

A taste of some of the events taking place during Men's Health Week 2025 on the island of Ireland ...

MEN'S HEALTH WEEK

Monday 9th - Sunday 15th June 2025



Shoulder-to-Shoulder
Connecting for Health

Find out more at:
www.mhfi.org





INVITATION

Men's Health Week Webinar

Shoulder to Shoulder: Connecting for Health

Guest speakers: Bernard Jackman and Michael Darragh McAuley

Date Monday 9th June 2025

Time 12pm to 1pm



Men's
Development
Network



REGISTER HERE

MEN'S HEALTH WEEK 2025

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This year's theme is "Shoulder to Shoulder"



DATE	LOCATION	EVENT	TIME	CONTACT
MONDAY 9TH OF JUNE	T O'Higgins, Homevalue Hardware, Galway City H91 PH09	Men's Health Fair	11 – 3pm	John.haugh@hse.ie
	Inis Meáin	Men's Health Fair	7 – 9pm	Coordinator@activeislands.ie
WEDNESDAY 11TH OF JUNE	Regional Online Seminar (Men supporting each other) SCAN HERE TO ATTEND 	Healthy Ireland Seminar Mayo/Galway/Roscommon	7pm	arankin@galwaycoco.ie
	Mellows Pich and Putt Club, Galway City	Pitch and Putt Taster Afternoon	2pm	tpeoples@galwaycoco.ie
	Headford, St. Fursa's Parish Hall, N91YW5F	Health Information Evening	4 – 8pm	john@solasfrc.ie
THURSDAY 12TH JUNE	ECC TED, Saw Mill, Corr na Mona, F12 F406	Community Health Event	3 – 7pm	John.haugh@hse.ie
	Letterfrack, Wild Goat Café H91 CD45	Men's Health Fair	10 – 3pm	m.joyce@forumconnemara.ie
	Porter Shed, Market Street. Galway City, H91 TCX3 and Online SCAN HERE TO ATTEND 	Retirement Seminar (In person and online)	7pm	sarkins@galwaylibrary.ie
	Loughrea, Kylemore Farmhouse H62 AP84	Farm Walk	5 – 8pm	teresarocheifa@gmail.com
FRIDAY 13TH OF JUNE	Loughrea, Temperance Hall H62 XY20	Men's Health Fair	11 – 1pm	kgavin@grd.ie
SATURDAY 14TH OF JUNE	Maam Cross Mart H91 V520	Men's Health Fair	8.30-12.30pm	arankin@galwaycoco.ie



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DATE	LOCATION	EVENT	TIME	CONTACT
SATURDAY 7TH OF JUNE	Balla Mart, F23 EC99	Men's Health Fair	10am – 2pm	mary.kearney3@hse.ie
MONDAY 9TH OF JUNE	Great National Hotel Ballina Foxford Road, F26 X5P3	Men's Health Seminar	8pm	obrienpaddy2017@gmail.com
TUESDAY 10TH OF JUNE	Ballina Town FC Astro, F26 V840	Men's Walking Football	8pm	Jslattery@mayococo.ie
	Ballina Mart and Homeland Ballina, Crossmolina Road. F26 K288	Men's Health Fair	10am – 2pm	mary.kearney3@hse.ie
	Ballaghaderreen FRC F45 X300	Men's Health Event	10 – 12pm	RachelGlynn@ridc.ie
WEDNESDAY 11TH OF JUNE	Regional Online Seminar (Men supporting each other) SCAN HERE TO ATTEND 	Healthy Ireland Seminar Mayo/Galway/Roscommon	7pm	epieterse@MayoCoCo.ie
THURSDAY 12TH OF JUNE	Ballinrobe, The Green F31 T993	Men's Walking Football	7pm	Jslattery@mayococo.ie
	Porter Shed, Market Street. Galway City, H91 TCX3 and Online SCAN HERE TO ATTEND 	Retirement Seminar (In person and online)	7pm	sarkins@galwaylibrary.ie
FRIDAY 13TH OF JUNE	Square Claremorris F12C6X8	Health Fair	1 – 3pm	nuala@claremorrisfrc.ie





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DATE	LOCATION	EVENT	TIME	CONTACT
MONDAY 9TH OF JUNE	Roscommon Branch Library F42 RP49	Men's Chair Yoga	1-2pm	EFeeney@roscommoncoco.ie
TUESDAY 10TH OF JUNE	Ballaghaderreen FRC F45 X300	Men's Health Event	10- 12pm	RachelGlynn@ridc.ie
WEDNESDAY 11TH OF JUNE	Regional Online Seminar (Men supporting each other) SCAN HERE TO ATTEND 	Healthy Ireland Seminar Mayo/Galway/Roscommon	7pm	ADunne@roscommoncoco.ie
THURSDAY 12TH OF JUNE	Porter Shed, Market Street. Galway City, H91 TCX3 and Online SCAN HERE TO ATTEND 	Retirement Seminar (In person and online)	7pm	sarkins@galwaylibrary.ie
	Boyle Library F52 HN50	Talk on supporting Brain Health by Marian Fallon	3 – 4pm	EFeeney@roscommoncoco.ie
FRIDAY 13TH OF JUNE	Roscommon Mart/ Roundabout site F42 CH61	Men's Health Fair	10am – 2pm	ADunne@roscommoncoco.ie
	Boyle Family Resource Centre F52 H674	Men's Health Event	12.45 – 2PM	CommunityInclusion@ boylefrc.ie



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Calendar of Events

On Line					
Event	Location	Date	Time	Contact	Open to public
Men's Health Week Webinar	Webinar	9 th June	12:00-1:00	Webinar Registration - Zoom	Yes
Common Cancers that affect Men' Prevention & Early Detection	Webinar Irish Cancer Society	11 th June	2:15-3:15	REGISTER HSE Staff & Wellbeing	Yes
Shoulder to Shoulder: A Conversation on Men's Health	Online Webinar	11 th June	7pm- 8:30	Register here	Yes

