one small steps will guarantee something out of this world for local men and boys!

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

Although the health of men in Ireland is often 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; innovative initiatives are being developed and tested which provide models for improving aspects of men's health; the new 'Healthy Ireland - Men' Action Plan offers a road map for future improvement ... Much has been achieved, but there is still room for more.

During Men's Health Week (MHW), organisations and individuals from across the island of Ireland are encouraged to take one small step to mark this occasion. MHW offers a natural launch pad to do something new or different.

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 2018. There are three ways to submit details of events:

1. Use the online form at: [www.mhfi.org/mhw/promote-an-event.html](http://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 we have heard about which 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' Man Manual](#) [All-island]

[One Step to Health](#) [South Eastern Health and Social Care Trust]

[Men's Development Network Post Out](#) [Republic of Ireland]

[A Family Affair](#) [Lisburn, Co. Antrim]

[Distribution of Men's Health Materials](#) [Lisburn and Castlereagh City Council]

[16<sup>th</sup> Annual Gay Health Forum](#) [Dublin 2]

[Healthy Hostel](#) [Lisburn, Co. Antrim]

[NUIG Health Promotion Conference Stand](#) [Galway City, Co. Galway]

[Family Walk](#) [Drumbeg, Co. Down]

[Men's Health Support from The Rainbow Project](#) [Northern Ireland]

[Dads Health](#) [Newry, Co. Down]

[Men's Health Week Promotion](#) [Newry, Mourne and Down District Council]

[Infectious Disease Screening](#) [Across Dublin]

[Do You Cut It?](#) [Newry, Mourne and Down District Council]

### **Monday 11<sup>th</sup> June 2018 ...**

[Staff Football Competition](#) [South Eastern Health and Social Care Trust]

[Health Information Stall](#) [Ulster Hospital, Dundonald, Co. Down]

[Arts and Crafts](#) [Lisburn, Co. Antrim]

[Better Lives for Men - Better Lives for All](#) [Tullow, Co. Carlow]

[Bowel Cancer Awareness](#) [Omagh, Co. Tyrone]

[Walk the Course](#) [Downpatrick, Co. Down]

[Clare Men's Health Event](#) [Shannon, Co. Clare]

[Bowel Cancer Awareness Talk](#) [Belfast]

[Small Steps to Wellbeing and Health](#) [Wexford Town, Co. Wexford]

### **Tuesday 12<sup>th</sup> June 2018 ...**

[Indoor Spin Bike Challenge](#) [Ulster Hospital, Dundonald, Co. Down]

[Engage Training: Connecting with Young Men](#) [Ballinasloe, Co. Galway]

[Healthy Picnic](#) [Markethill, Co. Armagh]

[Men's Health Checks](#) [Downe Hospital, Downpatrick, Co. Down]

[Men's Shed Downpatrick Open Day](#) [Downpatrick, Co. Down]

[Men's Health Screening](#) [Lurgan, Co. Armagh]

[Meath Men's Health Event](#) [Moynalty, Co. Meath]

[Men's Nordic Walking Session](#) [Oranmore, Co. Galway]

[Prostate Cancer Information Talk](#) [Armagh City, Co. Armagh]

[Colin Men's Health](#) [Dunmurry, Co. Antrim]

[Men's Health Night](#) [Lisburn, Co. Antrim]

### **Wednesday 13<sup>th</sup> June 2018 ...**

[Coffee Morning](#) [Birr, Co. Offaly]

[Bowel Cancer Awareness](#) [Campsie, Co. Derry / Londonderry]

[Male Staff Health Checks](#) [Portadown, Co. Armagh]

[Steps to Health](#) [Derriaghy, Co. Antrim]

[Men's Health Screening](#) [Armagh City, Co. Armagh]  
[Men's NCT Health Day](#) [Headford, Co. Galway]  
[Men's Health Day](#) [Lislea, Co. Armagh]  
[Health Checks and Cancer Awareness](#) [Derry / Londonderry]  
[Healthy Food](#) [Armagh City, Co. Armagh]  
[Walk and Talk](#) [Lisburn Health Centre, Lisburn, Co. Antrim]  
[Dig Deep](#) [Lisburn, Co. Antrim]  
[Banter Round the Bridges](#) [Strabane, Co. Tyrone]

### **Thursday 14<sup>th</sup> June 2018 ...**

[Men's Health Checks](#) [Ulster Hospital, Dundonald, Co. Down]  
[Tour of Lisburn Community Gardens](#) [Lisburn, Co. Antrim]  
[Men's Health Screening](#) [Dromore, Co. Down]  
[Trash the Ash](#) [Portadown, Co. Armagh]  
[Trash the Ash 2](#) [Craigavon, Co. Armagh]  
[Wexford Men's Health Event](#) [Enniscorthy, Co. Wexford]  
[Men's Health Workshop: 'Small Steps'](#) [Thomastown, Co. Kilkenny]  
[Learn about Health and Celebrate Success](#) [Tralee, Co. Kerry]  
[Into the Valley](#) [Newtownabbey, Co. Antrim]  
[Men and Headaches: Radio Talk](#) [Dublin 16]

### **Friday 15<sup>th</sup> June 2018 ...**

[Male Staff Photography Competition](#) [Southern Health and Social Care Trust]  
[Green Gym](#) [Armagh City, Co. Armagh]  
[Coffee Morning](#) [Belfast]  
[Men's Shed Open Day](#) [Lisburn, Co. Antrim]  
[Traveller Men's Health Day](#) [Dublin 11]  
[Free Men's Health Checks](#) [Mallow, Co. Cork]  
[Workshop: Small Steps to Wellbeing and Health](#) [Arklow, Co. Wicklow]  
[Dublin Men's Health Event](#) [Walkinstown, Dublin]

### **Saturday 16<sup>th</sup> June 2018 ...**

[Slow Roll Cycle](#) [Kilkenny Town, Co. Kilkenny]  
[Men's Breakfast](#) [Lisburn, Co. Antrim]  
[Tinahely Men's Shed Sponsored Walk and Open Day](#) [Tinahely, Co. Wicklow]  
[Men's Sheds Walking Soccer Blitz](#) [Mervue, Co. Galway]  
[Father's Day Event](#) [Belfast]

### **Sunday 17<sup>th</sup> June 2018 ...**

[Father's Day Walking Football - Dundrum Festival](#) [Dundrum, Dublin 16]

### **Just after Men's Health Week 2018 ...**

[Prostate Cancer Information Talk](#) [Dungannon, Co. Tyrone]  
[Community Walk and Football](#) [Lisburn, Co. Antrim]  
[Open Evening and Barbeque](#) [Dublin 24]  
[Men's Health Breakfast](#) [Crossmaglen, Co. Armagh]  
[Prostate Cancer Information Talk](#) [Newry, Co. Down]



# 'Challenges and Choices' Man Manual



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhfi.org](http://www.mhfi.org) #MensHealthWeek

**Date:** Official Launch = Friday 8<sup>th</sup> June 2018

**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 revised and updated version of its 32 page Man Manual. This free booklet (titled 'Challenges and Choices') poses a series of simple, practical challenges to men in an effort to radically improve their health. 20,000 hard copies are being distributed throughout Ireland.

The manual was written by 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'. 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 the Public Health Agency in Northern Ireland.

## **For more information contact:**

Colin Fowler

Tel: 0044 751 9945261

Email: [colin@mhfi.org](mailto:colin@mhfi.org)

Website: [www.mhfi.org/mhw/mhw-2018.html#Challenges](http://www.mhfi.org/mhw/mhw-2018.html#Challenges)

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# 'One Step to Health' Photography Competition



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhfw.org](http://www.mhfw.org) #MensHealthWeek

**Date:** April - May 2018, with the closing date being Friday 25<sup>th</sup> May 2018

**Time:** Winner will be announced on Monday 11<sup>th</sup> June 2018

**Venue:** SEHSCT-wide

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

## **Details:**

To mark Men's Health Week 2018, the SEHSCT will be holding a 'One Step to Health' Photography Competition for male staff within the Trust.

