

Men's Health Week 2019

MEN'S HEALTH WEEK

Monday 10th - Sunday 16th June 2019

MEN'S HEALTH MATTERS
Make the Time. Take the Time.

#MensHealthWeek Find out more at: www.mhfi.org **#MensHealthMatters**

MEN'S HEALTH WEEK **HE** **FORUM** **hi** **HSC Public Health Agency**

Seirbhís Sláinte Mice Fear & Páirtneir Building a Better Health Service in Ireland

Project supported by the PHA



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

Men's Health Week 2019 ... What's Happening Across Ireland?

[Men's Health Week 2019](#) will run from Monday 10th until Sunday 16th June. The focus on the island of Ireland this year will be: '*Men's Health Matters*' and everyone is being asked to **MAKE THE TIME** and **TAKE THE TIME** to do something realistic and practical that will make a positive difference to the health of both themselves and the men and boys that they have contact with and influence over.

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 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 2019. 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 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 ...

[Creation, Marketing and Dissemination of MHW Resources](#) [All-island]

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

[50 events in the South Eastern Health and Social Care Trust](#) [SEHSCT area]

[Promotion of Men's Health Week across CHO2](#) [Galway, Roscommon and Mayo]

[Men Matter Too](#) [Dublin 1]

[Sure Start South Armagh Men's Health](#) [Newry, Co. Down]

[Countdown to Men's Health Week](#) [Waterford City, Co. Waterford]

['Challenges and Choices' Man Manual](#) [All-island]

[Men's Health in Northern Ireland: Past, Present and Future](#) [Belfast]

[Remarkable Young Men](#) [Northern Ireland-wide]

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[The Chain](#) [Crossmaglen, Co. Armagh]

[March for Men](#) [Belfast]

[Blood Pressure Checks](#) [Dublin 17]

Monday 10th June 2019 ...

[Dementia Awareness Session](#) [Lislea, Co. Armagh]

[Bowel Cancer Awareness](#) [Moirra, Co. Down]

Tuesday 11th June 2019 ...

[Men's Health Day](#) [Cork City, Co. Cork]

[Men's Health Checks](#) [Dunmanway, Co. Cork]

[Making Your Will](#) [Ballaghaderreen, Co. Roscommon]

Wednesday 12th June 2019 ...

[Launch of 'Men on the Move' Evaluation Report](#) [Dublin 2]

[Make the Time. Take the Time.](#) [Belfast]

[Meet the Team, Drama and Health Checks](#) [Lislea, Co. Armagh]

[Traveller Men's Health Day](#) [Eastern region]

[Men's NCT Health Day](#) [Headford, Co. Galway]

[Men Matter Too - Lunchtime Men's Health Talk](#) [Dublin 7]

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

[Banter Round the Bridges](#) [Strabane, Co. Tyrone]

[Keeping Yourself Well](#) [Ballaghaderreen, Co. Roscommon]

Thursday 13th June 2019 ...

[Information Stands and Cookery Demonstration](#) [Lislea, Co. Armagh]

[Men's Health Day](#) [Two locations in Co. Kerry]

[Men's Sheds - Men's Health Day](#) [Letterkenny, Co. Donegal]

['Men's Health Matters' Presentation](#) [Trim, Co. Meath]

[Walk and Barbeque](#) [Ballaghaderreen, Co. Roscommon]

Friday 14th June 2019 ...

[Attitudes Towards Transgender People in Northern Ireland](#) [Belfast]

[Prostate Cancer and Improving Outcomes](#) [Dublin 2]

Saturday 15th June 2019 ...

None known about - yet!

Sunday 16th June 2019 ...

[Fly a Kite for Men's Mental Health](#) [Galway City]

Just after Men's Health Week 2019 ...

[Men's Health Staff Workshop](#) [Dublin 1]

[Men's Health Matters Presentation](#) [Clonee, Co. Meath]



Creation, Marketing and Dissemination of Men's Health Week Resources



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: April - June 2019

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

Details:

The Men's Health Forum in Ireland will coordinate the creation, marketing and dissemination of both hard copy and soft copy Men's Health Week (MHW) materials throughout the island of Ireland.

