
Men's Health Week 2011

- What's Happening Across Ireland



MEN'S HEALTH WEEK
Monday 13th - Sunday 19th June 2011

[Men's Health Week \(MHW\) 2011](#) will run from Monday 13th June until Sunday 19th June 2011. The focus in Ireland this year will be upon: "Promoting and Supporting the Health and Well-Being of Men and Boys during Challenging Times".

The world of men, and the roles that they play in it, have certainly changed dramatically in a very short period of time. All of these changes bring new challenges (both positive and negative). Therefore, the [Men's Health Forum in Ireland](#) (MHFI) has issued a challenge to everyone: "Let's Talk!"

Below is a list of some things that are happening in Ireland around the time of MHW 2011. Please note, however, that this is NOT an exhaustive list!

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Active Play Session between Fathers and Children



MEN'S HEALTH WEEK
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The [Health Service Executive](#) West Health Promotion Services are facilitating an active play session between fathers and their children.

There are two sessions being organised in the local national schools on Wednesday 15th June and Thursday 16th June. These will take place in Athenry (with 20 fathers) and Oughterard (with 21 fathers), Co, Galway, respectively.

The aim of these events is to help fathers build a stronger relationship with their children through play and activities that children enjoy.

This gives the child a real sense of value, because 'Daddy is endorsing what the child enjoys'. This, in turn, helps to foster a strong relationship between the two which, ultimately, helps the child to grow into a mature well rounded young adult.

For more information, contact Paul Gillen at Tel: 091 548323 or Email: paul.gillen@hse.ie

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Beacon House, Magherafelt



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On Monday 13th June 2011, the [Man Matters](#) project will be organising a "Health Checks Morning" at Beacon House, in Magherafelt.

This event will test men's cholesterol, blood pressure and Body Mass Index.

It is expected that over 30 men will attend this session.

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Belfast Street League



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Belfast Street League is a 5-a-side football tournament for disadvantaged groups in society such as the homeless, people who are drug and alcohol dependant, refugees, asylum seekers and those who are long-term unemployed.

The aim of this project is to change people's lives for the better through engagement in football and contact with a network of support.

Benefits from playing in Street League include coming off drugs and alcohol, improving health and self-esteem, repairing relationships, finding employment, breaking out of homelessness, entering education and training, becoming a football coach or referee, having opportunities to move into professional football, and playing in the 'Homeless World Cup'.

The League helps build positive relations and shared cultural space in Belfast, and challenges the sectarian and racist attitudes which have often dogged the sport in the past.

During Men's Health Week 2011, the League will be held in Shaftesbury Recreation Centre. This will take place on Friday 17th June 2011, from 2.00pm - 4.00pm.

All participants will also be offered the opportunity to take part in a series of men's health checks offered by local medical students.

For more information on this initiative, contact Justin McMinn at Email: justin.mcminn@ebm.org.uk

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Best Practice Approaches to Tailoring Lifestyle Interventions for Obese Men



MEN'S HEALTH WEEK
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Made publicly available during Men's Health Week 2011, this resource booklet summarises the key findings from an MA thesis conducted at the Centre for Men's Health, Institute of Technology Carlow. The study sought to establish best practice guidelines in tailoring lifestyle interventions for obese men in the Primary Care setting.

The thesis was conducted between October 2008 and September 2010, and was carried out in partnership with the Community Nutrition and Dietitian Service (CNDS), [Health Service Executive](#) South, and a number of General Practices in the south-east area of Ireland.

The booklet is intended to assist health care professionals in using lifestyle interventions with obese men in the Primary Care setting.

The best practice approaches that are identified are based on the findings from this study, as well as a thorough consideration of the available evidence.

The booklet was produced by Majella McCarthy and Noel Richardson, and is available in Portable Document Format (PDF) at:
www.mhfi.org/tacklingmaleobesity.pdf

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BPH Self Assessment Pack



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Water-works.ie will be launching a free BPH self-assessment pack for men who are concerned about their urinary outputs. Supported by Astellas Pharma Co. Ltd, the aim is to raise awareness of the condition called Benign Prostatic Hyperplasia (BPH) and to support medical practitioners in providing patients with the tools to support their consultation.

BPH is a condition where the sufferer may feel the need to get up to go to the toilet at night, have a sudden and frequent urge to urinate, and never quite feel that their bladder is entirely empty.

Many patients who have BPH tend not to say anything about it because they wrongly believe it is only something that happens the older you become. The water-works.ie campaign hopes to address this issue, and to encourage BPH patients to visit their GP or pharmacist.

The pack is available by calling 01 6697684, and contains:

- A patient booklet outlining the condition, symptoms and treatment.
- Urine output measuring holder.
- Lifestyle advice.
- BPH self-assessment symptom score.
- Urinary flow chart to monitor urinary output ahead of a GP visit.
- A free ticket to the Over 50s Show in the RDS this October.

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Celebrate - in Sligo



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To celebrate Men's Health Week 2011, you are invited to a free two day event at the [Clarion Hotel in Sligo](#). This will involve a range of talks and health checks, and will be Chaired by Dr John Williams, Pathology Manager, [Sligo General Hospital](#).

The programme includes ...

Tuesday 14th June 2011	Wednesday 15th June 2011
7.00pm Free lung function and CO testing. First come first served	7.00pm Free blood pressure and cholesterol check. First come first served. Limited availability.
7.30pm Up and Running: Physical Activity for Men Eimear Donlon, Lecturer, IT Sligo	7.30pm Preventing Heart Disease Dr Donal Murray, Consultant Cardiologist, SGH
8.00pm Positive Mental Health For Men Mike Rainsford, Mental Health Promotion, Suicide Resource Officer, HSE	8.00pm Aches and Pains in Joints Dr Bryan Whelan, Consultant Rheumatologist, Our Lady's Hospital, Manorhamilton and SGH
8.30pm Breathlessness: Why, How and What to do? Dr Katherine Finan, Consultant Respiratory Physician, SGH	8.30pm A Healthy Skin for Life Dr Dermot McKenna, Consultant Dermatologist, SGH

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Celebrating the Father Role



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The [Man Matters Project](#) would like to invite you to “Celebrating the Father Role”, in the Long Gallery, Parliament Buildings, Stormont, on Thursday 16th June 2011, from 12.00 Noon - 2.00pm.