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Calendar of Events

Cavan/ Monaghan

Event	Location	Date	Time	Contact	Open to public
Men's Health Evening in Clones Library	Clones Library	6 th June		Amanda McCarville 047 45206	Yes
Summer Community Event Con Smith Park	Cavan	7 th & 8 th June		Imelda Mullen 087 7453651	
Virginia Slí Walk (2 Level Walks, a 30 minute walk and a longer walk of Deerpark Forest)	Meeting point: Virginia Show Centre	9 th June	10.30am	email: geraldine@men ssheds.ie	Yes

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Calendar of Events

Cavan / Monaghan

Event	Location	Date	Time	Contact	Open to public
Men On The Move 6 Week Activity Programme	Oram Community Centre	Starting Mon 9 th & Thurs 12 th June	7.30pm-8.30pm weekly	Email: puddleduckproduce@gmail.com or call Claire 0864066526	For Men aged 35+
Men's Social Soccer	Gortakeegan Monaghan	Monday 9 th June	7pm-8pm	Register on Eventmaster or email Cillian: cillian.cromwell@monaghancoco.ie or call 0879767425	For Men aged 35+
Men's Outdoor Circuit Taster	Town Lake Bailieborough	Mon 9 th June	7pm-8pm	Email Dean: dmcelroy@cavancoco.ie	yes

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Calendar of Events

Cavan / Monaghan

Event	Location	Date	Time	Contact	Open to public
Men's Get Into Golf Taster Session	Mannan Castle	Tuesday 10 th June	6pm-7pm	Email Cillian: cillian.cromwell@monaghanco.co.ie or call 0879767425	yes
Men On The Move 6 Week Activity Programme	Latton Community Centre	Starting Wed 11 th & Fri 13 th June	7pm-8pm weekly	Email: lattonhealthyclubofficer@gmail.com or contact Nuala 0860607956 or Christina 0879051969	For Men aged 35+

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Cavan / Monaghan

Event	Location	Date	Time	Contact	Open to public
Men's Get Into Golf Taster Session	Rossmore	Wed 11 th June	6pm-7pm	Register on Eventmaster or email Cillian: cillian.cromwell@monaghancoco.ie or call 0879767425	For Men aged 35+
Men's Exercise Class Taster	BC Fitness Ballyjamesduff	Thurs 12 th June	8.30pm-9.30pm	Email Dean: dmcelroy@cavancoco.ie	Yes
Men's Outdoor Lawn Bowls	Ballybay Bowling Green	Thursday 12 th June	10am-11am	Email Cillian: cillian.cromwell@monaghancoco.ie or call 0879767425	yes

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Event	Location	Date	Time	Contact	Open to public
Men's Social Soccer	Peacelink Clones	Thurs 12 th June	7pm-8pm	Register on Eventmaster or email Cillian: cillian.cromwell@monaghanco.co.ie or call 0879767425	For Men aged 35+
Crocus Monaghan Information Stand	Grahams Monaghan	Friday 13th		Martin 087 1820079	Yes
Belturbet Slí Walk	Belturbet Railway Station	Saturday 14 th June	11am	email: geraldine@menssheds.ie	Yes

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Cavan / Monaghan

Event	Location	Date	Time	Contact	Open to public
Men's Shed Trip to Breffni Park, Samba Workshop and Healthy Lunch	Cavan Men's Shed	TBC		Elisha McCaffrey 086 0681911	
Series of Wellbeing Events for CoCo Male Staff	Monaghan County Council	Week long		Carmel Murphy 4730550	CoCo Satff
Teach NaDaoine- Mens Health Event	Monaghan	TBC		Samantha Molloy intern@teachna daoinefr.com	

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Calendar of Events

Donegal

Event	Location	Date	Time	Contact	Open to public
Walking Football	RAY Community Centre Milford	4 th , 11 th , 18 th , 25 th June	8pm	Ray Community Centre 087 2877900	Yes
Cara House- Coffee Morning	Letterkenny	9 th June	11am	Bill Vaughan 086 7723287	
Walking Football & Men's Health Information	Letterkenny Community Centre	10 th June	2pm	Bill Vaughan 0867723287 Garry Glennon 0861237917	Yes

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Donegal					
Event	Location	Date	Time	Contact	Open to public
Men's Health Nutrition Awareness Session	Scally PCC Letterkenny	11 th June	10am - 3:30	Karen P Doherty 0873835995	Yes
Donegal Community Health Network Men's Health Information	Jacksons Hotel Ballybofey	11 th June	6pm-9pm	Billi Vaughan 086 7723287 Mary Walker	Yes
Know your numbers - Men's Health event	LUH Letterkenny	12 th June		Paul Friel 0871198766	Yes

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Donegal					
Event	Location	Date	Time	Contact	Open to public
Community Development Project- Men's Health Information Session	Letterkenny	12 th june	11am-2pm	Bill Vaughan 086 7723287	Yes

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Calendar of Events

Sligo/Leitrim					
Event	Location	Date	Time	Contact	Open to public
Men's Health Talk by Caroline McCafferty Psychotherapist	Killenummery Men's Shed Dromahair Co. Leitrim	9 th June	7pm	Hubert McHugh 085 1060753	Yes
HSE Staff Health and Wellbeing event Nazareth House	Nazareth House Sligo	10 th June		Fiona Burns	Closed group
Sligo Rovers Walking Football	Sligo Rovers Show Grounds	11th June	11am	Jamie Murphy 0851053319	Yes

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Sligo/Leitrim

Event	Location	Date	Time	Contact	Open to public
Men's Health Signposting/ Information Stand	Sligo University Hospital	11 th June	11am-12pm	Morna O'Hanlon 0870628730	Yes
Men's Health Information Evening	Rossinver Community Centre	11 th June	7pm	Pat Mullen 071 9832970	Yes
Men's Health Coffee Morning and Information Session	West Sligo FRC Enniscrone	11 th June	11am	Gregory O' Brien 087 3329392	Yes