These resources include: 15,000 Man Manuals; 4,000 A₄ size posters; 2,000 A₃ size posters; 10,000 A₅ size postcards; 4,000 MHW branded pens; and a diverse array of graphics, video clips and audio tracks to promote the week.

For more information contact:

Colin Fowler

Tel: 0044 751 9945261

Email: colin@mhfi.org

Website: www.mhfi.org/mhw/mhw-2019.html

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Men's Development Network Post-Out



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: May 2019

Organised by:

Men's Health Programme within the Men's Development Network (MDN)

Details:

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 across the Republic of Ireland.

For more information contact:

Michael Hennessy
Tel: 0035387 7168674
Email: michael@mens-network.net
Website: www.mens-network.net

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South Eastern Health & Social Care Trust Area



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Dates: May - June 2019

Times: Various

Venues: Across the whole of the South Eastern Health and Social Care Trust (SEHSCT) catchment area

Organised by: A range of organisations within the SEHSCT region

Details:

Fifty events are scheduled to take place across the SEHSCT area to mark Men's Health Week 2019. Full details can be accessed online at: www.mhfi.org/SEHSCTevents2019.pdf

Entry Fee: Free

For more information contact:

Alison Doake
Health Development Specialist for Mental Health, Suicide and Prison Services
Tel: 0044 2891 510282
Email: alison.doake@setrust.hscni.net

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Promotion of Men's Health Week across CHO 2



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: May - June 2019

Organised by: HSE Health Promotion and Improvement, CHO 2

Details:

In the lead-up to Men's Health Week (MHW) 2019, the HSE Health Promotion and Improvement team in the CHO 2 area (Galway, Roscommon and Mayo) will be promoting the week and supporting the planning of a number of events. This will include:

- Circulating the MHW Press Release to all local papers via HSE Communications - with quotes from and photographs of county specific hurling / football players.
- Organising a mailshot to all male dominated workplaces in the CHO 2 area, which will include copies of the MHW poster and the Press Release.
- Distributing copies of the 'Challenges and Choices' Man Manuals to Barbers and Bookies.
- Arranging a Health Screening event at Ballinrobe Mart, Co. Mayo (Wednesday 12th June 2019).
- Supporting Headford Family Resource Centre, Co. Galway, with their Men's Health NCT Day (Wednesday 12th June 2019).
- Helping Ballaghaderreen Men's Shed, Co. Roscommon, to organise a series of men's health activities throughout the week.
- Arranging interviews with local radio stations to promote the key messages of the week.

For more information contact:

Paul Gillen
Tel: 00353 91 737261
Email: paul.gillen@hse.ie

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Men Matter Too



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: Tuesday 28th May 2019

Time: 2.00pm

Venue:

Front Hall
The Rotunda Hospital
Parnell Square
Dublin 1

Organised by: Rotunda Occupational Health Department

Details:

The 'Men Matter Too' workshop will be facilitated by Finian Murray, HSE, and will address all matters regarding men's health. It is part of the Life Fit Drop-in Sessions for staff being held in the Rotunda on the 28th and 29th of May 2019.

Entry Fee: Free for staff

For more information contact:

Ruth McLoughlin
Email: rmcloughlin@rotunda.ie

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Sure Start South Armagh Men's Health



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: Throughout June 2019

Time: Evening - times vary (see below)

Venue:

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

Organised by: Sure Start South Armagh

Details:

This year, Sure Start South Armagh is giving all men (registered with them) an opportunity to improve their health by accessing classes in Newry Leisure Centre for four weeks delivered by a professional instructor. These will include:

- BODYPUMP: Tuesday 4th June 2019, 8.30pm - 9.30pm
- SPINNING: Tuesday 11th June 2019, 8.30pm - 9.30pm
- PILATES: Tuesday 18th June 2019, 8.30pm - 9.30pm
- HEALTH CHECK AND CIRCUIT TRAINING: Tuesday 25th June 2019, 8.00pm - 9.30pm