The keynote address will be given by [Professor Charlie Lewis](#) (Department of Psychology, Lancaster University) - one of the foremost thinkers and writers on the father role - who will outline the findings of latest research on the subject.

The event will also see the launch of the “Fathers and Sons - Staying Connected” programme. This is a new package of training and support for anyone working with fathers. The programme will focus on the relationship between fathers and sons, with particular emphasis on communication and promoting positive mental health. The course has been developed by [Parents Advice Centre](#) and will begin in Autumn 2011.

Book online at: www.wea-ni.com/book-online or ring Deborah Harris at Tel: 02890 329718. Please note that it is essential to pre-book a place, as you will need a personal invitation to gain access to Stormont.

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Colin Neighbourhood Week of Activities



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[Colin Neighbourhood Partnership](#) in association with the [South Eastern Health and Social Care Trust](#), supported by the [Man Matters Project](#), are organising a full week of activities for Men's Health Week in the Colin area of greater-Belfast.

This includes ...

- **Monday 13th June 2011** - Launch of Colin Men's Group in Pinetree Manor. The group will be inviting statutory and community organisations, family and friends, to join them for their presentation of certificates which they gained in IT, Photography, First Aid, and 'Cook It' programmes (11.00am - 2.00pm).
- **Tuesday 14th June 2011** - Fishing trip to Dromore Lake. Meet at Cloverhill Hostel at 11.00am and be back at 4.00pm.
- **Wednesday 15th June 2011** - Conference on the Impact of Unemployment on Men's Emotional Health and Well-Being. This will be held in the Balmoral Hotel, from 10.00am - 3.00pm.
- **Thursday 16th June 2011** - Walking Group in the Belfast Hills. Meet at Cloverhill Hostel at 11.00am and be back at 2.00pm. There will also be a Men's Health Fair in Brook Activity Centre from 7.00pm - 10.00pm.
- **Friday 17th June 2011** - Men's Health Checks will be offered in the 'Laurel Glen Bar' from 11.00am - 2.00pm.
- **Saturday 18th June 2011** - End of celebrations with a Family Day at Cloona House.

For more information, contact Maureen Bruce (SHSCT - maureen.bruce@setrust.hscni.net), Scap (Umberto Scappaticci, CNP - scap@newcolin.com) or Gary Smyth (Man Matters - gary.smyth@wea-ni.com).

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Council Staff get 'Giant' Health Team Talk



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Seventy employees of [Ards Borough Council](#) in Co. Down will receive a team talk on good health from the Manager of the Belfast Giants Ice Hockey Team.

Todd Kelman, who has been the full-time General Manager of the team since April 2007, will be the guest speaker at a 'Let's Talk About It' event organised by the Council to mark Men's Health Week 2011.

A player himself until taking over the team, he appeared in 419 games for the Giants and retired as the top scoring Defenceman of all time. He will use the week's theme '*promoting and supporting the health and well-being of men and boys during challenging times*' to discuss the benefits of a positive attitude and, drawing on examples from his own experience, to emphasise the need for men to become more upfront and confident when dealing with health concerns.

The Mayor of Ards, Councillor Mervyn Oswald, said:

"The traditional challenges of meeting the health needs of men are well-known. Men tend not to talk about their health concerns, and are generally reluctant to access health services or take part in health improvement programmes. These difficulties have been brought into starker relief in the current economic climate which has a corresponding adverse impact on men's well-being. This kind of event, where a prominent sports manager, responsible for the health and well-being of an entire team, talks about the importance of health and addressing health concerns, helps to build confidence among men, as well as to raise general awareness".

The event will take place on Thursday 16th June 2011 in Newtownards Town Hall.

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Everything you ever wanted to know about Sexual Health but were too afraid to ask



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The [Western Health and Social Care Trust](#), in partnership with [Men's Action Network](#), are running an awareness session on men's sexual health.

Participants will get the opportunity to learn about keeping safe, and will get information on sexual health services, as well as dispelling some of the myths about sexual issues.

This event will take place on Wednesday 15th June 2011, from 10.00am - 1.00pm, in Men's Action Network, 40 Carlisle Road, Derry.

To book a place or find out more, get in touch with Men's Action Network at Tel: 02871 377777 or Email: man_in_derry@yahoo.co.uk

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Facing the Challenge - Impact of Recession and Unemployment on Men's Health



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The economic recession, with its accompanying rise in unemployment rates, is linked to extremely adverse effects for men's mental health - according to new research from the [Institute of Public Health in Ireland](#) (IPH).

On Monday 13th June (the start of Men's Health Week), the IPH launched a report titled "Facing the Challenge - The Impact of the Recession and Unemployment on Men's Health in Ireland". This identifies a strong expectation of increased mental health problems for men given the very strong correlation between unemployment and male mental ill health.

The report is the result of a research and consultation process carried out in Northern Ireland and the Republic of Ireland by Nexus Research Cooperative on behalf of IPH.

93% of frontline organisations, North and South, in contact with unemployed men linked health challenges to unemployment and recession, and all organisations surveyed noted adverse health challenges for the men they work with. In addition to health challenges being higher for unemployed men, they were also very high for men who saw themselves as being threatened with unemployment.

The respondents identified the challenges to health as:

- High levels of stress or anxiety
- Dependency on, or over-use of, alcohol / other drugs
- Deterioration in physical health
- Development of conflict in family or close personal relationships
- Isolation (including sharing or communicating problems)
- A reluctance to approach services or to seek help

Copies of the report are available as a Portable Document Format (PDF) file at: www.mhfi.org/IPHreport2011.pdf (1.9MB).

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Family Cycle on Father's Day



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Ballinfoile Community Group and the HSE West Health Promotion team invite you to a family cycle ride which is being organised on Fathers' Day, Sunday 19th June 2011.

All fathers are encouraged to come with their families for an enjoyable cycle around the Menlo, Headford Road and Castlegar areas of Galway.

Along the route, a local historian will recount the historical, archaeological and commercial importance of the area.

The cycle ride will start at Baile an Chóiste at 2.30pm, and everyone is welcome.