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Sligo/Leitrim

Event	Location	Date	Time	Contact	Open to public
Men's Health Signposting / Information Talk	North Leitrim Men's Group Manorhamilton	12 th June		Joel Smith 087 2151617	Yes
Healthy Library Stroke Prevention by Kenneth Monaghan	Sligo Library	20 th June	12:30	Michelle Brennan 086 8162949	Yes
Men's Health Coffee Morning and Information Session	Ballymote Day Care Centre	TBC		Aileen Flaherty 861850715	

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Sligo/Leitrim

Event	Location	Date	Time	Contact	Open to public
Mens Health Coffee Morning and Information	Tubbercurry Day Care Centre	TBC		Julie Matthews 860600785	
Mens Health Coffee Morning and Information	Cliffoney Day Care Centre	TBC		Tracy Wymbs 860854493	
Men's Health Coffee Morning and Information Session	Gurteen Day Care Centre	TBC		Mary Grady 860601141	

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Sligo/Leitrim

Event	Location	Date	Time	Contact	Open to public
Arrotek; Men's Health Signposting /Information Stand	Arrotek Sligo	24 th June	12:30 - 2:00	Gemma Gillen 071 9115111	Closed Group

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Dublin & Midlands RHA: Kildare West Wicklow, Dublin South & West, Dublin South City.

Draft Calendar Of Events

Date & Time	Location	Description	HPO	Partners
Monday 9 th CONFIRMED 12.00pm	National & RHA MS Teams	MHW National Webinar: Michael Darragh Mc Auley. Bernard Jackman.	National MHFI & SEC	MHFI HSE SEC
Tuesday 10 th Confirmed 10am & 2pm	Cuan Mhuire Athy	2 x Mens Health Workshop “Well Being For Men” VIP: Recovery Groups, Sensitive & Confidential. 10am & 2pm	Mary O Halloran. Pauric Dan TBC.	Cuan Mhuire
Tuesday 10 th Confirmed 11.30am - 2.30pm	Tallaght. SDCC Library	Lunchtime Library MHW Workshop 60-90 minutes. Pharmacy Health Checks	Dan. Aine Buggy. Michelle O Hagan + 1 Pharmacy Hub	SDCC & Pharmacy Hub
Wed 11 th Confirmed	North Clondalkin Library. SDCC.	Lunchtime Library MHW Workshop 60-90 minutes	Dan. Keith.	SDCC Library.
Thursday 12 th Confirmed 9.00am – 5.00pm	SDCC Civic Office	Engage Training Day. Full Day.	Shane. Pauric.	Active SD Healthy SD SHC Partners
Thursday 12 th 7.30/8am Start.	TUH Main Foyer	MHW Awareness Day Stand. 8am start.	Alan Mc. Dan.	Lisa O Rourke TUH H&W
Thursday 12 th Confirmed	Ballyrowan. SDCC Library	Lunchtime Library MHW Workshop 60-90 minutes	Dan. Ciara Murphy. TBC.	SDCC Library
Thursday 12 th Confirmed 9.30am – 2.00pm.	Intel Site Leixlip	QUIT.ie workshop and Stop Smoking Services.	Anne Flanagan. Tina Daly.	Jacobs Ireland LTD.
Thursday 12 th Confirmed	Pharmacy Hub Belgard Road	Mens Health Checks: Referrals from Library Talks.	Dan.	Pharmacy Hub. Michelle O Hagan.
Saturday 14 th Confirmed	National parkrun locations 9.30am	Promote parkrun as a men’s health event. Will also be prompted as a HSE Staff Steps To Health Event.	Dan.	Jenny Brannigan. parkrun

Any questions Daniel.russell@hse.ie

Men's Health Week 2025 Calendar of Events

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Name of Event	Activity	Date & Time	Venue	Target group	Organisation /Contact
Men's Health Week- Raising Awareness event	Information stand	13 th June- 10am- 2pm	Ardglass Golf Club	General Public	SEHSCT Sarah Jane McGreevy Sarah-jane.mcgreevy@setrust.hscni.net
Male Carer's Archery session	Archery	Thursday 19 th June 10-12pm	Mourne Archery	Male Carers	SEHSCT Carer Support Service in partnership with Newry, Mourne and Down Council DEAs Booking essential – contact carer.support@setrust.hscni.net or phone 028 4372 1807
Men's Health Week- Raising Awareness event	Information stand	09 th June- 2pm- 5pm	Ardglass Eurospar	General Public	SEHSCT Sarah Jane McGreevy Sarah-jane.mcgreevy@setrust.hscni.net
Men's Cold Water Swim	Experience the benefits of cold water swimming which have been highlighted to include physical and mental benefits.	TUESDAY 17 JUNE 2025 6.00PM	KILCLIEF BEACH	Open to all patients from the Down GP Federation Surgeries	SEHSCT Pre booking essential. Please leave a message on (028) 4481 2727 to secure your place.

Manifest	Men's Mental Fitness training	10 th June 930 – 430pm	TBC	Open To everyone working with men	SEHSC & BHSC Brien.frazer@setrust.hscni.net William.Moore@belfasttrust.hscni.net
SET Staff Health walks	Walk and talk	9 th June 12.30pm	Downe Hospital Meeting point Front entrance of main hospital	South Eastern Trust Male staff only	Aidan.burns@setrust.hscni.net
Healthy Eating Webinar	Webinar	9 th June 12.30pm	Online	SET Staff	Aidan.burns@setrust.hscni.net
SET Staff Health walks	Walk and talk	10 th June 12.30pm	Ards Hospital Meeting point Front entrance of the Gate lodge Café	South Eastern Trust Male staff only	Aidan.burns@setrust.hscni.net
SET Staff Health walks	Walk and talk	11th June 12.30pm	LPCCC Lisburn Meeting point front entrance of LPCCC	South Eastern Trust Male staff only	Aidan.burns@setrust.hscni.net
SET Staff Health walks	Walk and talk	12th June 12.30pm	Ulster Hospital Meeting point Front entrance of main hospital	South Eastern Trust Male staff only	Aidan.burns@setrust.hscni.net

