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# Men's Health Week 2012

## - What's Happening Across Ireland?

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**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

[Men's Health Week \(MHW\) 2012](#) will run from Monday 11<sup>th</sup> June until Sunday 17<sup>th</sup> June 2012. The focus in Ireland this year will be upon: *"Men's Health - What's Your First Instinct ... Fight? Flight? Find Out?"*

Human beings start out life with a pre-disposition for self-preservation. This 'first instinct' drives them to eat, keep fit, be active, ensure personal safety, look after themselves, work collectively, tend to injuries etc. However, over time - especially in Western societies - it is easy to become complacent, individualistic, isolated, lonely ... and, consequently, for health (physical, mental, emotional and spiritual) to suffer.

This year's MHW will focus upon encouraging and developing a 'First Instinct' in males which is to actively seek help, advice, support, and to act quickly in times of difficulty / crisis / ill health rather than ignoring symptoms, turning to alcohol, 'soldiering on', taking their own life ...

The [Men's Health Forum in Ireland](#) (MHFI) wishes to document at least some of the events and activities which are taking place throughout the island of Ireland to mark MHW 2012. Guidance on how to submit details of events can be found online at: [www.mhfi.org/mens-health-week-2012.html#Events](http://www.mhfi.org/mens-health-week-2012.html#Events)

This paper lists some things that are happening in Ireland this year. However, this is certainly NOT an exhaustive list!

WHAT'S YOUR  
FIRST INSTINCT?



**MEN'S HEALTH WEEK**  
MONDAY 11 - SUNDAY 17 JUNE 2012

Please click on the links below to find out more about each initiative ...

### Just before Men's Health Week ...

- [Annual Gay Health Forum](#) [Dublin]
- [Framework for Men's Health Training](#) [Lurgan, Co. Armagh]
- [Launch of Sexual Health of Young People in Northern Ireland Reports](#) [Northern Ireland-wide]
- [Sligo General Hospital Men's Health Events](#) [Sligo]

### Throughout the whole of Men's Health Week ...

- [Action Man Campaign](#) [Northern Ireland-wide]
- [A Man's Guide to Heart Health](#) [Republic of Ireland-wide]
- [Foyleside Men's Health Week](#) [Derry / Londonderry]
- [Images of and Art by Men](#) [Gorey, Co. Wexford]
- [Into the West](#) [Western Health and Social Care Trust area]
- [Men's Health Week Exercise Promotion](#) [Clonlara, Co. Clare]
- [Niche Community Health Project's Men's Health Week](#) [Cork City]
- [West Limerick Primary Health Care Project for Travellers - Men's Health Initiative 2012](#) [West Limerick region]
- [YouthAction Northern Ireland: Young Men Talking](#) [Northern Ireland-wide]

### Monday 11<sup>th</sup> June 2012 ...

- [Men's Feel Good Morning](#) [Dungannon and South Tyrone, Co. Tyrone]
- [Putting Men's Health on the Agenda](#) [Omagh, Co. Tyrone]

### Tuesday 12<sup>th</sup> June 2012 ...

- [ManAlive! Conference: 'First Instinct - Find Out'](#) [Armagh City]
- [Men's Health Fair](#) [Navan, Co. Meath]

### Wednesday 13<sup>th</sup> June 2012 ...

- [Belfast City Hall Men's Health Event](#) [Belfast]
- [Bonds Hill Open Day](#) [Derry / Londonderry]
- [Men's MOT and Annual Health Check](#) [Lurgan, Co. Armagh]

### Thursday 14<sup>th</sup> June 2012 ...

- ['Get Men Talking': Cancer Awareness Day for Men](#) [Belmullet, Co. Mayo]
- [Managing Employee Drug and Alcohol Use](#) [Portlaoise, Co. Laois]
- [Traveller Men's Health Matters](#) [Ennis, Co. Clare]

### **Friday 15<sup>th</sup> June 2012 ...**

- [Challenges Engaging with Young Men](#) [Belfast]
- [FRC Claremorris - Health and Fitness Awareness](#) [Claremorris, Co. Mayo]
- [Fit Squad Bootcamp](#) [Dublin]
- [Just Carry One](#) [Dublin]
- [Website Design Workshop for Men's Groups](#) [Northern Ireland-wide]