For more details, contact Brendan Smith at Tel: 087 2935106 or Email: bspeedie@eircom.net

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Fitness Bootcamp for Men



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Men from across Belfast are invited to take part in a "Fitness Bootcamp" which will be held in Shaftesbury Recreation Centre, Ormeau Road, Belfast, on Wednesday 15th June 2011. This event will run from 7.00pm - 9.00pm.

Participants will start with the basics, and be challenged to kick-start a new, personal, health and fitness regime.

All participants will also be offered health checks by volunteers who are local medical students.

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Free Health Screening for Men - Irishtown and Ringsend, Dublin



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To celebrate Men's Health Week (13th - 19th June 2011), you are invited to free health screening for men ...

When: Friday 17th June 2011 from 9.00am to 4.00pm

Where: Irishtown and Ringsend Primary Care Centre, Irishtown Road, Dublin 4

All men are welcome.

The screening will include ...

- blood pressure checks
- cholesterol checks
- blood test for diabetes
- lifestyle advice
- dietary advice
- information on services in your area

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Free Health Screening for Men - Pearse Street, Dublin



MEN'S HEALTH WEEK
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To celebrate Men's Health Week (13th - 19th June 2011), you are invited to free health screening for men ...

When: Wednesday 15th June 2011 from 9.00am to 4.00pm

Where: Pearse Street Primary Care Centre, St Mary's Lane,
Pearse Street, Dublin 2

All men are welcome.

The screening will include ...

- blood pressure checks
- cholesterol checks
- blood test for diabetes
- lifestyle advice
- dietary advice
- information on services in your area

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Fun-Filled Day for Dads and Kids



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On Saturday 18th June 2011, dads are invited to descend on the Dry Arch Children's Centre in Dungiven, Co. Derry, to enjoy a fun-filled day with their little ones.

The activities on offer will include obstacle courses, outdoor play area, face painting, decorating Father's Day mugs, health checks and haircuts.

All those who attend will also be entered into a free draw to win a hamper filled with male grooming products.

The Dry Arch Children's Centre would like to thank the following people and organisations for their support:

- Debenhams, Foyleside, Derry, for providing a generous hamper filled with male grooming products.
- Roisin O'Kane, Hairdresser on the day.
- Dolores O'Brien and Teresa McElhinney for carrying out the Health Checks.
- Roe Valley Leisure Centre, Limavady, for donating free leisure passes.

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The 9th Annual All-Ireland Gay Health Forum (GHF9)



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The [Gay Men's Health Service HSE](#) and [Gay Health Network](#), with the support of the [Department of Health and Children](#) and the National AIDS Strategy Committee, are pleased to announce the 9th Annual All-Ireland Gay Health Forum (GHF9). This will take place on Friday 17th June 2011, from 9.15am - 3.30pm, in Dublin Castle.

GHF9 offers an opportunity for those involved in HIV, AIDS, sexual health and other health-related work with MSM (men who have sex with men) and LGBT people, to network, share, and acknowledge efforts in advancing the health and well being of LGBT people.

GHF9 is free and, as places are limited, they will be assigned on a first-to-register basis. For further details, email: gmhsadmin@hse.ie

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GSK Staff Discuss the Inequality in Men's Health



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To mark Men's Health Week 2011, staff in the [GlaxoSmithKline](#) (GSK) plant in Rathfarnham, Dublin, are being invited to a session which will ask the question: "Is there equality for men's health?"

The audience will be addressed by Finian Murray, Men's Health Development Officer, Health Service Executive Dublin/North East.

This event will take place on Friday 17th June 2011 at 1.00pm.

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Healthy Breakfast - in Waterford



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To mark Men's Health Week 2011, the Sacred Heart Family Resource Centre in Waterford is organising a healthy breakfast where men can arrive into a relaxing space.

Two guest speakers will explore the issue of unemployment and its effects, and will look at training options etc. There will also be discussion around growing your own food, and identifying interest in this for possible future training.

All of this will happen in a relaxed and informal way, and there will be reflexology, reiki and acupuncture available for those who wish to avail of it.

The event will take place in the Sacred Heart Family Resource Centre, Richardson's Meadow, Old Tramore Road, Waterford, on Tuesday 14th June 2011. It will run from 10.00am to 1.00pm.

Part of our work plan is to engage men in our Community, and we hope that this will provide an opportunity for this.

For more information, contact Esther Foley (Community Development Worker) at Tel: 086 0233572 or Email: development@sacredheartfrc.ie

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Know Your Consumer Rights



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In these 'challenging times', the [Consumer Council](#) would like to invite you to a workshop focusing upon: "Know Your Consumer Rights". This will be held in the Millennium Forum, 3 Newmarket Street, Derry / Londonderry, on Friday 10th June 2011, from 11.00am - 1.00pm.

It will be of interest to advice workers, literacy and numeracy tutors, and family and health workers whose knowledge on consumer rights is limited. Members of the general public are also welcome to attend.

To book a free place, contact Nóra Quigley at the Consumer Council on Tel: 02890 674803 or Email: nquigley@consumercouncil.org.uk

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Marion de Frinse Cup



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The Marion De Frinse Cup is a non-competitive men's football league.

This year, to coincide with Men's Health Week, it will take place on Thursday 16th June, from 6.30pm - 9.00pm, in the Waterworks Multi-Sports Facility in North Belfast.

The Cup has been running for five years, and each year the money collected during the League is donated to a charity.

As well as providing an opportunity for males to come together, play football, and keep fit, there will also be an opportunity for all participants to avail of health checks. These checks will be offered by volunteers who are all medical students in Northern Ireland.

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Medical Students Community Health Checks



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Throughout Men's Health Week 2011, medical students in Northern Ireland will be offering their time and health-related expertise to support locally-based voluntary and community groups.

The trainee doctors' input is being coordinated by a member of the [Northern Ireland Medical Students Committee](#), and they will be providing health checks for males who attend Men's Health Week events in all parts of the country. The venues for these activities range from community centres, to shopping centres, to pubs.

This contribution is particularly appreciated by small community groups, who do not have access to either the resources or the specific skills to organise these checks themselves.

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Men and Child Maintenance



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In these challenging times, child maintenance issues become even more important.

