

Men's Health Week 2022 Calendar of Events

Name of Event	Activity	Date & Time	Venue	Target group	Organisation Contact
Aware NI Peer Support Groups	Living with depression, anxiety or bipolar can be very isolating. AWARE's support groups provide an opportunity to meet others going through similar experiences as you. This peer-led support can help you understand your illness, allow you to speak freely about how you are feeling and make you realize that you are not alone.	On-going	https://aware-ni.org/information-about-our-support-groups	Open to all	Info@aware-ni.org
Empower for wellbeing	Mental and Emotional Resilience workshops 1 day mental and emotional wellbeing workshop (local and online) 1 to 1 mental wellbeing coaching	On-going		Open to all	www.empowerforwellbeing.com
Men's Health Awareness Day – Colin Sure Start	Information stalls with local community and health-promotion advocates, including music and food stalls.	15 th June 2022, 11 am – 3 pm	Transport Hub, Stewartstown Road, Belfast BT10.	Open to all	Antoine.OFionnagain@colinsurestart.com

Men's Health Awareness Day – Colin Sure Start	Father's Day barbecue with face painting and stories for the children etc.	18 th June 2022	Colin Allotments,	Open to all	Antoine.OFionnagain@colinsurestart.com
AMH New Horizons Newtownards	Archery for men	Wed 15 th June 2022	On the Green at AMH New Horizons Newtownards	Closed event	Clive Armstrong carmstrong@amh.org.uk
Ards and North Down Borough Council – Employee Health & Wellbeing Group	One week programme events TBC – May include: 5 a side football comp. Craft making workshop Connecting via Taking Notice (Newspaper Hand-outs) Fitness Activity (Men's Yoga) Health Advice/Healthy Snack Video Gaming Competition	Mon-Fri W/C 13 th June	TBC	Staff only	Ruth Hamilton healthandwellbeing@ardsandnorthdown.gov.uk
Dad Bods @ Peninsula Healthy Living	A weekly man only exercise class aimed at improving the physical wellbeing and mental health of local men.	On-going	Every Tuesday at 7pm – Kircubbin Community Centre	Open to all	Allan Reid: allan@peninsulahealthyliving.org

On Side Project Inspire Wellbeing	6 weekly sessions x 1.15 hours on tablet learning how to do emails, social media stuff, online shopping, online banking, computer safety etc. Clients have support of a community navigator after course if required to follow up on other potential learning. Those who complete the course get to keep the tablet. This will link with the 5 steps to wellbeing re> connecting and learning and reducing social isolation	Thursday mornings 11.00am – 12.15, 19 th May - 23 rd June 2022	11 Enterprise Ct, Bangor, BT19 7TU	Closed event – members only	Andrew Leebody a.leebody@inspirewellbeing.org
Woodturning workshops		Tuesday 14 th and Thursday 16 th June at 1.30 – 4.30pm each day.	Saintfield Community Centre	SEHSCT male carers –	Pamela Smyth Carers Development Officer Pamela.Smyth@setrust.hscni.net Phone: 028 4372 1807 Mobile: 07718696685
Men's health Walk	A walk organized for men who are carer's. An opportunity to relax and share experiences with other men in similar positions.	Friday 17 th June 2022	Bangor area – Crawfordsburn Coastal Walk	SEHSCT male carers	Pamela Smyth Carers Development Officer Pamela.Smyth@setrust.hscni.net Phone: 028 4372 1807 Mobile: 07718696685
RNID – Getting your hearing checked	Join us to chat about hearing loss, signs to look out for and what you can do to get support with hearing loss & hearing aids in your local community	16 th June 1030 – 1130	Delivered via zoom	Open to all	RNID Development officer – lisa.stewart@rnid.org.uk

5 a side football	5 a side football competition	14 th June 2022	Wallace Park	Closed event	Orchardville Rachael.stewart@orchardville.com
Mood Matters course	Men's Mood Matters is 2 hours long and is suitable for anyone (over 18) who would like to learn more about minding their mood. It can also help to manage feelings of stress & anxiety.	14 th June 10.30 – 12.30pm 16 th June 6.30 – 8.30 pm	Zoom- online	Open to all	07881984445 jemma@aware-ni.org www.aware-ni.org
Men's health fair Irish Masonic lodge	3 hour wellbeing fair attended by the SET , U3A, men's shed offering taster sessions and health advice/checks for members	Tuesday 14 th June	Gallwolly house Castlereagh	Open to all	gerry fleming grfleming@hotmail.co.uk
Men's health walk	River walk and chat	Monday 13 th June 2022 10.30am - 12.00pm	meeting point: sports car park, behind Crowne Plaza hotel, Shawsbridge, Belfast	Open to all	To register, contact: Gareth Coleman Gareth.Coleman@lisburncastlereagh.gov.uk
Men Over 50's Sports Day	Activity Sport & Physical Activity sessions including Cricket, Rugby, HIIT and Pilates	Thursday 16 th June 2022, 11am – 12:30pm	Lough Moss Leisure Centre, Carryduff	Open to all	Lisburn and Castlereagh City Council Gail McKechnie gail.mckechnie@lisburncastlereagh.gov.uk Faron Morrison faron.morrison@lisburncastlereagh.gov.uk