**Entry Fee:** Free

## **For more information contact:**

Brien Frazer

Email: [Brien.Frazer@setrust.hscni.net](mailto:Brien.Frazer@setrust.hscni.net)

Website: [www.setrust.hscni.net](http://www.setrust.hscni.net)

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# Men's Development Network Post Out



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhfi.org](http://www.mhfi.org) #MensHealthWeek

**Date:** Friday 25<sup>th</sup> May 2018

**Organised by:** National Men's Health Programme within the Men's Development Network (MDN)

**Details:**

Nationwide post out of hard copy Men's Health Week materials and resources to Family Resource Centres, Local Community Development Committees, Social Inclusion and Community Activation Programmes and individuals. In total, 365 packs were distributed.

**For more information contact:**

Michael Hennessy  
Tel: 0035387 7168674  
Email: [michael@mens-network.net](mailto:michael@mens-network.net)  
Website: [www.menshealthireland.ie](http://www.menshealthireland.ie)

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# A Family Affair



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Thursday 31<sup>st</sup> May 2018

**Time:** Doors open at 7.30pm. Show at 8.00pm

**Venue:**

Studio Theatre  
Island Arts Centre  
The Island  
Lisburn  
Co. Antrim BT27 4RL

**Organised by:** Horizons in partnership with Lisburn and Castlereagh City Council

**Details:**

This is a hard hitting, funny and informative play about men's (and women's) mental health. Individuals and group bookings are welcome, and there will be an after show discussion on the issues raised.

**Entry Fee:** Free

**For more information contact:**

Ian McAllister  
Tel: 0044 7802 778531  
Email: [ianmcallister85@gmail.com](mailto:ianmcallister85@gmail.com)  
Website: <http://horizonslisburn.org>

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# Distribution of Men's Health Materials



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Throughout early June 2018

**Venue:** Across the area administered by Lisburn and Castlereagh City Council

**Organised by:** Lisburn and Castlereagh City Council

**Details:**

Dissemination of Men's Health Week information to Gyms, Barbers and Taxi Firms within the catchment area of Lisburn and Castlereagh City Council.

**For more information contact:**

Website: [www.lisburncastlereagh.gov.uk](http://www.lisburncastlereagh.gov.uk)

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# 16<sup>th</sup> Annual Gay Health Forum (GHF16)



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Friday 1<sup>st</sup> June 2018

**Time:** 9.00am - 4.00pm

**Venue:**

Conference Centre  
Dublin Castle  
Dame Street  
Dublin 2

**Organised by:** Gay Men's Health Service, HSE and the Gay Health Network. The conference is supported by the Department of Health, the HSE National Directorate Health and Wellbeing, the Health Protection Surveillance Centre (HPSC), and the Sexual Health and Crisis Pregnancy Programme.

**Details:**

GHF16 presents an opportunity for those involved in HIV, sexual health and other health-related work with MSM and LGBT+ people to network, share and acknowledge efforts in advancing the health and wellbeing of LGBT+ people.

As places are strictly limited, they will be assigned on a first registered basis.

**Entry Fee:** Free

**For more information contact:**

Email: [siobhan.odea@hse.ie](mailto:siobhan.odea@hse.ie) or [noel@ghn.ie](mailto:noel@ghn.ie)

Website: [www.eventbrite.ie/e/16th-annual-gay-health-forum-tickets-43192302339](http://www.eventbrite.ie/e/16th-annual-gay-health-forum-tickets-43192302339)

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# Healthy Hostel



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Tuesday 5<sup>th</sup> June 2018 [open to residents only]

**Time:** 3.00pm - 7.00pm

**Venue:**

Simon Community Hostel  
Flush Park  
Lisburn  
Co. Antrim BT28 2DX

**Organised by:** The Simon Community, South Eastern Health and Social Care Trust Health Development Team, and Northern Ireland Chest, Heart and Stroke

**Details:**

A health and wellbeing event showcasing information pertaining to all aspects of men's health - including sexual health and mental health - with Mindfulness and Chi Me taster sessions, alternative therapies, blood pressure screening and healthy snacks demonstrations.

**Entry Fee:** Free

**For more information contact:**

Caroline McGrath  
Tel: 0044 783 4929105  
Email: [caroline.mcgrath@setrust.hscni.net](mailto:caroline.mcgrath@setrust.hscni.net)  
Website: [www.setrust.hscni.net](http://www.setrust.hscni.net)

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# NUIG Health Promotion Conference Stand



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Thursday 7<sup>th</sup> June 2018

**Time:** 8.00am - 5.30pm

**Venue:**

National University of Ireland Galway  
University Road  
Galway City  
Co. Galway

**Organised by:** Men's Health Programme, Men's Development Network

**Details:**

Organising and fronting a Men's Health Week information stand at this year's NUIG Health Promotion Conference.

**Entry Fee:** Free

**For more information contact:**

Michael Hennessy  
Tel: 00353 87 7168674  
Email: [michael@mens-network.net](mailto:michael@mens-network.net)  
Website: [www.menshealthireland.ie](http://www.menshealthireland.ie)

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# Family Walk



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Saturday 9<sup>th</sup> June 2018

**Time:** 11.00am - followed by refreshments

**Venue:**

Lady Dickson Park  
Drumbeg  
Upper Malone Road  
Belfast BT17 9LA

**Organised by:** Horizons

**Details:**

Spend family time together walking through Lady Dickson Park.

**Entry Fee:** Free

**For more information contact:**

Ian or Grace  
Tel: 0044 780 2778531 (Ian)  
Email: [grace.davin@talk21.com](mailto:grace.davin@talk21.com) (Grace)  
Website: <http://horizonslisburn.org>

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# Men's Health Support from The Rainbow Project



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Throughout June 2018

**Organised by:** The Rainbow Project

## **Details:**

The Rainbow Project will be offering ...

- Sexual health clinics in Belfast, Ballymena and Derry / Londonderry.
- A gay and bisexual dads' support group in Belfast.
- Free safer sex packs - posted to anyone who requests them.
- Smoking cessation advice and support in Belfast.
- Co-cultural counselling in both Belfast and Derry / Londonderry.

## **For more information contact:**

Tel: 028 9031 9030

Email: [info@rainbow-project.org](mailto:info@rainbow-project.org)

Website: [www.rainbow-project.org](http://www.rainbow-project.org)

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# Dads Health



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Tuesday 12<sup>th</sup> - Monday 18<sup>th</sup> June 2018

**Time:** 6.00pm - 8.00pm

**Venue:**

Newry Leisure Centre  
Cecil Street  
Newry  
Co. Down BT35 6AU

**Organised by:** Sure Start South Armagh

**Details:**

Free access to leisure facilities and a free health check.

**Entry Fee:** Free

**For more information contact:**

Sure Start South Armagh  
Email: [info@surestartsa.org](mailto:info@surestartsa.org)  
Website: [www.surestartsa.org](http://www.surestartsa.org)

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# Men's Health Week Promotion



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Monday 11<sup>th</sup> - Friday 15<sup>th</sup> June 2018

**Time:** 9.00am onwards

**Venue:** Across the Newry, Mourne and Down District Council (NMDDC) catchment area

**Organised by:** Newry, Mourne and Down District Council (NMDDC)

## **Details:**

The aim is to promote the idea that male NMDDC staff should take a small step to improve their health. Health and wellbeing information will be made available to male staff, and the week will be highlighted / promoted through a competition.

**Entry Fee:** Free

## **For more information contact:**

Sinead Trainor  
Email: [sinead.trainor@nmandd.org](mailto:sinead.trainor@nmandd.org)  
Website: [www.newrymournedown.org](http://www.newrymournedown.org)

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# Infectious Disease Screening



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Monday 11<sup>th</sup> - Saturday 16<sup>th</sup> June 2018

**Time:** 8.00am

**Venue:** Depaul Residential Services

**Organised by:** Safeynet and Depaul

## **Details:**

The Safeynet Mobile Screening Unit will be visiting various locations throughout Dublin to screen for TB and blood-borne viruses. Depaul will host screening at four sites throughout the week. Safeynet will provide screening in various day services and other hostels throughout Men's Health Week.

**Entry Fee:** Free

## **For more information contact:**

Jess Sears  
Tel: 00353 86 7739647  
Email: [jess.sears@depaulcharity.net](mailto:jess.sears@depaulcharity.net)  
Website: [www.depaulcharity.net](http://www.depaulcharity.net)

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## Do You Cut It? ...