The [Choices](#) project provides impartial information and support to help separating or separated parents to make informed decisions about child maintenance in Northern Ireland. They can also offer practical information in areas linked to child maintenance - such as housing, employment, and money.

This service is free and confidential, and is available from Monday to Friday, 9.00am - 5.00pm.

The Choices team will be taking part in events throughout Men's Health Week 2011 which raise awareness of child maintenance issues and encourage men to feel comfortable about contacting their helpline.

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Men as Carers Factsheet



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[ARK](#) will be holding a seminar to mark the release of the results of the 2010 [Northern Ireland Life and Times \(NILT\) Survey](#). Using data from ARK's most recent surveys, this event will include presentations which highlight the attitudes and experiences of carers of all ages in Northern Ireland.

The seminar will take place on Monday 13th June 2011, at 11.30am, in Queen's University Belfast. This event is free of charge, but places need to be booked by phone at 02871 675513 or email info@ark.ac.uk

NILT is an annual survey recording public attitudes to a wide range of social issues. The 2010 survey included questions on informal care, social care for older people, dementia, community relations, minority ethnic groups, migrant workers, and politics. Full results will be available on the 13th of June at: www.ark.ac.uk/nilt

During Men's Health Week, ARK will also publish a set of reports based on survey data which reflect the roles and experiences of carers in Northern Ireland. One of these - "Men as Carers" (Men in Northern Ireland Report 7) - uses data from a range of surveys and official statistics, and has been produced to support Men's Health Week 2011.

All of these publications will be available for free downloading on the ARK website from Monday 13th June at: www.ark.ac.uk/publications

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Men - Don't Die of Embarrassment



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Did you know? ...

- Men are more likely to die from coronary heart disease than women.
- Deaths from colorectal cancers are higher in men than women.
- Male life expectancy is around five years less than that for women.

These are just a few of the issues facing men in Northern Ireland, contained in the [British Medical Association's](#) (BMA) new policy: "Improving Men's Health in Northern Ireland". This was launched on Friday 10th June 2011 to coincide with Men's Health Week 2011.

Dr Paul Darragh, Chairman of the BMA in Northern Ireland said:

"As doctors, we are really concerned that men tend to ignore important health issues; only seeking help when lasting long-term damage has occurred and the time for effective intervention has passed. The outcome can then often be devastating for the individual concerned and their families. To tackle this, BMA is calling for: men to take greater ownership of their health, a cross-departmental holistic policy to improve men's health in Northern Ireland, and development of healthcare services that promote better health outcomes for men".

These comments were echoed by Northern Ireland doctor, Ian Banks, President of the European Men's Health Forum, who said:

"Men are literally dying of embarrassment. There is a perception that it is not 'manly' to go to a doctor when you feel ill, or there is a worry that something serious will be discovered. Most of the time, treatment will be straightforward. However, if something more serious is diagnosed, then early intervention and medication is essential to give yourself the best possible health outcome. We doctors have seen it all before and are here to help, particularly in these challenging times. Your health is no joke, so let's talk!"

You can download Improving Men's Health in Northern Ireland at:

www.bma.org.uk/ni/healthcare_policy/menshealthnorthernireland.jsp

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Men's Health Checks in Lower Shankill Road



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On Tuesday 14th June 2011, the [Man Matters](#) project, in cooperation with the Healthy Living Centre Alliance, will be carrying out men's health checks in the Lower Shankill Road area of Belfast.

The checks will take place in premises owned by the Lower Shankill Community Association (LSCA).

Many of the men who will attend the health checks are participants on the men's health course currently being run by the LSCA.

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Men's Health Day in Armagh City



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- Are you male?
- Have you been to see your Doctor recently?
- Do you keep putting it off?
- When was the last time you had your cholesterol and blood pressure checked?

... Why not come along to an event in Armagh where you can take the opportunity to have a free health check and view a range of health information of stands?

All men are invited to a Men's Health Day in Armagh Shopping Centre, Friary Road, Armagh, on Tuesday 14th June 2011. This event will last from 2.00pm to 5.00pm.

For further information contact Elaine Devlin on Tel: 02837 529636

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Men's Health Day in Belfast City Hall



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To mark Men's Health Week, the [Belfast Health and Social Care Trust's](#) Men's Health Group is organising a health event that aims to encourage men to take better care of their health, and to seek advice, help, or treatment at an early stage.

All men are invited to Belfast City Hall on Tuesday 14th June 2011, from 10.30am - 2.00pm. This event will offer Men's Health MOTs, cholesterol and blood pressure checks, health advice, complementary therapies, age progression assessments and much more.

Guest speakers will include the DHSSPS Minister for Health (Edwin Poots MLA), Lord Mayor of Belfast (Councillor Niall Ó Donnghaile), and BHSCT Chief Executive (Colm Donaghy). The special guests are Brian Magee (Northern Ireland's British and World Super-Middleweight boxing legend) and Ian Young (World Kickboxing Champion).

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Men's Health Events for WHSCT Staff



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The [Health Improvement Department](#) in the Western Health and Social Care Trust ([WHSCT](#)) has arranged a number of events for male staff throughout the Trust area to mark Men's Health Week 2011.

Men working for the WHSCT are invited to attend local drop-in sessions for health and well-being advice and information.

These will take place on ...

- **Monday 13th June 2011** - Canteen, Tyrone and Fermanagh Hospital, Omagh, Co. Tyrone, from 10.00am - 12 noon.
- **Tuesday 14th June 2011** - Lecture Theatre 2, MDEC, Altnagelvin Area Hospital, Derry, Co. Derry, from 12 noon - 2.00pm.
- **Friday 17th June 2011** - Medical Education Centre, Erne Hospital, Enniskillen, Co. Fermanagh, from 9.30am - 12.30pm.

There will also be Cycle training for Trust staff in Gransha Park, Derry, on Tuesday 14th June 2011, from 6.30pm - 7.30pm.

For more information, contact Avril Morrow, from the WHSCT Health Improvement Department, at Tel: 02871 865127 or Email:

avril.morrow@westerntrust.hscni.net

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Men's Health Events in Strabane and Lifford



MEN'S HEALTH WEEK
Monday 13th - Sunday 19th June 2011

Throughout Men's Health Week 2011, the Strabane and Lifford Women's Centre will be running a series of programmes and events for men. These will include an over 40s football tournament, and a series of health checks and information / taster sessions.