Entry Fee: Free

For more information contact:

Robert Glusek
Tel: 0044 2830 830022

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Countdown to Men's Health Week



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: Wednesday 5th June 2019

Time: 11.00am - 1.00pm

Venue:

Garter Lane Arts Centre
22 O'Connell Street
Waterford City
Co. Waterford

Organised by: Men's Development Network

Details:

You are invited to 'Make the Time' and 'Take the Time' to come along to Garter Lane Arts Centre to find out more about Men's Health Week (MHW) 2019. This event will look at:

- what MHW is all about;
- how to get involved;
- where to get resources.

It will provide men and women with an opportunity to connect with each other over a coffee/tea, and will highlight ways to support our health and wellbeing.

Entry Fee: Free

For more information contact:

Lorcan Brennan
Tel: 00353 51 844260
Email: health@mens-network.net
Web: www.mens-network.net

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'Challenges and Choices' Man Manual



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: Official Launch = Friday 7th June 2019

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. 15,000 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 common sense 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

Website: www.mhfi.org/mhw/mhw-2019.html#Challenges

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Men's Health in Northern Ireland: Past, Present and Future



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: Friday 7th June 2019

Time: 12.30pm - 2.00pm

Venue:

The Moot Court
First Floor, School of Law Building
Queen's University Belfast
University Road
Belfast BT7 1NN

Organised by: Queen's University Belfast School of Nursing and Midwifery
Athena Swan Committee

Details:

This event will discuss and celebrate both past and ongoing men's health work / research being conducted in Northern Ireland. The keynote speaker is Dr Ian Banks - President of the European Men's Health Forum, BMA Spokesperson on Men's Health, and internationally known author in this field. A panel discussion will follow, which will explore the exciting work being conducted by a number of academic, community and healthcare workers in the area of men's health.

Entry Fee: Free

For more information / to book a place, visit:

www.eventbrite.co.uk/e/mens-health-in-northern-ireland-past-present-and-future-tickets-62139505935

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Remarkable Young Men



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Dates: Saturday 8th June - Sunday 16th June 2019

Times: Various throughout the week

Venues: Held in different communities across Northern Ireland and then broadcast on Radio YNP (www.radioynp.com)

Organised by: YouthAction NI

Details:

Young men will place a spotlight on International Men's Health Week by championing activities in local communities across Northern Ireland. These include daily interviews broadcast exclusively on Radio YNP with remarkable young men and those that work with them.

Entry Fee: Free

For more information contact:

Michael McKenna
Tel: 0044 2837 511624
Email: michael@youthaction.org
Web: www.youthaction.org

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Scariff Show



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: Saturday 8th June 2019

Time: 10.00am - 6.00pm

Venue:

The Showgrounds
Fossa Beg
Scariff
Co. Clare

Organised by: Scariff Show Society

Details:

A fun day for all - something for everyone: Clare COPD, Mountshannon Men's Shed, showing and jumping classes, great indoor section including photography, art, baking etc.

Entry Fee: €5 entry on the gate or €20 for a car

For more information contact:

Tracey Doyle
Tel: 00353 85 8141046
Email: secretaryscariffshow@gmail.com
Web: www.scariff-show.com

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The Chain



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: Saturday 8th June 2019

Time: 6.00pm - 9.00pm

Venue:

St. Oliver Plunkett's Youth Club
Cullaville Road
Crossmaglen
Co. Armagh BT35 9AG

Organised by: YouthAction NI

Details:

'The Chain' is a new and exciting production under-scored by live music. It has been inspired by the real life experience of its young cast and band. In life, we are often bound by the chains that connect us - in relationships, school and family. How do we break the chains that bring us down and create new ones that uplift us to be the best we can be? The play is followed by a fun and interactive workshop, where issues in the play will be discussed.