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Monday 11<sup>th</sup> - Sunday 17<sup>th</sup> June 2018

**Time:** 9.00am onwards

**Venue:** Barber Shops within the Newry, Mourne and Down District Council catchment area

**Organised by:** Newry, Mourne and Down District Council

### **Details:**

Barber Shops within the Newry, Mourne and Down District Council area will be provided with Men's Health Week promotional materials and 'Challenges and Choices' Man Manuals - for their patrons to read as they wait for a haircut. In this way, it is hoped they might think about small steps that they could take to improve their health. A Press Release will also be issued to the local papers to promote these activities.

**Entry Fee:** Free

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

Sinead Trainor  
Email: [sinead.trainor@nmandd.org](mailto:sinead.trainor@nmandd.org)  
Website: [www.newrymournedown.org](http://www.newrymournedown.org)

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# Staff Football Competition



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhfi.org](http://www.mhfi.org) #MensHealthWeek

**Date:** Starting on Monday 11<sup>th</sup> June 2018 for 10 weeks

**Time:** Teams decide their own time slot for playing games

**Venue:** South Eastern Health and Social Care Trust-wide

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

**Details:**

Football competition for male staff within SEHSCT.

**Entry Fee:** Free

**For more information contact:**

Brian Frazer

Email: [Brien.Frazer@setrust.hscni.net](mailto:Brien.Frazer@setrust.hscni.net)

Website: [www.setrust.hscni.net](http://www.setrust.hscni.net)

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# Health Information Stall



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Monday 11<sup>th</sup> June 2018

**Time:** 10.00am - 2.00pm

**Venue:**

Ulster Hospital  
Upper Newtownards Road  
Dundonald  
Co. Down BT16 1RH

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

**Details:**

Men's health and smoking cessation stall for male hospital staff and visitors to the hospital.

**Entry Fee:** Free

**For more information contact:**

Brien Frazer  
Email: [Brien.Frazer@setrust.hscni.net](mailto:Brien.Frazer@setrust.hscni.net)  
Website: [www.setrust.hscni.net](http://www.setrust.hscni.net)

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## Arts & Crafts



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Monday 11<sup>th</sup> June 2018

**Time:** 10.00am - Noon

**Venue:**

3D Youth Centre  
Laganview Enterprise Centre  
69 Drumbeg Drive  
Old Warren  
Lisburn  
Co. Antrim BT28 1QJ

**Organised by:** The Resurgam Trust

**Details:**

Arts and crafts / creative carpentry session for males.

**Entry Fee:** Free

**For more information contact:**

Denis Paisley  
Tel: 0044 2892 670755  
Email: [denis.paisley@resurgamtrust.co.uk](mailto:denis.paisley@resurgamtrust.co.uk)  
Website: [www.resurgamtrust.co.uk](http://www.resurgamtrust.co.uk)

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# Better Lives for Men - Better Lives for All



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Monday 11<sup>th</sup> June 2018

**Time:** 10.00am - 1.00pm

**Venue:**

Tullow Men's Shed  
The Old Dispensary  
Pairc Mhuire  
Tullow  
Co. Carlow

**Organised by:** Irish Men's Sheds Association

**Details:**

This workshop will be delivered the Men's Development Network and hosted by Tullow Men's Shed. Lunch will follow the workshop.

**Entry Fee:** Free

**For more information contact:**

Frank Morris  
Tel: 00353 85 8366134  
Email: [morris.frank4@gmail.com](mailto:morris.frank4@gmail.com)  
Website: [www.malehealth.ie/events](http://www.malehealth.ie/events)

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# Bowel Cancer Awareness



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhfi.org](http://www.mhfi.org) #MensHealthWeek

**Date:** Monday 11<sup>th</sup> June 2018

**Time:** 10.00am - 1.00pm

**Venue:**

Foyle Foods  
52 Doogary Road  
Omagh  
Co. Tyrone BT79 0BQ

**Organised by:** The Foyle Food Group and Bowel Cancer UK

**Details:**

Raising awareness of bowel cancer in the workplace. The information offered will cover symptoms of and risk factors for bowel cancer, healthy eating, physical activity, and the impact of alcohol and smoking.

**Entry Fee:** Free

**For more information contact:**

Niamh McDaid  
Tel: 0044 779 8523668  
Email: [niamh.mcdaid@bowelcanceruk.org.uk](mailto:niamh.mcdaid@bowelcanceruk.org.uk)  
Website: [www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk)

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# Walk the Course



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Monday 11<sup>th</sup> June 2018

**Time:** 11.00am - 1.00pm

**Venue:**

Downpatrick Racecourse  
24 Ballydugan Road  
Downpatrick  
Co. Down BT30 9TE

**Organised by:** Paul Ennis, Community Mental Health Worker, Downpatrick Resource Centre

**Details:**

Local men are invited for a walk around Downpatrick Racecourse. The departure point is the Mindwise Resource Centre in Ballydugan Industrial Estate.

**Entry Fee:** Free

**For more information contact:**

Paul Ennis  
Tel: 0044 2844 617964  
Email: [paul.ennis@mindwisenv.org](mailto:paul.ennis@mindwisenv.org)  
Website: [www.mindwisenv.org](http://www.mindwisenv.org)

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# Clare Men's Health Event



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Monday 11<sup>th</sup> June 2018

**Time:** 11.00am - 1.30pm

**Venue:**

Shannon Men's Shed  
A5 Smithstown  
Shannon  
Co. Clare

**Organised by:** Irish Men's Sheds Association

**Details:**

To mark Men's Health Week, the Irish Men's Sheds Association is running an event for men in County Clare. This event is being hosted by Shannon Men's Shed, and is open to all men, Sheddors and non-Sheddors, so spread the word and bring a friend.

The aim of this event is to heighten awareness of preventable health problems among men and to support men in making positive lifestyle choices. The Irish Heart Foundation will be providing free blood pressure checks to all men in attendance. A number of short talks will also be provided by the Marie Keating Foundation, Mental Health Ireland and Get Ireland Walking.

**Entry Fee:** Free

**For more information contact:**

Edel Byrne  
Tel: 00353 1 8916150  
Email: [edel@menssheds.ie](mailto:edel@menssheds.ie)  
Website: [www.malehealth.ie/events](http://www.malehealth.ie/events)

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# Bowel Cancer Awareness



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhfw.org](http://www.mhfw.org) #MensHealthWeek

**Date:** Monday 11<sup>th</sup> June 2018

**Time:** 1.00pm - 2.00pm

**Venue:**

John Thompson's & Sons  
35/39 York Road  
Belfast BT15 3GW

**Organised by:** Thompsons and Bowel Cancer UK

**Details:**

Forty minute awareness raising talk for staff on facts about bowel cancer, symptoms, risk factors, ways to reduce your risk (including healthy eating, physical activity, drinking less alcohol, stopping smoking) and an explanation of the bowel screening programme.

**Entry Fee:** Free

**For more information contact:**

Niamh McDaid  
Tel: 0044 779 8523668  
Email: [niamh.mcdaid@bowelcanceruk.org.uk](mailto:niamh.mcdaid@bowelcanceruk.org.uk)  
Website: [www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk)

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# Small Steps to Wellbeing and Health



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Monday 11<sup>th</sup> June 2018

**Time:** 6.30pm - 8.30pm

**Venue:**

Ozanam House Hostel  
Ozanam House  
Thomas Street  
Wexford Town  
Co. Wexford

**Organised by:** Ozanam House Hostel

**Details:**

Men's health workshop - titled 'Small Steps to Wellbeing and Health' - presented by Lorcan Brennan from the National Men's Health Programme within the Men's Development Network. Men are invited to come together to look at and chat about their own health and wellbeing.

**Entry Fee:** Free

**For more information contact:**

Aideen Moran  
Tel: 00353 86 1422508  
Email: [aideen.moran@svp.ie](mailto:aideen.moran@svp.ie)  
Website: [www.svp.ie/What-We-Do/Hostels/Ozanam-House-Hostel.aspx](http://www.svp.ie/What-We-Do/Hostels/Ozanam-House-Hostel.aspx)

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# Indoor Spin Bike Challenge



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Tuesday 12<sup>th</sup> June 2018

**Time:** 8.00am - 7.00pm

**Venue:**

Ulster Hospital  
Upper Newtownards Road  
Dundonald  
Co. Down BT16 1RH

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

**Details:**

Indoor spin bike charity cycle.