Father's Day Barbecue and Fun day	Fun activities, Bird box making, wild bird and wildlife demonstration and of course our free BBQ.	Saturday, 14 th June, from 11 am – 1pm.	Colin Allotments	open to any families in Colin area with children under 4.	Roger Winter Roger.Winter@colinsurestart.com
Men's Sheds Steering Group Meeting	Groundwork NI support Men's Sheds in NI in a range of ways and provide opportunities for sheds to connect with each other. Join this online zoom session to get ideas from other sheds, share ideas, experiences and challenges and find out about the types of support that Groundwork NI offers. Open to anyone who is part of a Men's Shed in NI.	Tuesday 10th June Time: 7:00 – 8pm	Online zoom	Open to anybody who is part of a men's shed in Northern Ireland.	Groundwork NI Sophie Mullen Mensshed@groundworkni.co.uk 028 9074 9494 Register for the event here: https://bit.ly/SteeringGroupJune25
Men's Health Webinar	Hosted by Lorcan Brennan, Men's Development Network, featuring; <ul style="list-style-type: none"> Bernard Jackman - Former Irish International and Leinster Rugby Player, Coach and Sports Commentator, Michael Darragh Macauley - Former Dublin GAA Senior Football player, 	Monday, June 9th – Sunday June 15th.	Online zoom	HSE	Healthandwellbeing Communications healthandwellbeing.communications@hse.ie To register Webinar Registration - Zoom

	<p>GAA/GPA Footballer of the Year and CEO Sanctuary Runners,</p> <ul style="list-style-type: none"> • Sean Blake - living with anorexia, • Joe Grogan - BowelScreen champion. 				
Volunteering at Castlewellan Forest Park	Volunteering Activity to assist the gardening team with the essential maintenance of the gardens. Activities on the Day: Mulching, Ivy Clearance and Repotting plants.	Monday 9th June 9:30 – 2pm	Castlewellan Forest Park	NMDDC Employees	Newry Mourne and Down District Council
5-a-side Competition	5-a-side Staff Football Competition	Wednesday 11th June 4:15pm – 6:15pm	Downpatrick Downpatrick Leisure Centre	NMDDC Employees	Newry Mourne and Down District Council
Nutrition Talk	Online Nutrition Session with a focus on Men's Health	Thursday 12th June at 12:15 - 1pm	Online	NMDDC Employees	Newry Mourne and Down District Council
Hollywood Green Gym	Get out in the fresh air and connect with nature , whilst improving your health	Monday and Saturdays 10.30am - 1.30om	Dunville Community Gardens Redburn country park	Open to new members	Lauren McFarland lauren.mcfarland@tcv.org.uk 07766924990
Cancer Focus – Cancer Prevention Talk	A presentation by Cancer Focus NI highlighting cancer risks for males	MONDAY 9TH JUNE 11am-12pm	Derriaghy Day care centre	Members only event	Carol.Noade@setrust.hscni.net

Men's health Walk	Walk at Bog Meadows and visit to St. James Farm Farm	TUESDAY 10TH JUNE	Derriaghy Day care centre	Members only event	Carol.Noade@setrust.hscni.net
Men's golf session	Driving Range – Aberdelghy Golf	WEDNESDAY 11TH JUNE Course 10.00-12.00	Derriaghy Day care centre	Members only event	Carol.Noade@setrust.hscni.net
Day trip	Men's Trip to Newcastle	THURSDAY 12TH JUNE	Derriaghy Day care centre	Members only event	Carol.Noade@setrust.hscni.net
Chair Based Yoga	Male only introductory session	FRIDAY 13TH JUNE - 10.15 – 10.45	Derriaghy Day care centre	Members only event	Carol.Noade@setrust.hscni.net
All Ability Walking Group	Meet at the carpark, 55 Queens Way, Dunmurry, BT27 4QN.	Monday 9th June 10.00am	Bells Lane Allotment	All Welcome	To register and find out more detail about classes and events taking place contact Andrea Stanbridge on 07388 955716 or email: healthandwellbeing@lisburncastlereagh.gov.uk
Men's Fitness class	Male only fitness class	Monday 9th June 10:30am – 11.45am	Lough Moss Leisure Centre	All Welcome	To register and find out more detail about classes and events taking place contact Andrea Stanbridge on 07388 955716 or email: healthandwellbeing@lisburncastlereagh.gov.uk
Walking Football	Men's walking football	10:30am – 12noon	Lagan Valley LeisurePlex	All Welcome	To register and find out more detail about classes and events taking place contact Andrea Stanbridge on 07388 955716 or email: healthandwellbeing@lisburncastlereagh.gov.uk

Social Café	Guest speaker: Joe Donnelly from Tackling Awareness of Mental Health Issues	Tuesday 10th June 12noon – 1.00pm	Lagan Rooms, Lagan Valley LeisurePlex	All Welcome	To register and find out more detail about classes and events taking place contact Andrea Stanbridge on 07388 955716 or email: healthandwellbeing@lisburncastlereagh.gov.uk
Men's golf	First 50 people only.	Wednesday 11 th June 10.00am – 12noon and 3.00 – 5.00pm	Driving Range Aberdelghy Golf Course	All Welcome	To register and find out more detail about classes and events taking place contact Andrea Stanbridge on 07388 955716 or email: healthandwellbeing@lisburncastlereagh.gov.uk
Men's Health Check with Andrea		Wednesday 11 th June 2.00pm – 4.00pm	Lagan Valley LeisurePlex	All Welcome	To register and find out more detail about classes and events taking place contact Andrea Stanbridge on 07388 955716 or email: healthandwellbeing@lisburncastlereagh.gov.uk
Men's Fitness Class	Suitable for all ability levels	Thursday 12th June 10:30am - 1.00pm Tea and co	Lough Moss Leisure Centre	All Welcome	To register and find out more detail about classes and events taking place contact Andrea Stanbridge on 07388 955716 or email: healthandwellbeing@lisburncastlereagh.gov.uk
Walking Football		Friday 13th June 10:00am – 12noon	Lough Moss Leisure Centre	All Welcome	To register and find out more detail about classes and events taking place contact Andrea Stanbridge on 07388 955716 or email: healthandwellbeing@lisburncastlereagh.gov.uk