Entry Fee: Free

For more information contact:

Michael McKenna
Tel: 0044 2837 511624
Email: michael@youthaction.org
Web: www.youthaction.org

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March for Men



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: Sunday 9th June 2019

Time: 11.00am

Venue:

Stormont Estate
Upper Newtownards Road
Belfast BT4 3SH

Organised by: Prostate Cancer UK

Details:

Would you be up for taking either a short, medium or long walk to help to stop prostate cancer from being a killer? ... If so, you might be interested in this year's 'March for Men' event in Belfast. The short route is also fully accessible for wheelchairs and pushchairs. However, if it has been a wet summer, this may be subject to change.

Entry Fee: £10

For more information see:

<https://events.prostatecanceruk.org/ps/event/MarchforMenBelfast>

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Blood Pressure Checks



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: Monday 10th June - Sunday 16th June 2019

Time: 9.00am - 6.00pm

Venue:

Bonnybrook Pharmacy
Unit 1B, Northside Retail Park
Coolock Drive
Dublin 17

Organised by: Bonnybrook Pharmacy

Details:

Offering free blood pressure monitoring and men's health samples, vitamins etc.

Entry Fee: Free

For more information contact:

Victoria Jones
Tel: 00353 1 8488266
Email: bonnybrookpharmacy@gmail.com

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Dementia Awareness Session



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: Monday 10th June 2019

Time: 10.00am - Noon (with lunch provided)

Venue:

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

Organised by: Lislea Men's Shed

Details:

This event will target males living in the Lislea and wider community of South Armagh. It will increase awareness of dementia for both service users and carers.

Entry Fee: Free

For more information contact:

John McElroy
Tel: 0044 754 3036662
Email: johnnymcelroy@btinternet.com

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Bowel Cancer Awareness



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: Monday 10th June 2019

Time: 10.30am - 12.30pm

Venue:

St John's Parish Centre
Main Street
Moira
Co. Down BT67 0LQ

Organised by: Moira Friendship Group

Details:

There will be information stands and ten minute talks on a range of topics including bowel cancer.

Entry Fee: Free

For more information contact:

Alison Bell
Tel: 02892 612119
Web: www.moirafriendshipgroup.co.uk

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Men's Health Day



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: Tuesday 11th June 2019

Time: 10.00am - 4.30pm

Venue:

HSE Building
Harbourview Road
Knocknaheeny
Cork City
Co. Cork

Organised by: NICHE Health Project

Details:

Pop into NICHE where there will be an open day, health checks and taster sessions.

Entry Fee: Free

For more information contact:

Tel: 00353 21 4300135
Web: www.nicheonline.ie

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Men's Health Checks



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: Tuesday 11th June 2019

Time: 7.00pm - 9.00pm

Venue:

Dunmanway Swimming Pool
Bantry Road
Dunmanway
Co. Cork

Details:

Health checks for men to include blood pressure, diabetes, BMI and metabolic age.

Entry Fee: Free

For more information contact:

Tel: 00353 86 7947922

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Making Your Will



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: Tuesday 11th June 2019

Time: 9.00pm - 10.00pm

Venue:

Men's Shed Ballaghaderreen
Kenny and Staunton Old Garage
Off the Square
Ballaghaderreen
Co. Roscommon

Organised by: Ballaghaderreen Men's Shed

Details:

This event is an opportunity to hear from local solicitor, Kenneth McDonnell, about 'Making Your Will'. Kenneth is based in Ballaghaderreen and will outline the points that you need to consider when making a will. He is also happy to answer questions that you might have on the night.

Entry Fee: Free

For more information contact:

Pat Towey
Tel: 00353 86 8138168
Email: ballaghaderreenmensshed@gmail.com

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Launch of 'Men on the Move' Evaluation Report



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: Wednesday 12th June 2019

Time: 9.45am - 11.00am

Venue:

Carmelite Community Centre - Whitefriar Street
56 Aungier Street
Dublin 2

Organised by:

Health Service Executive

Details:

To launch the findings from the evaluation into the 'Men on the Move' programme which supports men - in community settings - to improve their physical activity levels and sense of wellbeing.