**Entry Fee:** Free

**For more information contact:**

Brien Frazer  
Email: [Brien.Frazer@setrust.hscni.net](mailto:Brien.Frazer@setrust.hscni.net)  
Website: [www.setrust.hscni.net](http://www.setrust.hscni.net)

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# Engage Training: Connecting with Young Men



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhfw.org](http://www.mhfw.org) #MensHealthWeek

**Date:** Tuesday 12<sup>th</sup> June 2018

**Time:** 9.30am - 4.00pm

**Venue:**

East Galway and Midlands Cancer Support House  
Galway Road  
Ballinasloe  
Co. Galway

**Organised by:** Health Service Executive and GROW

**Details:**

The aim of this workshop is to assist a broad range of practitioners to effectively connect with young men on mental health and wellbeing issues. It focuses on the engagement process (i.e. WHY and HOW to build relationships with young men), rather than offering a new or revised mental health programme (i.e. what to offer them).

The key objectives are to: demonstrate why we need to work with young men as a specific group; help participants to reflect on their own value base, experience, attitudes towards, and expectations of young men; explore the world of young men, the issues that they face, and the opportunities that exist to engage with them; consider the practicalities of 'what works'; increase the confidence of participants in relation to working with young men.

**Entry Fee:** Free

**For more information contact:**

Paul Gillen  
Tel: 00353 91 737261  
Email: [paul.gillen@hse.ie](mailto:paul.gillen@hse.ie)

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# Healthy Picnic



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Tuesday 12<sup>th</sup> June 2018

**Time:** Morning

**Venue:**

Gosford Forest Park  
Markethill  
Co. Armagh BT60 1GD

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

**Details:**

Walk around Gosford Forest Park followed by a picnic.

**Entry Fee:** Free

**For more information contact:**

Stephen McCleary  
Email: [armaghmensshed@yahoo.com](mailto:armaghmensshed@yahoo.com)

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# Men's Health Checks



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Tuesday 12<sup>th</sup> June 2018

**Time:** 9.00am - 5.00pm

**Venue:**

Downe Hospital  
2 Struell Wells Road  
Downpatrick  
Co. Down BT30 6RL

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

**Details:**

Northern Ireland Chest Heart and Stroke will be offering health screening checks for male staff in Downe Hospital.

**Entry Fee:** Free

**For more information contact:**

Brien Frazer  
Email: [Brien.Frazer@setrust.hscni.net](mailto:Brien.Frazer@setrust.hscni.net)  
Website: [www.setrust.hscni.net](http://www.setrust.hscni.net)

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# Men's Shed Downpatrick Open Day



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Tuesday 12<sup>th</sup> June 2018

**Time:** 9.30am - 3.30pm

**Venue:**

Men's Shed Downpatrick  
Ballydugan Industrial Estate  
Ballydugan Road  
Downpatrick  
Co. Down BT30 6TE

**Organised by:** Action Mental Health (AMH) Men's Shed Downpatrick

**Details:**

Visitors are invited to look around the workshop and nursery, watch a woodwork demonstration, talk to members, and learn about what the Shed does to support the community.

**Entry Fee:** Free

**For more information contact:**

Lisa Murray  
Email: [lmurray@amh.org.uk](mailto:lmurray@amh.org.uk)  
Website: [www.amh.org.uk](http://www.amh.org.uk)

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# Men's Health Screening



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Tuesday 12<sup>th</sup> June 2018

**Time:** 10.00am - 2.00pm

**Venue:**

The Jethro Centre  
6 Flush Place  
Lurgan  
Co. Armagh BT66 7DT

**Organised by:** Frances Haughey, Armagh City Banbridge and Craigavon Borough Council

**Details:**

Male health screening morning to include: height, weight, BMI and blood pressure. Refreshments will be available.

Open to all men in Lurgan town and the surrounding areas.

**Entry Fee:** Free

**For more information contact:**

Carmel in the Jethro Centre  
Tel: 0044 2838 325673  
Email: [frances.haughey@armaghbanbridgecraigavon.gov.uk](mailto:frances.haughey@armaghbanbridgecraigavon.gov.uk)

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# Meath Men's Health Event



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhfi.org](http://www.mhfi.org) #MensHealthWeek

**Date:** Tuesday 12<sup>th</sup> June 2018

**Time:** 11.00am - 1.30pm

**Venue:**

Moynalty Steam Thrashing  
Kells Road  
Moynalty  
Co. Meath

**Organised by:** Irish Men's Sheds Association

**Details:**

The Irish Men's Sheds Association is running an event for men in County Meath. This event is being hosted by Moynalty Men's Shed, and is open to all men - both Shedders and non-Shedders - so spread the word and bring a friend. A number of short talks will be provided by the Marie Keating Foundation, Diabetes Ireland, Get Ireland Walking and Haven Pharmacy.

The aim of this event is to heighten awareness of preventable health problems among men and to support men in making positive lifestyle choices. The Irish Heart Foundation will be there to provide free blood pressure checks to all men in attendance. From 1.30pm to 3.00pm, free blood pressure checks will also be available to the wider community.

**Entry Fee:** Free

**For more information contact:**

Edel Byrne  
Tel: 00353 1 8916150  
Email: [edel@menssheds.ie](mailto:edel@menssheds.ie)  
Website: [www.malehealth.ie/events](http://www.malehealth.ie/events)

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# Men's Nordic Walking Session



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Tuesday 12<sup>th</sup> June 2018

**Time:** 11.00am - 2.00pm

**Venue:**

Oranmore Community Centre  
Dublin Road  
Oranmore  
Co. Galway

**Organised by:** Galway Men's Sheds and the HSE

**Details:**

There will be a free Nordic Walking activity session, led by Get Ireland Walking, for Men's Sheds in Co. Galway. Nordic Walking is a great way to develop one's physical fitness. The session will be fun based and open to all men.

This will be followed by a taster session of the new social game sweeping Men's Sheds - Scooch!

**Entry Fee:** Free

**For more information contact:**

Terry Burke or Paul Gillen  
Tel: Terry 00353 87 192 5925 | Paul 00353 91 737261  
Email: [tburke100@eircom.net](mailto:tburke100@eircom.net) | [paul.gillen@hse.ie](mailto:paul.gillen@hse.ie)

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# Prostate Cancer Information Talk



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Tuesday 12<sup>th</sup> June 2018

**Time:** Noon - 1.00pm

**Venue:**

Navan Room  
St Luke's Hospital  
Loughgall Road  
Armagh  
Co. Armagh BT61 7NQ

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

**Details:**

Talk given by Frank McNally, a volunteer with the Prostate Cancer UK charity.

**Entry Fee:** Free

**For more information contact:**

Nina Daly  
Tel: 0044 2837 564488  
Email: [nina.daly@southerntrust.hscni.net](mailto:nina.daly@southerntrust.hscni.net)  
Website: [www.southerntrust.hscni.net](http://www.southerntrust.hscni.net)

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# Colin Men's Health



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Tuesday 12<sup>th</sup> June 2018

**Time:** 6.00pm - 8.00pm

**Venue:**

Sally Gardens Community Centre  
7 Glenwood Close  
Poleglass  
Dunmurry  
Co. Antrim BT17 0QP

**Organised by:** Colin Sure Start

**Details:**

Information stalls, yoga and massage for fathers. Arts and crafts for children. Mothers are also welcome.

**Entry Fee:** Free

**For more information contact:**

Paul Kelly  
Tel: 02890 601417  
Email: [paul.kelly@colinsurestart.com](mailto:paul.kelly@colinsurestart.com)  
Website: [www.colinsurestart.com](http://www.colinsurestart.com)

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# Men's Health Night



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Tuesday 12<sup>th</sup> June 2018

**Time:** 7.00pm - 8.30pm

**Venue:**

3D Youth Centre  
Laganview Enterprise Centre  
69 Drumbeg Drive  
Old Warren  
Lisburn  
Co. Antrim BT28 1QJ

**Organised by:** The Resurgam Trust

**Details:**

The night will include:

- Raising awareness of male cancers.
- Health checks.
- A cooking demonstration.
- A health and wellbeing quiz.
- A barber.