The content of the health checks and taster sessions will include the usual cholesterol and blood pressure checks, as well as suicide awareness, yoga, anger management using Reiki, and access to fitness instructors. There will also be sessions on health, diet and eating.

These events are supported by the [Man Matters](#) project.

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Men's Health Information Evening in East Co. Limerick



MEN'S HEALTH WEEK
Monday 13th - Sunday 19th June 2011

The [Hospital Family Resource Centre](#) is hosting a Men's Health Evening on Tuesday 14th June 2011, from 6.00pm - 9.00pm, in the Hospital Family Resource Centre, Knockainey Road, Hospital, Co. Limerick.

The aim of this Men's Health event is to provide information on primary health care support in the community, and to promote the importance of men looking after their physical and mental health. Speakers will cover the following topics ...

- Physical health - low cost physical health options
- Positive mental health and community support (with 'GROW')
- Importance of good nutrition and diet
- Health checks (BMI, blood pressure etc.)

General Information stands will provide information on ...

- The Hospital Family Resource Centre's Men's Group
- Men's health issues
- Community-based mental health support

This event is free, and everyone is welcome to attend. For more information, contact Martha Potter at: mpotter@hospitalfrc.com

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Men's Health 'MOT' Day



MEN'S HEALTH WEEK
Monday 13th - Sunday 19th June 2011

The 'Young at Heart Men's Club' in Lurgan, Co. Armagh, is calling upon males aged 16 years and over to come along to their annual Men's Health Week 'MOT' checks.

This will take place on Wednesday 15th June 2011, from 10.00am - 2.00pm, in Waves Leisure Centre, Lurgan.

The day will include free diabetes screening, blood pressure monitoring, alternative therapies, cancer advice, information on foot care, and drugs / alcohol / smoking cessation advice. Local pharmacists will also be in attendance to answer questions.

For more information, contact Paul Gibney at Tel: 0778 3881196 or Email: yahlurgan@yahoo.co.uk

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Northern Ireland Libraries - Promoting Men's Health Displays



MEN'S HEALTH WEEK
Monday 13th - Sunday 19th June 2011

[Libraries NI](#) comprise all of the public libraries throughout Northern Ireland - there are 99 static libraries. One of our main themes is to impart quality information to all of our customers.

Last year we supported Men's Health Week by displaying posters, and accompanying them with appropriate books, DVDs, MP3 book stock etc. The displays included information on dietary advice, fitness, mental health and relaxation ... Sometimes a good book to read = reduced stress levels!

The feedback from customers was very favourable. This year we hope to enable people to access the MHW 2011 website (www.mhfi.org/mens-health-week-2011.html) and Facebook page (www.facebook.com/MensHealthWeek) via the 1300+ computer terminals - with free internet access - that we have available.

In a recent poll, 23% of respondents stated that the library helped them with their health issues and needs.

For more information, contact Josephine Patton at:
josephine.patten@librariesni.org.uk

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Portglenone Men's Health Event



MEN'S HEALTH WEEK
Monday 13th - Sunday 19th June 2011

[Portglenone Enterprise Group](#) will be promoting Men's Health Week in Bannside Pharmacy, Main Street, Portglenone, Co. Antrim. This is related to their Community Pharmacy Project.

As part of this project, [Man Matters](#) has provided funding for a fitness instructor to lead a men's health and fitness information session at the pharmacy.

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“Prostate - There, I’ve Said It” Campaign



MEN'S HEALTH WEEK
Monday 13th - Sunday 19th June 2011

The [Irish Cancer Society](#) has launched a high profile awareness [campaign](#) in advance of Men's Health Week 2011 titled: “Prostate – There, I’ve said it”. This campaign is designed to tackle the stigma and embarrassment that surrounds prostate cancer. It is being fronted by Irish media personalities Bryan Dobson, Matt Cooper and Micheál O’Muircheartaigh.

Prostate cancer is the second most common cancer in men in Ireland after skin cancer. Over the course of their lifetime, men have a one in eight chance of developing prostate cancer. According to the most recent statistics, 2,859 men were diagnosed with prostate cancer in 2009, with 92% of the cases occurring in men over 55.

Irish Cancer Society CEO John McCormack said:

“Raising awareness of prostate cancer, and encouraging men to look after their health, is one of the key aims of our campaign and of Men’s Health Week. Men need to be reassured that prostate cancer is increasingly a disease that men live with rather than die of.

Men ringing the National Cancer Helpline have shared stories with Irish Cancer Society nurses that they are not being told about the full range of treatment options, nor of the side-effects that occur as a result of treatment (such as incontinence and erectile dysfunction) and how long they will last. The inadequacy of support for men has led to a stifling embarrassment, preventing open communication about prostate cancer and its impact on their lives.

We want to give men the confidence to start talking about their prostate with each other, and to break the silence and end their unnecessary suffering once and for all”.

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Round-up from the South East



MEN'S HEALTH WEEK
Monday 13th - Sunday 19th June 2011

During Men's Health Week 2011, men from across the South-East of Ireland will be taking part in a broad range of activities and events. These include ...

- The 'Wexford Blokes with Cameras' will be providing a series of photographs (taken by group members) to display as part of an "Images of Men" exhibition in the Amber Springs Hotel, Gorey, Co Wexford.
- Gorey Family Resource Centre (FRC), supported by the Men's Development Network, will host an exhibition of art, poetry and photography on the Thursday of Men's Health Week. After the initial Launch Evening, a selection of photos from men's groups from Arklow, Lurgan, Wexford and Carlow will be displayed in the Amber Springs Hotel alongside information from the Health Promotion Unit and other sources.
- The [Men's Development Network](#) has recorded a special radio programme to mark Men's Health Week. This will be broadcast later in the year on South East Radio.
- Carlow Men's Health Project will be announcing and showcasing their new Development Worker - who will lead the next support project for men in the Carlow area.
- On the Monday, Gorey FRC will host an Open Day focused on men. This will attract up to 40 men for breakfast, health information talks, and an input on men's support and resources in the surrounding area. It is hoped that this will provide an opportunity to raise awareness of the services the FRC can offer to men - with the hope of starting a new men's group in the future.
- Members of the Carlow Men's Group will be travelling to Lurgan, in Co. Armagh, to take part in a 'Men's Health MOT Day' being organised by the Young at Heart Men's Club.