Social Café	Guest speaker: Joe Donnelly from Tackling Awareness of Mental Health Issues	Friday 13th June 12noon – 1.00pm	Lough Moss Leisure Centre	All Welcome	To register and find out more detail about classes and events taking place contact Andrea Stanbridge on 07388 955716 or email: healthandwellbeing@lisburncastlereagh.gov.uk
Pots for Tots for father's day: seawater bowls	Father's Day Pottery Class £32.00 (1 adult and 1 child) £10.00 per additional child	7 th June Time 10:30am - 12:30pm	Island Arts Centre, Lisburn	General public – Parents & toddlers Ages: 1 - 4	Island Arts Centre, Lisburn Email: arts.information@lisburncastlereagh.gov.uk Tel: 028 9244 7452
Men's Health Event	The Farm Families bus will attend, along with a range of community and voluntary organisations sharing information.	12 th June, Saintfield Mart	Saintfield Mart	All Welcome	Lise Curran lise@countydowntownrcn.com

CALENDAR OF EVENTS

MEN'S HEALTH WEEK

9TH - 15TH JUNE 2025

Event	Date & Time	Activity	Venue	Organisation Contact
Lads to Dads Group	Starts Tuesday 3rd June (weekly) 6pm-7pm	A group for Dads to be or young dads under 30 years old who may be unsure and need some help, advice or a simple chat with other dads to share experiences.	Fermanagh House, Enniskillen	Youth Action lee@youthaction.org
Shoulder to Shoulder, Connecting for Health Webinar	Monday 9th June 12noon	Online webinar focusing upon being a man of action and doing one small thing to improve your health zoom.us/webinar/register/WN_XkmyffvTS4e5TfeNjQcGew	Online-register via link	Men's Health Forum Ireland
Men's Health & Wellbeing Workshop	Monday 9 th June 4pm-6pm	Join the Men's Support Group every Monday and meet other males, create new connections and share experiences in a safe setting	Shantallow Community Centre, Derry/L'Derry	Contact Centre for details
Men's Health Fair	Tuesday 10 th June 10am-1pm	An event to celebrate Men and Boys. Free health checks, information and resources available.	Bishop Street Community Centre	Health.improvement@westerntrust.hscni.net
Men's Social Group	Tuesday 10th June	Join the group every Tuesday for a social gathering to play pool, darts and have a chat.	The Back Alley Pool Hall, Edward Street, Derry/L'Derry	Drop In
Men's Social Group	Wednesday 11th June 4pm-6pm	Join every Wednesday for a social gathering to play pool / darts, chess, poker, & chat.	Shantallow Community Centre	Drop In
Men's Social Café	Thursday 12th June 4pm-6pm	Join the group at Claude's for a coffee and chat	Claude's Café, Shipquay Street, Derry/L'Derry	Drop In

CALENDAR OF EVENTS

MEN'S HEALTH WEEK
9TH - 15TH JUNE 2025

Event	Date & Time	Activity	Venue	Organisation Contact
WH SCT Men's Team Football Match	Friday 13 th June 4.30pm	The Estates Department supporting Men's Health Week presents; 'The Big Match'- kick off 4.30pm at Omagh Leisure Centre	Omagh Leisure Centre	WH SCT
Men's Social Café	Friday 13 th June 3pm-5pm	Join the group at Claude's for a coffee and chat	The Guild Cafe The Guildhall	Drop In
Men's Health Fair	Saturday 14 th June 10am-2pm	An event to celebrate Men's Health Week with information stalls, guest speakers, free health checks and refreshments available all day.	Strathroy Community Centre	Health.improvement@westerntrust.hscni.net
Park Run UK	Saturday 14 th June 9.30am	Join your local community 5k Walk, Jog or Run	See location on your local Park Run Page	Visit your local Park Run page for further information
MANifest Workshop	Wednesday 18 th June 9.30am-3pm	To explore the key issues that impact on men and their mental wellbeing and understand what works in order to be able to effectively engage with men and signpost them to a range of services	Shared Futures Centre, Derry/L'Derry	WH SCT
ASIST (Applied Suicide Intervention Skills Training)	Wednesday 25 th & Thursday 26 th June 9am-5pm	A two-day interactive workshop in suicide first aid. Participants will learn how to prevent suicide by recognising signs, providing an intervention and developing a safety plan N.B Not suitable for anyone recently bereaved by suicide.	Bawnacre Centre, Irvinestown	WH SCT/Oak Healthy Living Centre

Event Title	Men's Health week
Date	Tuesday 10 June 2025
Time	10am until 3pm
Venue	Avista, St. Vincents Centre Navan Road, Dublin 7
Organised By	Paula Murphy with the help of the gentlemen from Maple House and Beechview
Event Details	<p>An information desk with men's health promotion literature for the male staff and people we support with physical and intellectual disability. The information will be provided in easy read accessible format for the gentlemen we support. By doing this it will build knowledge on health issues, increase health literacy and empower the men we support to make their own health decisions. With support, some of the men who reside in Avista, St.Vincents Centre will host the event by distributing the information and by discussing health issues with their peers. I hope to emphasise bone health - as the risk for osteoporosis in this population of gentlemen is high and often goes undiagnosed. There will be treats available for the men who attend and perhaps a raffle! This event is only for staff and gentlemen in Avista service. It is not a public event.</p>
Entry Fee	free
Contact Person	Paula Murphy
Phone Number	0872173181
Email	paula.murphy@avistaclg.ie



DAD'S EMOTIONAL HEALTH

TUESDAY 10TH JUNE
11AM -12PM ON MS
TEAMS

The session encourages dads to recognise the importance of their mental health in their busy lives. Dads will identify & manage different feelings that may impact on parenting while exploring positive coping strategies.