Entry Fee: Free

For more information contact:

Kathleen Pardy
Email: kathleen.pardy@hse.ie

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Make the Time. Take the Time.



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: Wednesday 12th June 2019

Time: 10.00am - 11.30am (followed by refreshments)

Venue:

North Belfast Men's Shed
Unit L4I, Edenderry Industrial Estate
326 Crumlin Road
Belfast BT14 7EE

Organised by:

Belfast Men's Health Group in partnership with North Belfast Men's Shed

Details:

To celebrate Men's Health Week, you are invited to attend an event which will: launch the new North Belfast Men's Shed website; screen the Belfast Men's Health Group's 'Take 5' video; introduce the Bryson Energy Handyman's Scheme; hear from Dr Michael Wardlow (Chief Commissioner of the Equality Commission for NI); have a keynote address by Eddie Lynch, the Commissioner for Older People in Northern Ireland.

Entry Fee: Free

For more information contact:

Geraldine Nelson
Tel: 0044 2890 322289
Email: mensshed@ashtoncentre.com

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Meet the Team, Drama and Health Checks



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: Wednesday 12th June 2019

Time: 10.00am - 1.00pm (with lunch provided)

Venue:

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

Organised by: Lislea Men's Shed

Details:

This event will target males living in the Lislea and wider community of South Armagh. It will encourage men to view their health and wellbeing from a drama sketch perspective, then encourage the men to take part in a series of health checks.

Entry Fee: Free

For more information contact:

John McElroy
Tel: 0044 754 3036662
Email: johnnymcelroy@btinternet.com

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Traveller Men's Health Day



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: Wednesday 12th June 2019

Time: 10.00am - 2.00pm

Venue:

Phoenix Park
Dublin 8

Organised by: Traveller Health Unit - Eastern Region

Details:

On the day there will be:

- Free health checks
- Health information stands
- Football tournaments
- 3k run / walk
- 'Horse Shoes'
- A chance to meet Rory O'Carroll - Dublin GAA player

Entry Fee: Free

For more information contact:

Michael Collins
Email: michael.collins@pavee.ie

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Men's NCT Health Day



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: Wednesday 12th June 2019

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
- Mental Health Ireland
- Diabetes Ireland
- Marie Keating Foundation
- Chime (National Charity for Deafness and Hearing Loss)
- Ciara Mc Hugh Optician
- Free health and fitness checks for men - blood pressure, cholesterol and diabetes

Entry Fee: Free

For more information contact:

John Middleton
Tel: 00353 93 36446
Email: john@solasfrc.ie
Website: www.solasfrc.ie

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Men Matter Too - Lunchtime Men's Health Talk



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: Wednesday 12th June 2019

Time: 1.00pm

Venue:

Office of the Director of Public Prosecutions (DPP)
Infirmary Road
Dublin 7

Organised by: Wellbeing @ Office of the Director of Public Prosecutions,
Work Committee

Details:

Finian Murray, Men's Health Development Officer within the HSE, will present on all matters regarding men's health to DPP staff as part of their events to mark Men's Health Week 2019.

Entry Fee: Free

For more information contact:

Kevin Graham
Email: kevin.graham@dppireland.ie

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Men's Health Matters



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: Wednesday 12th June 2019

Time: 6.30pm - 8.30pm

Venue:

Glenavon Football Club
Mourneview Avenue
Lurgan
Co. Armagh

Organised by: Southern Health and Social Care Trust / Verve Healthy Living Network / Armagh Banbridge and Craigavon Borough Council / Glenavon Football Club

Details:

Our 'Men's Health Matters' event is aimed at local men in the Craigavon area. All ages welcome! We will be hosting a curry night and offering health checks and oral hygiene information. All men will be encouraged to take the time to get to know a little more about their health status throughout the evening in a relaxed atmosphere.