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Shave or Dye?



MEN'S HEALTH WEEK
Monday 13th - Sunday 19th June 2011

Shave or Dye? ... that is the question!

During Men's Health Week 2011, the [Ulster Cancer Foundation](#) (UCF) in partnership with BT, is challenging men across Northern Ireland to shave or dye their hair to raise cash for this year's men's health campaign.

The charity is asking offices and workplaces, pubs, hair salons and sports clubs, as well as individuals across Northern Ireland, to get involved in the fun event and to do their bit for men's health.

The money raised will go towards helping cancer patients and their families across Northern Ireland, and will fund services including support groups, counselling, health checks and advice, education programmes, smoking cessation clinics, Male Quick Fit sessions, art and creative writing therapies.

Shave or Dye will run until Friday 15th July 2011.

If you would like to join in the fun or make a donation, log on to:
www.ulstercancer.org/shave-or-dye / www.facebook.com/shaveordye or
Email: sarahatcheson@ulstercancer.org or Tel: 028 9068 0765 for more details.

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Sun Safety - The Burning Questions



MEN'S HEALTH WEEK
Monday 13th - Sunday 19th June 2011

Skin Cancer is the most common cancer in Ireland, and affects more men than women annually.

Research has shown that Skin Cancer is of low concern to men and that, while there is awareness that unusual moles are a key sign, there is a low understanding of the detail when detecting potentially dangerous moles. There is also a perceived unwillingness among men to 'bother' their GP about a mole that they may have a slight concern about.

This summer, the [Marie Keating Foundation](#) is answering the 'Burning Questions' about skin cancer and providing information about early detection and the importance of being Sun Safe. For example ...

- Do you know that you should use roughly 3 tablespoons of sun cream every time you apply it?
- Do you know that you are most at risk from sunburn between 12 noon and 4.00pm?
- Do you know that you should use a MINIMUM SPF of 15?

It's important to be Sun Safe, even if you feel that the sun isn't terribly strong. Some helpful tips include ...

- Wear sun protection wherever you are - not just at the beach. Keep using it near the end of your holiday too. Don't rely on a tan to protect yourself.
- Always re-apply after swimming or perspiring - even if your sunscreen is water-resistant. Remember, cream rubs-off on clothes and towels.
- Take special care with children. Use very high sunscreen protection, and cover them up with a t-shirt and hat. Keep babies in the shade as much as possible.

If you would like to get the answers to more questions like these, log onto www.mariekeating.ie or call 01 6283726 to get a helpful free information pack which includes sun cream samples.

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Sure Start United



MEN'S HEALTH WEEK
Monday 13th - Sunday 19th June 2011

Twelve Sure Start projects from across Northern Ireland - supported by the [Man Matters](#) initiative - are coming together to organise a Men's Health Week / Father's Day Family Fun event. This is a free cross-community event, and everyone is welcome. It will be held in the Girls' Model School, Belfast, from 11.00am - 3.00pm, on Saturday 18th June 2011.

The event will include a seven-a-side soccer tournament for men, and activities for their children, such as face painting, go-karting, balloon modelling, inflatables and much more. Lunch will also be provided.

As this is Men's Health Week, there will be free health checks for men (such as BMI, blood pressure, cholesterol testing, allergy testing), as well as free massages, Turkish shaves and haircuts. Any women attending will also have the opportunity to have some of the treatments.

For further details, contact Stuart at: stuart@earlyyears.org.uk

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Survey of Prostate Cancer Patients and Survivors 2011



MEN'S HEALTH WEEK
Monday 13th - Sunday 19th June 2011

Unnecessary suffering by some prostate cancer patients has led the [Irish Cancer Society](#) to launch a campaign aimed at transforming men's prostate cancer journey.

In keeping with the theme of Men's health Week 2011, the Irish Cancer Society is conducting a survey targeted at men with prostate cancer. This will be available until 29th June 2011 at: www.cancer.ie/prostate or by contacting the National Cancer Helpline on Freefone 1800 200 700.

This survey is strictly anonymous and confidential. If you, or someone you know, have been affected by this issue, please take the prostate cancer survey now.

Go to: www.cancer.ie/prostate

or

Call the National Cancer Helpline Freefone: 1800 200 700

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Tackling the Root Causes of Men's [III] Health: Policy Briefing Paper No 1



MEN'S HEALTH WEEK
Monday 13th - Sunday 19th June 2011

In recent years, there has been a growing awareness of, and concern about, the burden of ill health experienced by men. Despite an overall pattern of increasing life expectancy, men in Northern Ireland die, on average, over four and a half years younger than women do. An examination of standardised mortality rates, reveals that local men have higher death rates than women from all of the leading causes of death and at all ages.

While the gap in male:female mortality for all causes of death is consistent across all age groups, it is most pronounced between young men and young women - with suicide and road traffic accidents accounting in large part for this differential.

The high level of premature mortality amongst men in Northern Ireland has far-reaching repercussions; affecting not only industry and commerce, but also impacting upon the social and financial positions of families - through the loss of what is still, in many households, the primary income earner.

Within this context, the [Men's Health Forum in Ireland](#) researched and prepared a Policy Briefing Paper on Men's Health (titled: "*Men's Health in Northern Ireland: Tackling the Root Causes of Men's [III] Health*", Policy Briefing Paper No 1) which will be officially launched at the beginning of Men's Health Week 2011. This paper was prepared for the [Man Matters Partnership](#) - which MHFI is a member of.

Free Portable Document Format (PDF) copies of this report will be made available online at www.mhfi.org/manmattersbriefing1.pdf during Men's Health Week 2011. Please note that this is a large file (966KB), and may take a short while to download.

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The Impact of Unemployment on Men's Health



MEN'S HEALTH WEEK
Monday 13th - Sunday 19th June 2011

The [Colin Neighbourhood Partnership](#) and the [South Eastern Health and Social Care Trust](#), in cooperation with the [Man Matters Project](#), would like to invite you to an event to explore the impact of unemployment on men's health and emotional well being. This will take place on Wednesday 15th June 2011, in the Balmoral Hotel, Belfast, from 10.00am - 3.00pm.