SCAN THE QR CODE TO
REGISTER



FARMER HEALTH CHECK DAY

TUESDAY, JUNE 10



**JOIN US FOR A
FARMER HEALTH
EVENT**

**Corrin Event Centre,
Fermoy, Co. Cork
P61EE37**

Starts at 11am



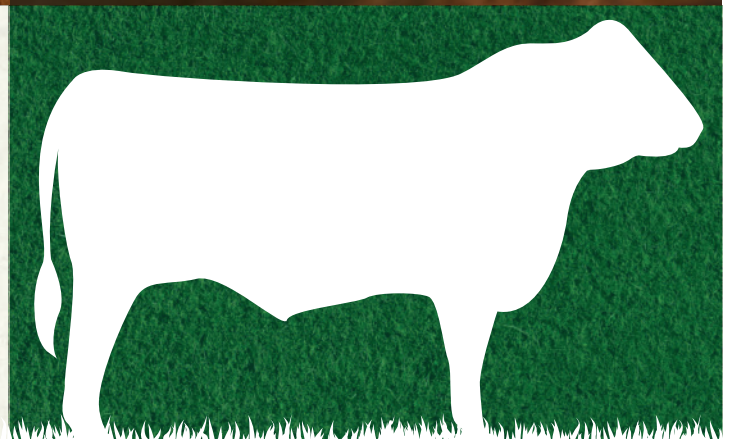
List of Health Checks:

- CARDIAC HEALTH SCREENING
- CANCER PREVENTION
- QUIT SMOKING SUPPORT

Plus many more.....

SPECIAL GUEST APPEARANCE

FREE refreshments provided





Marie Keating
FOUNDATION

Enhancing Patient Outcomes Post-Prostate Cancer

Hosted by Marie Keating Foundation
Sponsored by Urology Boston Scientific

Date: 10th June

Time: 5pm - 7pm

Venue: SETU Arena, Studio 3, Waterford, X91 XD96

Speakers Include:

- **Dr Paul Hegarty** (Consultant Urologist)
- **Lorcan Brennan** (Men's Development Network)
- **Helen Forristal** (Director of Nursing Services Marie Keating Foundation)
- **Patient Ambassadors**

Topics Include:

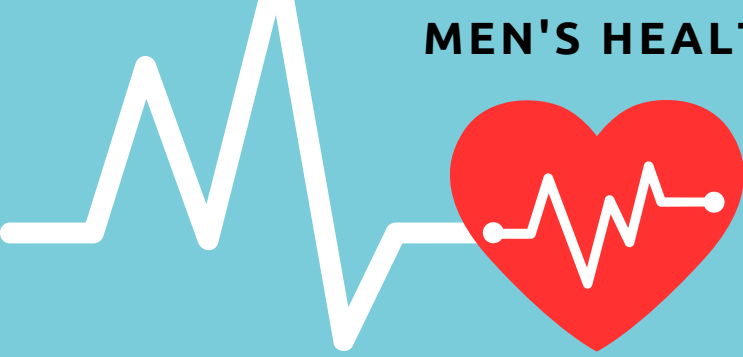
- **Understanding and Managing Urinary Incontinence and Erectile Dysfunction Post-Prostate Cancer**
- **Cancer Survivorship and Real-World Experiences**