**Entry Fee:** Free

**For more information contact:**

Gillian Lewis  
Tel: 0044 2892 670755  
Email: [gillian.lewis@resurgamtrust.co.uk](mailto:gillian.lewis@resurgamtrust.co.uk)  
Website: [www.resurgamtrust.co.uk](http://www.resurgamtrust.co.uk)

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## Coffee Morning



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Wednesday 13<sup>th</sup> June 2018

**Time:** 10.00am to Noon

**Venue:**

Birr Library  
Wilmer Road  
Birr  
Co. Offaly

**Organised by:** Offaly Local Development Company

**Details:**

Informal coffee morning in Birr Town Library to promote men's health. This open day will give men an opportunity to meet and chat with other men about promoting men's health. Offaly Local Development personnel will be facilitating the event, and will offer support and referral information about services. The space will be utilised to give men the opportunity to get connected with groups and engage in positive health-related activities.

**Entry Fee:** Free

**For more information contact:**

Paul Farrell  
Tel: 00353 87 6925276  
Email: [pfarrell@offalyldc.ie](mailto:pfarrell@offalyldc.ie)  
Website: [www.offalyldc.ie](http://www.offalyldc.ie)

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# Bowel Cancer Awareness



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Wednesday 13<sup>th</sup> June 2018

**Time:** 10.00am - 1.00pm

**Venue:**

Foyle Foods  
Lisahally  
Campsie  
Derry / Londonderry BT47 6TJ

**Organised by:** Foyle Food Group

**Details:**

Raising awareness of bowel cancer with staff. The information offered will cover symptoms of and risk factors for bowel cancer, healthy eating, physical activity, and the impact of alcohol and smoking.

**Entry Fee:** Free

**For more information contact:**

Niamh McDaid  
Tel: 0044 779 8523668  
Email: [niamh.mcdaid@bowelcanceruk.org.uk](mailto:niamh.mcdaid@bowelcanceruk.org.uk)  
Website: [www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk)

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# Male Staff Health Checks



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Wednesday 13<sup>th</sup> June 2018

**Time:** 10.00am - 1.00pm

**Venue:**

The Health and Wellbeing Hub  
Broadway Corridor  
Craigavon Area Hospital  
68 Lurgan Road  
Portadown  
Co. Armagh BT63 5QQ

**Organised by:** Southern Health and Social Care Trust (SHSCT)

**Details:**

Male staff will be offered height, weight, BMI, blood pressure and body composition checks by VERVE health trainers.

**Entry Fee:** Free

**For more information contact:**

Lisa McAliskey  
Email: [lisa.mcaliskey@southerntrust.hscni.net](mailto:lisa.mcaliskey@southerntrust.hscni.net)  
Website: [www.southerntrust.hscni.net](http://www.southerntrust.hscni.net)

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# Steps to Health



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Wednesday 13<sup>th</sup> June 2018

**Time:** 10.00am - 2.00pm

**Venue:**

Derriaghy Social and Educational Centre  
Unit 7, City Business Park  
The Cutts  
Dunmurry  
Belfast BT17 9GX

**Organised by:** Derriaghy Social and Educational Centre

**Details:**

Derriaghy Social and Educational Centre will be facilitating a men's health and wellbeing event titled 'Steps to Health'. This will include free health checks by NI Chest Heart and Stroke (which will be scheduled by appointment) between 10.00am and 2.00pm. There will be a talk delivered by 'Alcohol and You', and there will be pop-up stands with various advice for the Centre's members. This will be followed by a barbeque.

**Entry Fee:** Free

**For more information contact:**

Tim Johnston  
Tel: 0044 2890 622008  
Email: [Tim.Johnston@setrust.hscni.net](mailto:Tim.Johnston@setrust.hscni.net)

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# Men's Health Screening



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Wednesday 13<sup>th</sup> June 2018

**Time:** 10.00am - 1.00pm

**Venue:**

Cathedral Road Recreation Centre  
20 Cathedral Road  
Armagh  
Co. Armagh BT61 7QX

**Organised by:** Elaine Devlin, Armagh City, Banbridge and Craigavon Borough Council

**Details:**

Free male health screening event, open to all boys and men in the Armagh City and surroundings areas. It will include height, weight, BMI and blood pressure checks.

**Entry Fee:** Free

**For more information contact:**

Andrea Edgar  
Tel: 0044 2837 529636  
Email: [andreaedgar@armaghbanbridgecraigavon.gov.uk](mailto:andreaedgar@armaghbanbridgecraigavon.gov.uk)

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# Men's NCT Health Day



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Wednesday 13<sup>th</sup> June 2018

**Time:** 10.00am - 2.00pm

**Venue:**

St. Fursa's Parish Hall  
Headford  
Co. Galway

**Organised by:** Solas Family Resource Centre

**Details:**

Men's NCT Health Day featuring:

- Croí
- Aids West
- Pieta House
- Bowel Screen
- Diabetes Ireland
- Marie Keating Foundation
- DeafHear
- LT Fitness (Levi Tierney)
- Free health and fitness checks for men - blood pressure, cholesterol and diabetes

**Entry Fee:** Free

**For more information contact:**

John Middleton | Paul Gillen  
Tel: 00353 93 36446 | 00353 91 737261  
Email: [john@solasfrc.ie](mailto:john@solasfrc.ie) | [paul.gillen@hse.ie](mailto:paul.gillen@hse.ie)  
Website: [www.solasfrc.ie](http://www.solasfrc.ie)

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# Men's Health Day



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Wednesday 13<sup>th</sup> June 2018

**Time:** 11.00am - 2.00pm

**Venue:**

Lislea Community Centre  
7 Mountain Road  
Lislea  
Newry  
Co. Armagh BT35 9UG

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

**Details:**

Lislea Men's Shed invites you to a Men's Health Day which will include free blood pressure checks, fitness advice, painting demo, home safety advice and much more on the day. Free lunch and refreshments will also be provided.

**Entry Fee:** Free

**For more information contact:**

John McElroy  
Email: [johnnymcelroy@btinternet.com](mailto:johnnymcelroy@btinternet.com)

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# Health Checks and Cancer Awareness



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Wednesday 13<sup>th</sup> June 2018

**Time:** Noon - 2.00pm

**Venue:**

Foyleside Shopping Centre  
Orchard Street  
Derry / Londonderry BT48 6XY  
Co. Derry / Londonderry

**Organised by:** Health Improvement within the Western Health and Social Care Trust (WHSCT) and Men's Action Network

**Details:**

Men will be able to avail of health checks such as blood pressure, cholesterol, blood sugar and Body Mass Index, as well as receive information on the signs and symptoms of the main cancers that affect men. A range of male-specific health literature will also be available.

**Entry Fee:** Free

**For more information contact:**

Sandra Semple  
Tel: 0044 2871 865127  
Email: [sandra.semple@westerntrust.hscni.net](mailto:sandra.semple@westerntrust.hscni.net)  
Website: [www.westerntrust.hscni.net](http://www.westerntrust.hscni.net)

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# Healthy Food



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Wednesday 13<sup>th</sup> June 2018

**Time:** 1.00pm

**Venue:**

Armagh Men's Shed  
Upper English Street  
Armagh City  
Co. Armagh BT61 7LA

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

**Details:**

Healthy eating luncheon club for men.

**Entry Fee:** Free

**For more information contact:**

Stephen McCleary  
Email: [armaghmensshed@yahoo.com](mailto:armaghmensshed@yahoo.com)

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# Walk and Talk



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Wednesday 13<sup>th</sup> June 2018

**Time:** 1.00pm - 1.30pm

**Venue:**

Lisburn Health Centre  
Linenhall Street  
Lisburn  
Co. Antrim BT28 1LU

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

**Details:**

'Walk and Talk' event.

**Entry Fee:** Free

**For more information contact:**

Brien Frazer  
Email: [Brien.Frazer@setrust.hscni.net](mailto:Brien.Frazer@setrust.hscni.net)  
Website: [www.setrust.hscni.net](http://www.setrust.hscni.net)

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# Dig Deep



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Wednesday 13<sup>th</sup> June 2018

**Time:** 2.00pm - 4.00pm

**Venue:**

3D Youth Centre  
Laganview Enterprise Centre  
69 Drumbeg Drive  
Old Warren  
Lisburn  
Co. Antrim BT28 1QJ

**Organised by:** The Resurgam Trust

**Details:**

Talk on planting to attract honey bees. Tea / coffee provided.