Entry Fee: Free

For more information contact:

Sean Collins
Tel: 0044 2837 563947
Email: verve.network@southerntrust.hscni.net

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Banter Round the Bridges



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: Wednesday 12th June 2019

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:

Ciaran McLaughlin
Tel: 0044 792 0429201
Email: ciaranmclaughlin20@gmail.com

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Keeping Yourself Well



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: Wednesday 12th June 2019

Time: 9.00pm - 10.00pm

Venue:

Men's Shed Ballaghaderreen
Kenny and Staunton Old Garage
Off the Square
Ballaghaderreen
Co. Roscommon

Organised by: Ballaghaderreen Men's Shed

Details:

Local pharmacist, James Gerathy, will give a talk on how to take small steps to keep yourself well and the importance of doing this. The talk will be informal and light-hearted, with questions welcome!

Entry Fee: Free

For more information contact:

Pat Towey
Tel: 00353 86 8138168
Email: ballaghaderreenmensshed@gmail.com

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Information Stands and Cookery Demonstration



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: Thursday 13th June 2019

Time: 10.00am - 1.00pm (with lunch provided)

Venue:

Lislea Community Centre
7 Mountain Road
Lislea
Co. Armagh BT35 9U

Organised by: Lislea Men's Shed

Details:

This event will target males living in the Lislea and wider community of South Armagh. It will encourage men to visit and talk to a range of local service providers - all relevant to male physical / emotional wellbeing. It will also encourage the men to take part in a cookery demonstration.

Entry Fee: Free

For more information contact:

John McElroy
Tel: 0044 754 3036662
Email: johnnymcelroy@btinternet.com

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Men's Health Day



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: Thursday 13th June 2019

Time: 11.00am - 2.00pm

Venue: To be arranged

Organised by: Saint John of God Men's Group

Details:

Fitness testing in the morning and a mental health talk in the afternoon. This will be held in two locations in Kerry.

Entry Fee: Free

For more information contact:

Phil McSweeney
Tel: 00353 87 6896130
Email: phil.mcsweeney@sjog.ie
Web: www.facebook.com/skills4lifekerry

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Men's Sheds - Men's Health Day



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: Thursday 13th June 2019

Time: 11.00am - 4.00pm

Venue:

Trinity Hall (beside Cathedral car park)
Letterkenny
Co. Donegal

Organised by: Donegal Local Development CLG in association with Letterkenny CDP and Letterkenny Men's Shed

Details:

- Free health checks from 11.00am - 4.00pm
- Guest Speakers from Noon - 2.00pm: Bill Vaughan, Karen Gutherie, Jim O'Carroll (CPR Demo) and Siobhan Coyle CAWT
- Information stands
- Refreshments

Entry Fee: Free

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'Men's Health Matters' Presentation



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: Thursday 13th June 2019

Time: 2.00pm

Venue:

Office of Public Works
Jonathan Swift Street
Trim
Co. Meath

Organised by: Office of Public Works

Details:

Overview of Men's Health Week and why 'Men's Health Matters' presentation for Office of Public Works staff as part of activities organised for Men's Health Week 2019.

Entry Fee: Free

For more information contact:

Mary Corrigan
Email: mary.corrigan@opw.ie

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Walk and Barbeque



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: Thursday 13th June 2019

Time: 7.00pm

Venue:

Men's Shed Ballaghaderreen
Kenny and Staunton Old Garage
Off the Square
Ballaghaderreen
Co. Roscommon

Organised by: Ballaghaderreen Men's Shed

Details:

This is an evening to celebrate being a man! The evening starts at 7.00pm at the Men's Shed, where we will do an organised walk in the community. We will return to the Shed to enjoy a barbeque and some fun. All welcome.

Entry Fee: Free

For more information contact:

Pat Towey
Tel: 00353 86 8138168
Email: ballaghaderreenmensshed@gmail.com

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Attitudes Towards Transgender People in Northern Ireland



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: Friday 14th June 2019

Time: 10.30am - Noon

Venue:

Metropolitan Arts Centre (MAC)
10 Exchange Street West
Belfast BT1 2NJ

Organised by: ARK (Access Research Knowledge)

Details:

ARK (a joint venture between Queen's University Belfast and Ulster University) is holding an event to mark the release of the 2018 Northern Ireland Life and Times Survey findings.