A range of speakers will explore the negative effects of unemployment upon males, and will use the Colin area - on the outskirts of Belfast - as a case study.

Following the presentations, participants will have an opportunity to discuss what needs to be done, as well as the consequences of doing nothing.

If you would like to attend this event, please contact Betty McFarlane at Tel: 02890 623813 or Email: admin@newcolin.com

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The State of Men's Health in Europe



MEN'S HEALTH WEEK
Monday 13th - Sunday 19th June 2011

Tuesday 14th June 2011 will see the official launch of a major study into "The State of Men's Health in Europe".

Dr Noel Richardson, Director of the [Centre for Men's Health](#) in IT Carlow, and Chairperson of the [Men's Health Forum in Ireland](#), is one of the lead authors of this report.

The report compares men's health status between and within European Union countries.

You can access a summary document online at:

http://ec.europa.eu/health/population_groups/publications/index_en.htm

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Voices and Choices



MEN'S HEALTH WEEK
Monday 13th - Sunday 19th June 2011

Throughout Men's Health Week 2011, [Men's Action Network](#) (MAN) based in Derry, supported by the [Man Matters](#) project, will be offering a range of free activities and events. These include:

Monday 13th - Friday 17th June ... Head / back massage and reflexology taster sessions with MAN's in-house complementary therapist.

Wednesday 15th June ... A men's sexual health awareness session (10.00am - 1.00pm), run in partnership with the Western Health and Social Care Trust.

Saturday 18th June ... MAN will be out and about in the city engaging men via:

- a short survey to hear and collect men's viewpoints regarding their health and well-being
- handing-out flyers which raise awareness of men's health issues and options available to them
- a team of health professionals, who will offer blood pressure and cholesterol checks to men in Foyleside Shopping Centre from 12.00 noon - 3.00pm, as well as in local bars

For more details contact Michael Lynch at Tel: 02871 377777 or Email: man_in_derry@yahoo.co.uk

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Walk Leader Training



MEN'S HEALTH WEEK
Monday 13th - Sunday 19th June 2011

The [Belfast Health and Social Care Trust's](#) Health Improvement Department is inviting applications for places on a Walk Leader Training course. This will take place on Thursday 16th June 2011, from 9.45am - 4.00pm, in Knockbracken Healthcare Park, Belfast.

The training is free and open to anyone aged 18 years or over. This training will equip those attending with the skills necessary to promote and lead safe and enjoyable walking sessions for people of all ages and abilities. It will look at ...

- The rationale of health walks
- The importance of exercise in relation to physical and mental health
- Leading a walk
- Safety issues and necessary forms that need to be filled in
- Motivating and encouraging people to take up walking as a form of physical activity.

It is expected that those who complete the training will be influential in leading walks in their local areas.

For more information, email: margaret.devlin-hania@belfasttrust.hscni.net

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Weigh to Men's Health



MEN'S HEALTH WEEK
Monday 13th - Sunday 19th June 2011

This is a workshop hosted by the All-Island Obesity Action Forum - supported by [safefood](#) and the [Ulster Cancer Foundation](#) - which will take place on Wednesday 8th June 2011, from 10.00am - 2.00pm, in the Stormont Hotel, Belfast.

The event will highlight that excess weight is a men's health issue that needs to be recognised by men. Presentations will discuss best practice in how to target men; providing examples of relevant projects on the island of Ireland and further afield.

The event will also showcase the Ulster Cancer Foundation's [ManAlive](#) project, which is bringing life-saving messages and health checks to men in the Southern Trust area of Northern Ireland. The event will facilitate networking and the sharing of information.

For more information, visit: www.safefood.eu/en/Professional/Events/Weigh-to-Mens-Health

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West Limerick Primary Health Care Project



MEN'S HEALTH WEEK
Monday 13th - Sunday 19th June 2011

To raise awareness of Men's Health Week (MHW) 2011, the [West Limerick Primary Health Care Project](#) has put up MHW posters in public spaces in Rathkeale, Askeaton, Abbeyfeale and Newcastle West - all in West Limerick.

The group is also preparing a Health Information Pack for adult men from the Traveller Community in Askeaton. This will be distributed by the Community Health Workers on Monday 13th June 2011.

For more information, contact Mo Foley at Tel: 069 61316 or Email: mfoley@wlr.ie

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Westmeath Men's Health Information Week



MEN'S HEALTH WEEK
Monday 13th - Sunday 19th June 2011

Westmeath Men's Health are organising a series of events during Men's Health Week 2011 to which everyone is welcome. These include ...

- Launch of Westmeath Men's CT Information Booklet on Monday 13th June, at 7.00pm, in the Atrium, County Buildings, Mullingar. The Marie Keating Foundation will give a talk on men's health, and there will be other guest speakers.
- Family Fun Day at the Market Square, Mullingar, on Saturday 18th June, from 12 Noon - 6.00pm. There will be a Men's Health Information Desk, music, barbeque and the Mullingar Town Band.
- Speedyparts Direct Car Show - displaying special cars and parts for young men interested in cars - on Saturday 18th and Sunday 19th June, in 'Speedyparts', Lynn Industrial Estate, Mullingar. There will be a Men's Health Information Desk, barbeque, and Fun Day for all the family.

For more information, contact Pat Gavin at email: menct@hotmail.com or telephone: 087 7571091.

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Western Health and Social Care Trust



MEN'S HEALTH WEEK
Monday 13th - Sunday 19th June 2011

The [Western Health and Social Care Trust](#) (WHSCCT) is organising a range of activities to mark Men's Health Week 2011. These include ...

- Organising men's health information and advice [sessions for male staff](#).
- Working in partnership with Men's Action Network to run a [workshop on sexual health](#).
- Leading other sessions in the community.

These other activities include ...

Friday 10th June 2011: Health awareness session for men in Dromore Sports Complex, from 10.00am - 12 noon.

Monday 13th June 2011:

- Health awareness session for a construction company based in Derry, from 10.00am - 11.30am.
- Men's cancer awareness session at Lisahally Docks, Derry, from 12 noon - 2.00pm.