MORE INFO



Sponsored by
Boston Scientific Urology

**Boston
Scientific**
Advancing science for life™



FREE

OPEN
TO ALL MEN &
THOSE WHO CARE ABOUT
MEN'S HEALTH

Men's Health Awareness Event 2025

AT CYMS HALL KILLORGLIN
WEDNESDAY 11TH OF JUNE
10AM TO 2.00PM

**FREE
Blood
Pressure
Checks**

**A range of health
professionals will be onsite
including:**

- Physiotherapist
- Dietician
- Public Health Nurse
- Occupational Therapist

**A number of local community
groups will also be onsite
including:**

- Men's Outreach Worker
- Local Link Bus
- Men's Social Club in Killorglin

**FREE
1hr CPR & Defib
Workshops
Prebooking required
Tel: 066-9762933
Times: 10.30am &
12.30pm**

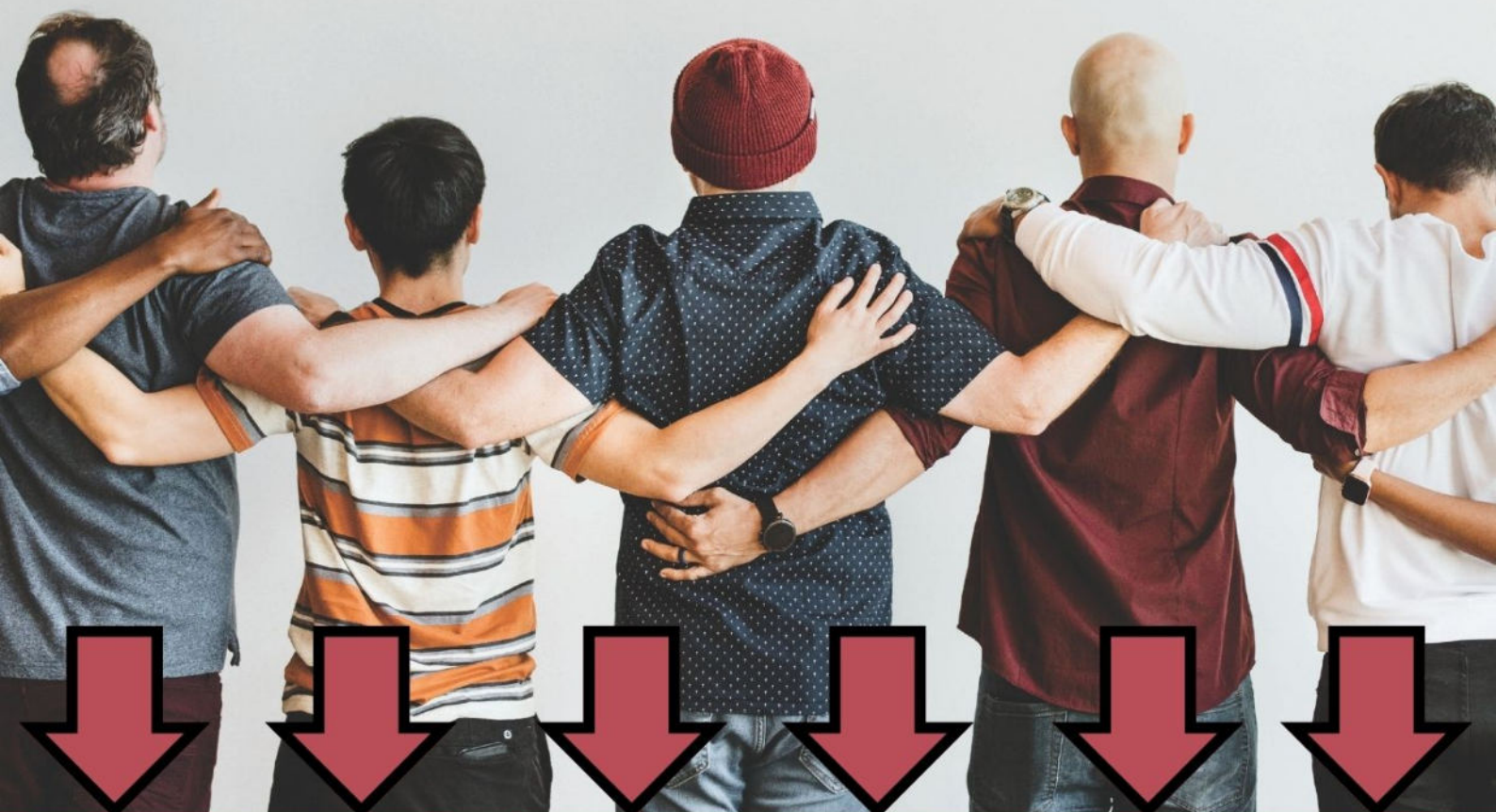
**FREE Men's Health Checks will also be available from
your three local pharmacies in Killorglin all Week**

Event Title	Men's Health Day
Date	Wednesday 11th June 2025
Time	4pm-8pm
Venue	Headford, St Fursa's Parish Hall
Organised By	Marie Keating Foundation
Event Details	Men's Health Week
Entry Fee	Free
Contact Person	Marie Keating Foundation
Phone Number	087 3825404
Email	info@mariekeating.ie
Website	http://www.mariekeating.ie

Event Title	Men's Health Traveller & Roma Family Day
Date	Wednesday 11th June 2025
Time	10am - 2pm
Venue	Phoenix Park
Organised By	Marie Keating Foundation
Event Details	Traveller and Roma Family Day
Entry Fee	Free
Contact Person	Marie Keating Foundation
Phone Number	087 3825404
Email	info@mariekeating.ie
Website	http://www.mariekeating.ie

MEN'S HEALTH WEEK

Monday 9th - Sunday 15th June 2025



Rossinver Youth & Community Project 7pm 11th June
Ph 071 9832970 Eircode F91 NY6V

Shoulder-to-Shoulder

Connecting for Health

Find out more at:
www.mhfi.org



"This project is supported by the Department of Rural and Community Development and POBAL through the Community Services Programme"



MEN'S HEALTH WEEK WEBINAR

CANCER RECOVERY: SHOULDER TO SHOULDER



Belfast Men's Health Group invite you to join our webinar marking Men's Health Week 2025. Speaker Paul Marshall will share his experience of treatment and recovery from stomach cancer, finding strength in community and how he is using visual arts to share his story and raise awareness. We'll also be joined by OG Cancer NI join to share key messages on cancer awareness and support available.

**Thursday 12th June
2pm—3pm via Zoom**

Register at

<https://bit.ly/BMHGwebinar>



Belfast
Men's
Health

**MEN'S HEALTH
WEEK**

**Shoulder-to-Shoulder
Connecting for Health**



Find out more at
www.mhfi.org

FREE MENS HEALTH EVENT



THURSDAY 12TH JUNE 9.15AM - 1PM
THE BUTTERMARKE BUILDING, DRUMBIGGLE
(followed by light lunch and an optional walk)



Shoulder-to-Shoulder Connecting for Health

SPEAKERS:

MENS HEALTH - GENERAL

Dr. Fergus Glynn: Ennis Medical Center, Centric Health

MENS HEALTH AND HEALTHY EATING

Jamie Fitzgibbon: (Clare Co. Co. Active Ennis)

MENS HEALTH AND PHYSICAL ACTIVITY

John Carey (Clare Co. Co. Active Ennis)

Pat Sexton (Clare Local Sports Partnership Programmes)

CONNECTING FOR MENTAL HEALTH

John Tracey (Clare Co. Co Staff) (Supporting through Mindfulness)

Mick Collins and Cillian Keane.

CANCER AWARENESS AND PREVENTION

Tim Forde (General Manager Clare Co. Co Sports and Recreation)

Bernadette Mullins (HSE Cancer Prevention)

SLEEP HYGIENE

Roisin Fouhy Occupations Therapy



**SCAN FOR
EVENTBRITE**



COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL



Clare Local Development Company
Comhlacht Forbartha Áitiúil an Chláir



Social Inclusion & Community Activation Programme



Rialtas na hÉireann
Government of Ireland



Mental Health
Ireland



Rialtas na hÉireann
Government of Ireland



Arna chomhchistiú ag
an Aontas Eorpach
Co-funded by the
European Union



This project is co-funded by the Government of Ireland and the European Union

Event Title	Men's Health Shoulder to Shoulder
Date	Thursday 12 th June 2025
Time	10.00-15.00
Venue	Wild Goat Café, Letterfrack, Connemara, Co. Galway
Organised By	HSE, Forum Connemara, Healthy Galway, CROI, HSE Health Promotion
Event Details	There will be health information stands, free CROI health checks and HSE skin cancer awareness will be in attendance. There will be free refreshments provided throughout the day and some entertainment.
Entry Fee	Free
Contact Person	David Bohan
Phone Number	0852676192
Email	d.bohan@forumconnemara.ie