**Entry Fee:** Free

**For more information contact:**

Denis Paisley  
Tel: 0044 2892 670755  
Email: [denis.paisley@resurgamtrust.co.uk](mailto:denis.paisley@resurgamtrust.co.uk)  
Website: [www.resurgamtrust.co.uk](http://www.resurgamtrust.co.uk)

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# Banter Round the Bridges



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Wednesday 13<sup>th</sup> June 2018

**Time:** 7.00pm - 8.00pm

**Venue:**

Melvin Hall  
Strabane  
Co. Tyrone

**Organised by:** Sigersons GAA Healthy Club Committee

**Details:**

Starting at Melvin Hall, the walk will take in the three bridges in the town and finish back at Melvin. It's an opportunity for men to meet up and catch up.

**Entry Fee:** Free

**For more information contact:**

John Etherson  
Tel: 0044 792 0429201  
Email: [ciaranmclaughlin20@gmail.com](mailto:ciaranmclaughlin20@gmail.com)

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# Men's Health Checks



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Thursday 14<sup>th</sup> June 2018

**Time:** 9.00am - 5.00pm

**Venue:**

Ulster Hospital  
Upper Newtownards Road  
Dundonald  
Co. Down BT16 1RH

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

**Details:**

Northern Ireland Chest, Heart and Stroke will be offering health checks for male staff in the hospital.

**Entry Fee:** Free

**For more information contact:**

Brien Frazer  
Email: [Brien.Frazer@setrust.hscni.net](mailto:Brien.Frazer@setrust.hscni.net)  
Website: [www.setrust.hscni.net](http://www.setrust.hscni.net)

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# Tour of Lisburn Community Gardens



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Thursday 14<sup>th</sup> June 2018

**Time:** 10.00am - Noon

**Venue:**

Leave from Laganview Enterprise Centre with pick up points ...  
Laganview Enterprise Centre  
69 Drumbeg Drive  
Old Warren  
Lisburn  
Co. Antrim BT28 1QJ

**Organised by:** The Resurgam Trust

**Details:**

Tour of Lisburn Community Gardens.

**Entry Fee:** Free

**For more information contact:**

Denis Paisley  
Tel: 0044 2892 670755  
Email: [denis.paisley@resurgamtrust.co.uk](mailto:denis.paisley@resurgamtrust.co.uk)  
Website: [www.resurgamtrust.co.uk](http://www.resurgamtrust.co.uk)

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# Men's Health Screening



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Thursday 14<sup>th</sup> June 2018

**Time:** 10.00am - 2.00pm

**Venue:**

Dromore Community Centre  
Pavilion Building  
Lurgan Road  
Dromore  
Co. Down BT25 1HL

**Organised by:** Frances Haughey, Armagh City, Banbridge and Craigavon Borough Council

**Details:**

Free male health screening open to all men in Dromore town and the surrounding areas. Will include height, weight, BMI and blood pressure. Light refreshments will be available upon arrival.

**Entry Fee:** Free

**For more information contact:**

Please register your interest with the staff at the centre  
Tel: 0044 2892 699070  
Email: [Liz.Doak@armaghbanbridgecraigavon.gov.uk](mailto:Liz.Doak@armaghbanbridgecraigavon.gov.uk)

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# Trash the Ash



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Thursday 14<sup>th</sup> June 2018

**Time:** 10.00am - 3.00pm

**Venue:**

Health and Wellbeing Hub  
Craigavon Area Hospital  
68 Lurgan Road  
Portadown  
Co. Armagh BT63 5QQ

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

**Details:**

Stop Smoking Specialist will hold a campaign to encourage male patients, staff and visitors to stop smoking.

**Entry Fee:** Free

**For more information contact:**

Nikki Cinnamond  
Tel: 0044 2837 560999  
Email: [Nikki.Cinnamond@southerntrust.hscni.net](mailto:Nikki.Cinnamond@southerntrust.hscni.net)  
Website: [www.southerntrust.hscni.net](http://www.southerntrust.hscni.net)

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## Trash the Ash 2



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Thursday 14<sup>th</sup> June 2018

**Time:** 10.00am - 3.00pm

**Venue:**

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

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

**Details:**

Stop Smoking Specialist will be holding a campaign to encourage male patients, staff and visitors to stop smoking.

**Entry Fee:** Free

**For more information contact:**

Diane Arthur  
Tel: 0044 771 7618921  
Email: [diane.arthur@southerntrust.hscni.net](mailto:diane.arthur@southerntrust.hscni.net)  
Website: [www.southerntrust.hscni.net](http://www.southerntrust.hscni.net)

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# Wexford Men's Health Event



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Thursday 14<sup>th</sup> June 2018

**Time:** 10.00am - 3.30pm

**Venue:**

Astro Centre  
Enniscorthy  
Co. Wexford

**Organised by:** Irish Men's Sheds Association

**Details:**

The Irish Men's Sheds Association, in partnership with Wexford Sports Active, are running an event for men in Co. Wexford. This event is open to all men, Shedders and non-Shedders, so spread the word and bring a friend.

The aim of this event is to heighten awareness of preventable health problems among men and to support men in making positive lifestyle choices. The Irish Heart Foundation will be there on the day to provide free blood pressure checks to all men in attendance. A number of short talks and information sessions will also be provided by Diabetes Ireland, Get Ireland Walking and Haven Pharmacy.

**Entry Fee:** Free

**For more information contact:**

Edel Byrne  
Tel: 00353 1 8916150  
Email: [edel@menssheds.ie](mailto:edel@menssheds.ie)  
Website: [www.malehealth.ie/events](http://www.malehealth.ie/events)

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# Men's Health Workshop: 'Small Steps'



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Thursday 14<sup>th</sup> June 2018

**Time:** 11.00am - 1.00pm

**Venue:**

Thomastown Men's Shed  
Thomastown Community Centre  
Marshes Street  
Thomastown  
Co. Kilkenny

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

**Details:**

Men's health workshop - titled 'Small Steps to Wellbeing and Health' - presented by Lorcan Brennan from the National Men's Health Programme within the Men's Development Network. Men are invited to come together to look at and chat about their own health and wellbeing.

**Entry Fee:** Free

**For more information contact:**

Peter Hynes  
Tel: 00353 89 4621072  
Email: [pallyroe@hotmail.com](mailto:pallyroe@hotmail.com)  
Website: [www.menssheds.ie](http://www.menssheds.ie)

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## Learn about Health and Celebrate Success



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Thursday 14<sup>th</sup> June 2018

**Time:** 11.00am - 2.30pm

**Venue:**

Monavalley Centre  
Tralee  
Co. Kerry

**Organised by:** Saint John of God Men's Group (Kerry Services)

**Details:**

To mark International Men's Health Week, the group will be meeting to celebrate their successes and learn more about taking care of their health.

**Entry Fee:** Free

**For more information contact:**

Phil McSweeney  
Tel: 00353 87 6896130  
Email: [phil.mcsweeney@sjog.ie](mailto:phil.mcsweeney@sjog.ie)  
Website: [www.facebook.com/skills4lifekerry](http://www.facebook.com/skills4lifekerry)

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# Into the Valley



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhfw.org](http://www.mhfw.org) #MensHealthWeek

**Date:** Thursday 14<sup>th</sup> June 2018

**Time:** 12.30pm - 4.00pm

**Venue:**

Valley Leisure Centre  
40 Church Road  
Newtownabbey  
Co. Antrim BT36 7LJ

**Organised by:** Belfast Community Sports Development Network (BCSDN)

**Details:**

A day packed full of information stands, health checks, a 'Danderball' (walking football) competition, food and presentations ...

- 5-a-side Walking Football Tournament (outdoor pitches) from 12.30pm to 3.15pm. Followed by presentation and buffet until 4.00pm.
- Health Fair (Main Hall) starting at 1.00pm and ending at 3.00pm - running alongside tournament.

The event is aimed at men over the age of 50. Groups can enter the tournament in two categories: over 50s or over 60s. Prizes for tournament winners and runners-up.