### **Saturday 16<sup>th</sup> June 2012 ...**

- [25 Years of IVF Treatment at the Regional Fertility Centre](#) [Belfast]
- [Bike Week 2012](#) [Ireland-wide]
- [HEparkruns!](#) [Ballymena, Co. Antrim]
- [Letterkenny Men's Health Day](#) [Letterkenny, Co. Donegal]
- [Sure Start United](#) [Northern Ireland-wide]

### **Sunday 17<sup>th</sup> June 2012 ...**

- [Family Cycle and Picnic](#) [Galway City]

### **Just after Men's Health Week 2012 ...**

- [Employee Health and Well-Being](#) [Waterford City]
- [From Shift Work to Shifting the Pounds - The Value of a Healthy Workforce](#) [All-island event held in Belfast]
- [Get on your Bike!](#) [Western Health and Social Care Trust Area]
- [Kick Fitness and Boot Camp](#) [Bandon, Co. Cork]
- [The Mojo Project](#) [Dublin]
- [Twelve Week Men's Health and Fitness Course](#) [Bray, Co. Wicklow]
- [University of Ulster Men's Health Checks](#) [Coleraine and Jordanstown, Campuses]

# Annual Gay Health Forum



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Friday 8<sup>th</sup> June 2012

**Time:** 10.00am - 3.00pm

**Venue:**

Bedford Hall Suite  
Dublin Castle  
Dublin 2

**Organised by:** Gay Men's Health Service (GMHS), and supported by the Social Inclusion Unit in the Department of Health

**Details:**

- This is the 10th Annual Gay Health Forum (GHF10).
- The event will focus upon 'Challenging Stigma'.
- GHF presents an opportunity for those involved in HIV, sexual health, and other health-related work with LGBT people - in particular men who have sex with men (MSM) - to network, share, and acknowledge efforts in advancing the health and well-being of LGBT people in Ireland.

**Entry Fee:** Free

**For more information contact:**

Mick Quinlan - Email: [mick.quinlan@hse.ie](mailto:mick.quinlan@hse.ie) / Tel: 01 6699553  
Susan Donlon - Email: [susan.donlon@dublinaidsalliance.ie](mailto:susan.donlon@dublinaidsalliance.ie) / Tel: 01 8733799  
Visit: [www.mhfi.org/ghf10.pdf](http://www.mhfi.org/ghf10.pdf)

[Back to list of events](#)

## Framework for Men's Health Training



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Tuesday 29<sup>th</sup> May 2012

**Time:** 9.30am - 4.30pm (lunch provided)

**Venue:**

Jethro Centre  
Flush Place  
Lurgan  
Co. Armagh BT66 7JH

**Organised by:** Southern Health and Social Care Trust Men's Health Network and the Man Matters Project

**Details:**

- The aim of this workshop is to increase participants' understanding of best practice in engaging men with health and social services.
- Participants will: explore the broad determinants of men's health; examine how gender influences men's approach to looking after their own health; identify effective practice guidelines in working with men on health programmes; gain an understanding of the barriers experienced by men when accessing services; increase their awareness of how to set-up and support effective group work with men.
- The training will be delivered by members of the Men's Health Forum in Ireland.

**Entry Fee:** Free

**For more information contact:**

Michael Glover  
Tel: 02890 329718  
Web: [www.wea-ni.com/seminar](http://www.wea-ni.com/seminar)

[Back to list of events](#)

## Launch of Sexual Health of Young People Reports



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Friday 8<sup>th</sup> June 2012

**Time:** 9.00am

**Venue:** The reports will be published online at: [www.ark.ac.uk/publications](http://www.ark.ac.uk/publications)

**Organised by:** ARK (a joint initiative between Queen's University Belfast and the University of Ulster)

### **Details:**

- To help inform Men's Health Week 2012, ARK will publish two reports which focus upon the sexual health of young people in Northern Ireland.
- "*Messed up? - Sexual Lifestyles of 16-year olds in Northern Ireland*", by Dirk Schubotz, is based on data from the 2011 Young Life and Times Survey.
- "*Young Men and Sexual Health*" (Men in Northern Ireland Factsheet 8), by Paula Devine, uses a range of survey data to document the sexual health of young men.