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What Goes on Inside Men's Heads?



MEN'S HEALTH WEEK
Monday 13th - Sunday 19th June 2011

Despite the fact that males constitute almost half of the population of Ireland, the world of local men and boys is still, often, a mystery to most of us. However, during [Men's Health Week 2011](#), the [Men's Health Forum in Ireland](#) (MHFI), supported by the [Irish Cancer Society](#) (ICS), is hoping to shine a light into what men are thinking about.

MHFI and ICS have just launched an island-wide poster caption competition. All men (aged 16 years and over) are encouraged to come-up with a caption for a special version of the Men's Health Week 2011 poster. This poster features the two main characters with 'thought bubbles' coming out of their heads.

Entrants are invited to submit suggestions as to what the men in the poster might be thinking about during these 'challenging times' - especially in relation to their own health and well-being. And there's a great prize on offer - the three winners will each receive a pair of tickets for the launch of the '[Movember](#)' celebrations in the Autumn. This includes travel to / overnight accommodation in Dublin.

For more details visit: www.mhfi.org/mens-health-week-2011.html#Competition

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Young Men and Suicide Research



MEN'S HEALTH WEEK
Monday 13th - Sunday 19th June 2011

The [Men's Health Forum in Ireland](#) (MHFI) is undertaking research into the high rate of suicide among boys and young men on the island of Ireland. This research is being jointly funded by the [Public Health Agency](#) and the [National Office for Suicide Prevention](#).

The purpose of the research is to develop and share best practice on how to promote positive models of mental health and to prevent suicide in this target group. MHFI is asking for your help with this initiative.

A central component of this research is a questionnaire that seeks the views and experiences of stakeholders in relation to mental health promotion and suicide prevention activities on the island of Ireland. The questionnaire is particularly focused on organisations' experiences of the challenges and barriers when working with young men.

The findings from the questionnaire will be used to inform the design of a follow-up intervention and will, on conclusion of the overall project, be disseminated back to stakeholders as part of an overall report.

To participate in this short survey, visit:

<https://www.surveymonkey.com/s/suicidepreventioninyoungmensini>

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Young Men Talking!



MEN'S HEALTH WEEK
Monday 13th - Sunday 19th June 2011

[YouthAction Northern Ireland](#) is running a range of events during Men's Health Week 2011. These include ...

Saturday 11th June 2011:

'Green Gym' - Young Men's Health Event at Slieve Gullion, South Armagh. This is for young men's groups from Keady, Cullyhanna and Newtownhamilton, and five young male volunteers from South Armagh *[Closed Event]*.

Monday 13th June:

- Performance of 'Beautiful Thing' in Lislea Community Centre, Newry (6.00pm - 10.00pm). Young men's groups from South Armagh and further afield are invited to attend. The [Man Alive Project's](#) 'Man Van' will be in attendance to provide health / lifestyle checks. Drumming workshop to take place before performance *[Open Event. For more information, contact Michael McKenna at Email: michael@youthaction.org or Tel: 02837 511624]*.
- Football in the Community - Young Men's Health Event (7.00pm - 9.00pm), in the LYL Youth Centre, Cliftonville, Belfast *[Closed Event]*.

Tuesday 14th June:

Performance of 'Beautiful Thing' in Castle Park Centre, Lisnaskea, Co. Fermanagh (7.00pm - 10.00pm). Young men's groups from Fermanagh and further afield are invited to attend *[Open Event. For more information, contact Ciaran Connolly at Email: ciaran@youthaction.org or Tel: 02837 511624]*.

Wednesday 15th June 2011:

All-Ability Soccer in Dee Street Community Centre, Belfast (7.00pm - 10.00pm). Information on health and well-being distributed throughout the night *[Open Event. For more information, contact Jonny Ashe at Email: jonathan@youthaction.org or Tel: 02890 24 0551]*.

Thursday 16th June:

Performance of 'Beautiful Thing' in YouthAction NI's Belfast Regional Office (7.00pm - 10.00pm). Young men's groups and wider audience invited to attend *[Open Event. For more information, contact Diane Eppleston at Email: diane@youthaction.org or Tel: 02890 240551].*

Friday 17th June:

- Performance of 'Beautiful Thing' in CSN (afternoon). 80 young men from Ashfield Boys' High School to attend *[Closed Event]*.
- Performance of 'Beautiful Thing' in YouthAction NI's Belfast Regional Office (7.00pm - 10.00pm). Young men's groups invited to attend *[Open Event. For more information, contact Diane Eppleston at Email: diane@youthaction.org or Tel: 02890 240551].*

Saturday 18th June:

- Right Here: Fermanagh Young Men's Health Event (12 noon - 4.00pm) - Lisnaskea Community Festival, Co. Fermanagh. Irish Youth Music Award Winners 'Wasted Grace' will be performing *[Open Event. For more information, contact Ciaran Connolly at Email: ciaran@youthaction.org or Tel: 02837 511624].*
- Performance of 'Beautiful Thing' in YouthAction NI's Belfast Regional Office (7.00pm - 10.00pm). Young Men's Groups invited to attend *[Open Event. For more information, contact Diane Eppleston at Email: diane@youthaction.org or Tel: 02890 240551].*

Wednesday 15th June - Sunday 19th June:

Study Visit to Northern Ireland by workers and peer educators from Care International Western Balkans Young Men's Initiative. This is part of the ongoing partnership between YouthAction NI and this body, addressing young men's experiences of conflict.

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Your Prostate



MEN'S HEALTH WEEK
Monday 13th - Sunday 19th June 2011

Men, from the island of Ireland, are invited to use a new initiative being pioneered by the [European Men's Health Forum](#) (EMHF) - a body which the [Men's Health Forum in Ireland](#) is a member of.

This offers a web-based service which allows them to ask questions about any aspect of prostate health, and to receive answers from a highly qualified health professional within 48 hours.

This service is both anonymous and confidential.

The questions which men ask will enable EMHF to gather information on European men's experience of prostate problems, seeking support, diagnosis and treatment, and the response they have had from health service providers in regard to these issues.

This data will form the basis of a report to help health professionals and policy makers to deal with men's prostate-related healthcare in the future. Visit www.yourprostate.eu for more details.

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