**Entry Fee:** Free

**For more information contact:**

Johnny McClurg or James Wright  
Tel: 0044 2890 297661  
Email: [johnnymcc@bcstdn.org](mailto:johnnymcc@bcstdn.org) | [james@bcstdn.org](mailto:james@bcstdn.org)  
Website: [www.bcstdn.org](http://www.bcstdn.org)

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# Men and Headaches: Radio Talk



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Thursday 14<sup>th</sup> June 2018

**Time:** 2.00pm - 3.00pm

**Venue:**

Dublin South 93.9FM  
Level 5  
Dundrum Town Centre  
Dublin 16

**Organised by:** Migraine Association of Ireland with Sandyford Men's Shed

**Details:**

A member of staff from the Migraine Association of Ireland will give information about men and headaches.

**Entry Fee:** Free

**For more information contact:**

Denis Ryan  
Email: [denis@migraine.ie](mailto:denis@migraine.ie)  
Website: [www.migraine.ie](http://www.migraine.ie)

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# Male Staff Photography Competition



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Closing date = Friday 15<sup>th</sup> June 2018

**Organised by:** Southern Health and Social Care Trust (SHSCT)

**Details:**

One Small Step to your Five Ways to Wellbeing ...

Southern Trust male staff are being asked to send in photographs of how they are taking the 'Five Ways to Wellbeing' theme on board to help improve their health and wellbeing.

**Entry Fee:** Free

**For more information contact:**

Nina Daly

Email: [nina.daly@southerntrust.hscni.net](mailto:nina.daly@southerntrust.hscni.net)

Website: [www.southerntrust.hscni.net](http://www.southerntrust.hscni.net)

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# Green Gym



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Friday 15<sup>th</sup> June 2018

**Time:** Morning

**Venue:**

The Palace Demesne  
Friary Road  
Armagh City  
Co. Armagh BT60 4EL

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

**Details:**

Join us for a healthy walk around the park.

**Entry Fee:** Free

**For more information contact:**

Stephen McCleary  
Email: [armaghmensshed@yahoo.com](mailto:armaghmensshed@yahoo.com)

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# Coffee Morning



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Friday 15<sup>th</sup> June 2018

**Time:** 10.00am - Noon

**Venue:**

Action on Hearing Loss  
Harvester House  
4-8 Adelaide Street  
Belfast BT2 8GA

**Organised by:** Action on Hearing Loss

**Details:**

During Men's Health Week, we will be focusing on hearing loss. More than 40% of men over 50 have hearing loss; rising to 71% of men over the age of 70.

If you are worried about your hearing, then call in for a cuppa and a chat and get some information on what you can do. It is also an opportunity for any men with a hearing loss to meet and exchange experiences and information.

**Entry Fee:** Free

**For more information contact:**

Paula McAnulty  
Tel: 0044 2890 239619  
Email: [paula.mcanulty@hearingloss.org.uk](mailto:paula.mcanulty@hearingloss.org.uk)  
Website: [www.actiononhearingloss.org.uk](http://www.actiononhearingloss.org.uk)

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# Men's Shed Open Day



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Friday 15<sup>th</sup> June 2018

**Time:** 10.00am - 12.30pm

**Venue:**

3D Youth Centre  
Laganview Enterprise Centre  
69 Drumbeg Drive  
Old Warren  
Lisburn  
Co. Antrim BT28 1QJ

**Organised by:** The Resurgam Trust

**Details:**

Drop-in, coffee and connect morning.

**Entry Fee:** Free

**For more information contact:**

Denis Paisley and Jonathan McMullan  
Tel: 0044 2892 670755  
Email: [denis.paisley@resurgamtrust.co.uk](mailto:denis.paisley@resurgamtrust.co.uk)  
Website: [www.resurgamtrust.co.uk](http://www.resurgamtrust.co.uk)

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# Traveller Men's Health Day



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Friday 15<sup>th</sup> June 2018

**Time:** 10.00am - 1.00pm

**Venue:**

Community Heart Garden  
Finglas  
Dublin 11

**Organised by:** Pavee Point Traveller Men's Health Project

**Details:**

Traveller men of all ages are invited to come along to: have health screening checks; get information and advice from Irish Heart Foundation nurses; join in a game of throwing the horseshoe; explore possibilities for growing and eating healthy food; meet special guest - Traveller champion boxer Joe Ward.

**Entry Fee:** Free

**For more information contact:**

Andy O'Hara  
Tel: 00353 1 8780255  
Email: [andy.ohara@pavee.ie](mailto:andy.ohara@pavee.ie)  
Website: [www.paveepoint.ie](http://www.paveepoint.ie)

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# Free Men's Health Checks



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhfi.org](http://www.mhfi.org) #MensHealthWeek

**Date:** Friday 15<sup>th</sup> June 2018

**Time:** 10.30am - 1.00pm

**Venue:**

Mallow Dairygold Coop Superstore  
Park Road  
Mallow  
Co. Cork

**Organised by:** Mallow Community Health Project

**Details:**

Gill Fives, nurse, will be providing free health checks to men between 10.30am and 1.00pm. There will also be various health resources available on the day including information on health focused groups in the area, leaflets, and the 'Challenges and Choices' Man Manuals.

**Entry Fee:** Free

**For more information contact:**

Mary Cleary  
Tel: 00353 87 4335047  
Email: [communityhealthworker@lecheilefrc.ie](mailto:communityhealthworker@lecheilefrc.ie)  
Website: [www.mallowchp.com](http://www.mallowchp.com)

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# Workshop: Small Steps to Wellbeing and Health



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Friday 15<sup>th</sup> June 2018

**Time:** 11.00am - 1.00pm

**Venue:**

Arklow Cancer Services  
8 St. Mary's Road  
Arklow  
Co. Wicklow

**Organised by:** Arklow Cancer Services

**Details:**

Men's health workshop - titled 'Small Steps to Wellbeing and Health' - presented by Lorcan Brennan from the National Men's Health Programme within the Men's Development Network. Men are invited to come together to look at and chat about their own health and wellbeing.

**Entry Fee:** Free

**For more information contact:**

Michael Hennessy  
Tel: 00353 87 7168674  
Email: [michael@mens-network.net](mailto:michael@mens-network.net)  
Website: [www.arklowcancersupport.ie](http://www.arklowcancersupport.ie)

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# Dublin Men's Health Event



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Friday 15<sup>th</sup> June 2018

**Time:** 12.00pm - 2.30pm

**Venue:**

Dublin 12 Men's Shed  
The Rear, Walkinstown Green  
Walkinstown  
Dublin 12

**Organised by:** Irish Men's Sheds Association

**Details:**

This event, hosted by Dublin 12 Men's Shed, is open to all men, Shedders and non-Shedders, so spread the word and bring a friend. A number of short talks and information stands will be provided by the Irish Cancer Society, Diabetes Ireland, The Migraine Association of Ireland, Get Ireland Walking and Haven Pharmacy.

The aim of this event is to heighten awareness of preventable health problems among men and to support men in making positive lifestyle choices. The Irish Heart Foundation will be providing free blood pressure checks to all men in attendance. From 2.30pm to 4.00pm, these checks will also be available to the wider community.

**Entry Fee:** Free

**For more information contact:**

Edel Byrne  
Tel: 00353 1 8916150  
Email: [edel@menssheds.ie](mailto:edel@menssheds.ie)  
Website: [www.malehealth.ie/events](http://www.malehealth.ie/events)

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# Slow Roll Cycle



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Saturday 16<sup>th</sup> June 2018

**Time:** 9.00am - 1.00pm

**Venue:**

Langtons  
John Street  
Kilkenny  
Co. Kilkenny

**Organised by:** Kilkenny Recreation and Sports Partnership

**Details:**

Kilkenny Recreation and Sports Partnership invite men of all ages to join them on a 'Slow Roll Cycle' featuring health checks and a healthy brunch ...

- 9.00am - 10.00am: Health checks for men. Meet at Langton's Conservatory (car park side).
- 10.00am - 10.30am: Health talk for men by Dr Noel Richardson.
- 10.45am: Easy group cycle around Kilkenny's streets and six bridges. 10K and 30K options available.
- Noon: Brunch in Langton's.