'The Missing T: Baseline Attitudes Towards Transgender People in Northern Ireland' will present new findings on public attitudes towards local transgender people, and will draw upon data from the 2018 Life and Times Survey. The event is free of charge, but places need to be booked in advance.

Entry Fee: Free

For more information visit:

www.ark.ac.uk/nilt/nilt14jun19.pdf

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Prostate Cancer and Improving Outcomes



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: Friday 14th June 2019

Time: 1.00pm

Venue:

Albert Lecture Theatre
RCSI
123 St. Stephen's Green
Dublin 2

Organised by: Equality, Diversity and Inclusion Unit

Details:

The EDI Unit, in partnership with the Irish Men's Sheds Association, presents a lecture on prostate cancer care with Mr David Galvin. The Irish Prostate Cancer Outcomes Research (IPCOR) is establishing a nationwide prostate cancer registry which captures high-quality information from newly diagnosed patients in the Republic of Ireland. The registry collects clinical data about prostate cancer patients, such as the type of treatment they are receiving, and the patient's self-reported experiences of care, their physical and mental wellbeing, and health related quality of life. The registry generates robust data on a range of important clinical outcomes for men with prostate cancer and assesses processes, consistency and quality of prostate cancer care.

Entry Fee: Free

For more information contact:

Justin Murphy
Tel: 00353 1 4025236
Email: equality@rcsi.ie
Web: www.eventbrite.ie/e/a-lecture-on-clinical-data-collection-to-improve-prostate-cancer-care-tickets-62914095754

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Fly a Kite for Men's Mental Health



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: Sunday 16th June 2019

Time: Noon

Venue:

South Park
The Claddagh
Galway City

Organised by: Stephen Walton

Details:

Boys and men of all ages are invited to come together to fly kites for one hour as a symbol of the wish to promote a more positive culture of healthier male relationships. There is a disproportionate number of men taking their lives each year. Flying a kite on 'The Swamp' in Galway is a way to acknowledge there is a problem within our society and how men are finding it difficult to communicate when they are struggling, worried or having a hard time.

This event hopes to shine more light on men's emotional needs and, by flying a kite together on Father's Day, we can help to begin conversations among people to show that there is hope; there is a way things can get better; and that not being OK or even happy is completely normal. We are hoping to get 300 boys and men to take part in this event, and all monies raised will be going to 'Jigsaw' in Galway City.

Entry Fee: Free

For more information contact:

Stephen Walton
Tel: 00353 87 7993612
Email: info@stephenwalton.ie

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Men's Health Staff Workshop



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: Tuesday 18th June 2019

Time: 1.30pm - 2.30pm

Venue:

Central Bank of Ireland
New Wapping Street
North Wall Quay
Dublin 1

Organised by: Sean Keogh and Sinead Howley

Details:

Men's Health Workshop for Central Bank of Ireland staff as part of the health and wellbeing focus on promoting men's health for Men's Health Week.

Entry Fee: Free

For more information contact:

Sean Keogh
Email: sean.keogh@centralbank.ie
Web: www.centralbank.ie

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'Men's Health Matters' Presentation



MEN'S HEALTH WEEK 2019
Find out more at www.mhfi.org #MensHealthWeek

Date: Wednesday 19th June 2019

Time: 11.00am - Noon

Venue:

Project Runways
Clonee
Co. Meath

Organised by: Niall Beggan

Details:

To mark Men's Health Week, the Health and Wellbeing Working Group at Project Runways in Clonee is organising two 'Men's Health Matters' workshops for staff. The presentation will be delivered by Finian Murray, Men's Health Development Officer, HSE.

Entry Fee: Free

For more information contact:

Niall Beggan
Email: nbeggan@jcoffey.co.uk

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