Drawing for Mindfulness	Pre-recorded session practising mindfulness through drawing. Introductory breathing exercises and challenge-based drawing exercises Organiser:	Monday 13 th June 2022 12:30-12:50	online via Island Arts Centre Facebook page https://www.facebook.com/events/746961516337687/	Open to all	Lisburn Castlereagh City Council Contact: Susannah McKenna Tel: 02892 447526 Email: Susannah.McKenna@lisburncastlereagh.gov.uk
Men's Woodwork class	Come along, meet new people and make something to take home! Lunch provided. Please book to register	Monday 13 th June 2022 10:30-12:00	Bells Lane allotments, Lisburn	Open to all (Limited spaces)	Lisburn Castlereagh City Council Contact: Stephen Croft Tel: 02890814884 Email: csaw@lisburncastlereagh.gov.uk
Men's Health checks	Cancer Focus health checks	Wednesday 15 th June at 2pm	Ballynahinch Men's Shed	Appointment only	Lise Curran Community Health Development Worker lise@countydownrcn.com
Rethinking what you're drinking: a conversation over zoom	An online workshop to explore: The journey of alcohol through the body A way to check is my drinking going in a direction that could be a worry. A wider conversation with our cultural relationship with alcohol on this island, its cost to all of us, and some discussion on collective action we could all take with our families and communities.	Thursday 16 th June 2022 11.00am to 12.00noon	Zoom - online	Open to all	Brien.frazer@setrust.hscni.net

Men's health checks	NICHS health checks 15 x blood pressure and heart health checks	15 th June 2022 11-2pm	Transport hub at Stewartstown road Belfast	Open to all (appointment only)	Antoine Ò Fionnàgain Antoine.OFionnagain@colinsurestart.com
Men's health checks	NICHS health checks 15 x blood pressure and heart health checks	13 th June 2022 Time TBC	PROJECT 61 61 Main street, Castlewellan.	Open to all (appointment only)	deborah@mymy.org.uk
Men's health checks	NICHS health checks 15 x blood pressure and heart health checks	16 th June 2022 Time TBC	Portaferry men's shed	Open to all (appointment only)	'Julie Humphries' rechargecic@gmail.com
Men's MOTs Mindwise New Vision for Mental Health	Men's health checks	17th June 9am to 4.30pm	Mindwise resource centre	Service users only	paul.ennis@mindwisenv.org
Mission is possible Let's get gardening (healthy eating) Mindwise New Vision for Mental Health	Gardening and cook it skills	11am 13th June 2022	Mindwise resource centre	Service users only	paul.ennis@mindwisenv.org
Mission is possible Walk Mindwise New Vision for Mental Health	Men's health Walk	11am 16th June 2022	Mindwise resource centre	Service users only	paul.ennis@mindwisenv.org

Men's Health Hero 2022	To celebrate this year's Men' Health Week we are looking for nominations for our Trust's Men's Health Hero! Please nominate a colleague who you feel has gone over and above to make to make positive changes to their health and wellbeing! Share a picture and short story	18 May, 2022 (All day) to 3 June, 2022 (All day)	SEHSCT venues	SEHSCT staff	Will Moore staffhealthandwellbeing@setrust.hscni.net
Online Pilates class	Pilates class for men and their families	Monday 13 th June 6pm.	Online zoom	Open to all	Please register at staffhealthandwellbeing@setrust.hscni.net
Healthy Eating on a Budget	Healthy eating webinar	Monday 13 th June 12pm	Online zoom	Open to all	Please register at staffhealthandwellbeing@setrust.hscni.net
"300" fitness class	An online circuit based fitness class that can be done at home in a small space	14 th June 2022 6pm	Online - zoom	Open to all	Please register at staffhealthandwellbeing@setrust.hscni.net
Healthy Eating Webinar	Sessions are all made by the Public health Dietitians Group Northern Ireland. This group is made up of dietitians or registered nutritionists based in each of the 5 health trusts	13 th - 19 th June 2022	Recorded online and found at Healthy eating webinars on Vimeo	Available to all	Armstrong, Fiona Fiona.Armstrong@setrust.hscni.net
DADS DIRECT: Steve Biddulph Fatherhood: A Life Changing Relationship	This seminar is ideal for practitioners & professionals who work with children and parents.	Thu, 16 th June 2022 09:15 – 10:15 BST	Online	Available to all	To register visit dads-direct-steve-biddulph-fatherhood-a-life-changing-relationship-tickets

Tea and Talk day	A wellbeing event focused on connection and Sexual Health .Cancer Focus will be in attendance providing health checks.	Thu, 16 th June 2022	Hydebank Wood	Service users only	Rooney, Barry Barry.Rooney@setrust.hscni.net
Men's wellbeing day	"Banter for buns" And 'Lego Build Challenge'	Saturday 19 th June 2022	Hydebank Wood	Service users only	Rooney, Barry Barry.Rooney@setrust.hscni.net
Coffee and Connect	Connect and chat over coffee	Friday 18 th June 2022	HM prison Maghaberry	Service users only	Connolly, Clare Clare.Connolly2@setrust.hscni.net
Man 2 Man BBQ	A BBQ event giving men the chance to come together , enjoy a burger and have a chat and crack	27 th June 2022	Highway Inn Lisburn	Open to all	Carris Holdsworth Carris.Holdsworth@resurgamtrust.co.uk
Dads Project Out & About 12K Walk	Calling all dads & granddads you are invited to join us on	Saturday 18th June @ 10am.	The Lagan Towpath, Belfast - meet @ Cutters Wharf car	Open to all	Noel McCann Dads Support Worker / Parent Support Officer noel@parentingni.org
Ballynahinch Men's Shed Health Event	2pm Cancer Focus Talk 2.45pm Alcohol Quiz Ascertainment 3pm Papyrus	Wednesday 15 th June 2-3.30pm	Ballynahinch Men's Shed 31-33 Main Street Saintfield, Ballynahinch BT24 7AB	Open to all	Lise Curran lise@countydownrcn.com