Event Title	Men's Health Day
Date	Thursday 12th June 2025
Time	11am-12pm
Venue	Cherry Orchid Community Centre, Dublin 10
Organised By	Marie Keating Foundation
Event Details	Talk on Men's Health skin, prostate and bowel
Entry Fee	Free
Contact Person	Marie Keating Foundation
Phone Number	087 3825404
Email	info@mariekeating.ie
Website	http://www.mariekeating.ie

Event Title	Men's Health Day
Date	Thursday 12th June 2025
Time	9am-2pm
Venue	Cois nore, Kilkenny R95A4VP
Organised By	Marie Keating Foundation
Event Details	Marie Keating Mobile unit outside the Mart entrance
Entry Fee	Free
Contact Person	Marie Keating Foundation
Phone Number	087 3825404
Email	info@mariekeating.ie
Website	http://www.mariekeating.ie

RETIREMENT REIMAGINED

Guest speakers:

Professor Brian Hughes,
University of Galway

Keith Finnegan,
former Galway Bay FM Chief
Executive Officer and broadcaster

Pat McMahon,
former Galway County & City
Librarian



**Professor
Brian
Hughes**



**Keith
Finnegan**



**Pat
McMahon**

To mark Men's Health week, Galway Public Libraries in association with the HSE will host a panel discussion and presentation on the psychosocial aspects of retirement, featuring two personal testimonies of the journey to retirement and beyond.

Free Event. All welcome.

***Event will be recorded and
accessible after June 12th***



To register in advance to join the online event, please scan the QR code.



**Thursday
12th June
2025**



7 PM



**Porter Shed a Dó
15 Market Street
Galway H9ITCX3**

Hosted by Galway Public Libraries as part of the Healthy Ireland At Your Library programme in association with the HSE.





QUEEN'S
UNIVERSITY
BELFAST

COMMUNITIES
AND PLACE

YouthAction
NORTHERN IRELAND

YouthAction NI & Queen's University

Invite you to



Shoulder-to-Shoulder Affirming Positive Masculinities

Venue: YouthAction NI,

14 College Square North, Belfast, BT1 6AS

Date: Thursday, 12th June 2025

Time: 10am (registration/refreshments) to 3pm

WE SUPPORT
**MEN'S HEALTH
WEEK 2025**

9th - 15th June
www.mhfi.org

To register email michael@youthaction.org
stating any access or dietary requirements by
12 noon on Friday, 6th June 2025

Event Title	Shoulder to Shoulder Claremorris
Date	Friday June 13th 2025
Time	1pm to 3pm
Venue	The Square, Claremorris, Co. Mayo
Organised By	Claremorris Family Resource Centre and Claremorris Men's Shed
Event Details	Shoulder to Shoulder will be an outdoor public event with lots of information stands on men's health supports and services. Claremorris Community Radio will be on site, with a live broadcast and free blood pressure testing. Refreshments served on the day - going to be a great community and fun event.
Entry Fee	Free
Contact Person	Nuala Gilligan
Phone Number	086 0406984
Email	nuala@claremorrisfrc.ie



YOUR HEALTH MATTERS

FREE MEN'S HEALTH EVENT



Date: Friday 13th June

**Venue: 'Tea Room', Temperance Hall
Loughrea H62XY20**

Time: 11am - 1pm

- **FREE Health Checks**
- **Information Stands**
- **Refreshments served**

For more information contact: Karyn at kgavin@grd.ie



Rialtas na hÉireann
Government of Ireland



Arna chomhchistiú ag
an Aontas Eorpach
Co-funded by the
European Union



This project is co-funded by the Government of Ireland and the European Union.

Event Title	Men's Health Day
Date	Friday 13th June 2025
Time	10:30am-2:30pm
Venue	Anam Pharmacy, Enniscrone, Sligo
Organised By	Marie Keating Foundation
Event Details	Mobile Unit and Nurse visit for Men's Health Week
Entry Fee	Free
Contact Person	Marie Keating Foundation
Phone Number	087 3825404
Email	info@mariekeating.ie
Website	http://www.mariekeating.ie

Event Title	Farmers Health Day with Healthy Galway & CROI
Date	Saturday 14th of June 2025
Time	08:30-12.30
Venue	Maam Cross Mart, Maam, Connemara, Co. Galway
Organised By	HSE, Forum Connemara, Healthy Galway, Galway Sports Partnership, CROI
Event Details	Health and wellbeing for farmers in the Connemara area. There will be health checks provided by CROI and general health information provided by Healthy Galway. There will also be refreshments provided on the day
Entry Fee	Free
Contact Person	Peter Lydon
Phone Number	0852675863
Email	p.lydon@forumconnemara.ie

MEN'S HEALTH FAIR



Free Health
Checks

Guest
Speakers

Information
stands

Refreshments
Provided

Saturday 14th June
10am - 2pm

Drop in and stay for as long as you can
Strathroy Community Centre

Shoulder – to – Shoulder Connecting for Health

**This Health Fair is being supported by
Translink with FREE transport to and
from the venue**

Transport Times

CKS (Dromore Road Entrance) 9.30am

GALLOWSHILL (James Street) 9.40am

CAMPSIE (Omagh Bus Station) 9.50am

MACCA Centre. (Killyclogher Road) 10am

Leaving Strathroy 2.00pm

Stress and Emotion Management

Techniques like meditation,
relaxation, and deep
breathing.



Social Support

Importance of social
relationships and
community support.



Hobbies and Activities

Engage in activities you
enjoy for mental well-
being.

MEN'S HEALTH WEEK 2025

Find out more at www.mhw.org
#Men'sHealthWeek

Shoulder
to
Shoulder



Western Health
and Social Care Trust

SCA
Strathroy Community Association



Translink