**Entry Fee:** Free, but you need to register in advance at:  
[www.eventbrite.ie/e/slow-roll-mens-health-cycle-tickets-46437479752](http://www.eventbrite.ie/e/slow-roll-mens-health-cycle-tickets-46437479752)

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# Men's Breakfast



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Saturday 16<sup>th</sup> June 2018

**Time:** 9.00am

**Venue:**

The Tuesday Bell - Wetherspoons  
4 Lisburn Square  
Lisburn  
Co. Antrim BT28 1TS

**Organised by:** Horizons

**Details:**

Come along and enjoy a healthy start to your day with good food and conversation.

**For more information contact:**

Ian  
Tel: 0044 780 2778531

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# Men's Shed Sponsored Walk and Open Day



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Saturday 16<sup>th</sup> June 2018

**Time:** 10.00am - 1.00pm

**Venue:**

Tinahely Men's Shed  
Kellys Hill  
Lugduff  
Tinahely  
Co. Wicklow

**Organised by:** Irish Men's Sheds Association

**Details:**

Sponsored Walk of Tinahely Loop C - 10.2 km (clockwise direction) - followed by an Open Day at Tinahely Men's Shed.

Registration takes place at 9.00am at the Tinahely Men's Shed. Walk starts at 10.00am. Complimentary refreshments afterwards.

**Entry Fee:** Free

**For more information contact:**

Edel Byrne  
Tel: 00353 1 8916150  
Email: [edel@menssheds.ie](mailto:edel@menssheds.ie)  
Website: [www.malehealth.ie/events](http://www.malehealth.ie/events)

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# Men's Sheds Walking Soccer Blitz



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Saturday 16<sup>th</sup> June 2018

**Time:** 10.00am - 2.00pm

**Venue:**

Mervue Astro-Turf Facility  
Mervue  
Co. Galway

**Organised by:** Galway Local Sports Partnership and the HSE

**Details:**

Your Men's Shed is cordially invited to send a team of five or six to this event. Overall, it will be both a fun and a social event, and an opportunity for members of the various Men's Sheds to meet up and chat about the activities that go on in different areas of Galway. This event is free to all participants, and refreshments will be served.

In the event of bad weather, we can still run the event - as we will have the use of the nearby Mervue Community Centre.

**Entry Fee:** Free

**For more information contact:**

Mick Curley and Paul Gillen  
Tel: Mick: 00353 87 3292393 | Paul: 00353 91 737261  
Email: [galwayactive@galwaycoco.ie](mailto:galwayactive@galwaycoco.ie) | [paul.gillen@hse.ie](mailto:paul.gillen@hse.ie)

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# Father's Day Event



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Saturday 16<sup>th</sup> June 2018

**Time:** 11.00am - 2.00pm

**Venue:**

Colin Allotments  
29 Colinglen Road  
Belfast BT17 OLR

**Organised by:** Colin Sure Start

**Details:**

BBQ, physical activity, woodwork, reptile show ... for fathers, grandfathers and members of the family. Bring your children along and enjoy the day.

**Entry Fee:** Free

**For more information contact:**

Paul Kelly  
Tel: 0044 2890 601417  
Email: [paul.kelly@colinsurestart.com](mailto:paul.kelly@colinsurestart.com)  
Website: [www.colinsurestart.com](http://www.colinsurestart.com)

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# Father's Day Walking Football - Dundrum Festival



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Sunday 17<sup>th</sup> June 2018

**Time:** 11.15am - 1.00pm

**Venue:**

Meadowbrook Park  
Dundrum Football Club  
Acorn Road  
Dundrum  
Dublin 16

**Organised by:** Irish Men's Sheds Association

**Details:**

Dundrum Festival - celebrating 35 years - kicks off on Sunday 17<sup>th</sup> June 2018. This week-long community festival is the longest running festival in the county. You are welcome to open the Festival by taking part in a 'Walking Football' session - a great way to start your Father's Day 2018.

This event will take place on the pitches in Meadowbrook Park, to coincide with the annual mini-World Cup by Dundrum FC. Registration will take place outside Dundrum FC Clubhouse from 11.15am. Suitable clothing, including footwear, is advised. Many thanks to Ballinteer Men's Shed for facilitating this event to conclude Men's Health Week in Ireland (11<sup>th</sup> - 17<sup>th</sup> June 2018) and to open the Dundrum Festival (17<sup>th</sup> - 24<sup>th</sup> June 2018).

**Entry Fee:** Free

**For more information contact:**

Sean McLoughlin  
Tel: 00353 83 3646567  
Email: [ballinteertoday@gmail.com](mailto:ballinteertoday@gmail.com)  
Website: [www.malehealth.ie/events](http://www.malehealth.ie/events)

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# Prostate Cancer Information Talk



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Monday 18<sup>th</sup> June 2018

**Time:** Noon - 1.00pm

**Venue:**

Lecture Theatre  
South Tyrone Hospital  
Carland Road  
Dungannon  
Co. Tyrone BT71 4AU

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

**Details:**

Talk given by Frank McNally, a volunteer with the Prostate Cancer UK charity.

**Entry Fee:** Free

**For more information contact:**

Nina Daly  
Tel: 0044 2837 564488  
Email: [nina.daly@southerntrust.hscni.net](mailto:nina.daly@southerntrust.hscni.net)  
Website: [www.southerntrust.hscni.net](http://www.southerntrust.hscni.net)

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# Community Walk and Football



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Monday 18<sup>th</sup> June 2018

**Time:** 6.00pm - 9.30pm

**Venue:**

The Highway Inn  
8 Hillhall Road  
Lisburn  
Co. Antrim BT27 5BU

**Organised by:** The Resurgam Trust

**Details:**

Community walk and football.

**Entry Fee:** Free

**For more information contact:**

Jonathan McMullan  
Tel: 0044 2892 670755  
Email: [denis.paisley@resurgamtrust.co.uk](mailto:denis.paisley@resurgamtrust.co.uk)  
Website: [www.resurgamtrust.co.uk](http://www.resurgamtrust.co.uk)

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# Open Evening and Barbeque



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Wednesday 20<sup>th</sup> June 2018

**Time:** 7.00pm - 9.00pm

**Venue:**

St Thomas' Church  
Jobstown Pastoral Centre  
Jobstown  
Dublin 24

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

**Details:**

Mojo Men's Shed invites all men to an open evening and barbeque in a friendly and relaxed atmosphere.

**Entry Fee:** Free

**For more information contact:**

Fran or Pat  
Tel: Fran 00353 85 8700676 | Pat 00353 85 7588774

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# Men's Health Breakfast



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhf.org](http://www.mhf.org) #MensHealthWeek

**Date:** Saturday 23<sup>rd</sup> June 2018

**Time:** 10.00am - 11.30am

**Venue:**

Cross Square Hotel  
4-5 O'Fiach Square  
Crossmaglen  
Co. Armagh BT35 9AA

**Organised by:** Sure Start South Armagh

**Details:**

For all dads/male carers registered (or who want to register) with Sure Start South Armagh. A short presentation on men's health issues will be given after the breakfast, and some professionals will be on hand to answer questions and to provide simple health checks.

**Entry Fee:** Free for members

**For more information contact:**

Robert Glusek  
Tel: 0044 2830 80022  
Email: [robertg@surestartsa.org](mailto:robertg@surestartsa.org)  
Website: [www.surestartsa.org/programmes](http://www.surestartsa.org/programmes)

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# Prostate Cancer Information Talk



**MEN'S HEALTH WEEK 2018**  
Find out more at [www.mhfw.org](http://www.mhfw.org) #MensHealthWeek

**Date:** Tuesday 26<sup>th</sup> June 2018

**Time:** 12.30pm - 1.30pm

**Venue:**

Board Room  
Daisy Hill Hospital  
5 Hospital Road  
Newry  
Co. Down BT35 8D

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

**Details:**

Talk given by Frank McNally, a volunteer with the Prostate Cancer UK charity.

**Entry Fee:** Free

**For more information contact:**

Nina Daly  
Tel: 0044 2837 564488  
Email: [nina.daly@southerntrust.hscni.net](mailto:nina.daly@southerntrust.hscni.net)  
Website: [www.southerntrust.hscni.net](http://www.southerntrust.hscni.net)

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