**Entry Fee:** Both reports will be available for free online downloading.

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

Paula Devine  
Tel: 02890 973034  
Email: [p.devine@qub.ac.uk](mailto:p.devine@qub.ac.uk)  
Website: [www.ark.ac.uk](http://www.ark.ac.uk)

[Back to list of events](#)

# Sligo General Hospital Men's Health Events



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Tuesday 5<sup>th</sup> and Wednesday 6<sup>th</sup> June 2012

**Time:** 7.00pm on each evening

**Venue:**

Clarion Hotel  
Clarion Road  
Sligo

**Organised by:** The Research and Education Foundation in Sligo General Hospital

**Details:**

*Tuesday ...*

- 'Weighty Matters: How to Control your Body Weight'
- 'Erectile Dysfunction: Causes and Treatments'
- 'Alcohol and Gambling: How Much is too Much?'
- Free Lung Function Tests.

*Wednesday ...*

- 'Your GP Check Ups: Exploring Some Common Myths'
- 'Stroke and How to Avoid it'
- 'Why won't my Ears Stop Ringing?: Tinnitus'
- Stroke Risk Assessment.

**Entry Fee:** Free

**For more information visit:**

[www.ref-sligo.ie/Men's%20Health%20Poster%202012.pdf](http://www.ref-sligo.ie/Men's%20Health%20Poster%202012.pdf)

[Back to list of events](#)

## Action Man Campaign



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** The whole month of June 2012

**Venue:** Throughout Northern Ireland

**Organised by:** Action Cancer

### Details:

- In June every year, Action Cancer runs an 'Action Man' campaign.
- The campaign urges men to 'Get a Grip' of their general health, and aims to raise awareness and understanding of male specific cancers such as testicular and prostate cancer.
- Action Cancer offers MOT health checks for men onboard their Big Bus. The check examines indicators of health such as blood pressure, cholesterol, blood glucose, lung capacity, body composition analysis, and offers lifestyle advice.

### For more information visit:

Website: [www.actioncancer.org/getdoc/28e2bf8c-8f8c-463e-889a-14ed8cb491f9/Mens-Health.aspx](http://www.actioncancer.org/getdoc/28e2bf8c-8f8c-463e-889a-14ed8cb491f9/Mens-Health.aspx)

[Back to list of events](#)

# A Man's Guide to Heart Health



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Throughout Men's Health Week 2012

**Organised by:** The Irish Heart Foundation

## **Details:**

- The Men's Health Week theme of 'first instinct' prompts men to trust their first instinct and seek help and support. However, when it comes to health matters, men are much slower at going to their GP than women.
- During Men's Health Week, the Irish Heart Foundation is encouraging men to *'listen to your heart, not your head'* and to call 999 at the first sign of heart attack.
- The Irish Heart Foundation is also encouraging the nation's men to take positive steps to reduce their risk of heart attack by having their blood pressure and cholesterol checked.
- Workplaces are asked to promote Men's Health Week by having Irish Heart Foundation nurses conduct heart health checks for men, or organise Heart Health Awareness Days. These days can include blood pressure checks and weight measurement checks - including body mass index, waist circumference, and weight.

## **For more information contact:**

- **Marese Damery** (for Heart Health Awareness Days) at Tel: 01 6685001 / Email: [mdamery@irishheart.ie](mailto:mdamery@irishheart.ie)
- **Bryan Duncan** (to order copies of the Irish Heart Foundation's "A Man's Guide to Heart Health") at Tel: 01 668 5001 / Email: [bduncan@irishheart.ie](mailto:bduncan@irishheart.ie)
- Visit [www.irishheart.ie/media/pub/patient\\_booklets/booklet.pdf](http://www.irishheart.ie/media/pub/patient_booklets/booklet.pdf) to download a Portable Document Format (PDF) copy of "A Man's Guide to Heart Health".
- For more information on *'listen to your heart, not your head'* see [www.irishheart.ie](http://www.irishheart.ie)

[Back to list of events](#)

## Foyleside Men's Health Week



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Tuesday 12<sup>th</sup> June - Saturday 16<sup>th</sup> June 2012

**Time:** 10.00am - 5.00pm daily

**Venue:**

Foyleside Shopping Centre  
Orchard Street  
Derry / Londonderry BT48 6XY

**Organised by:** Men's Action Network

**Details:**

- Men's Action Network (MAN) is working in partnership with the Health Improvement Department within the WHSCT, to help men to find out more about their health and wellbeing.
- MAN will be hosting a week-long men's health event in Foyleside Shopping Centre (opposite the entrance to the Food Quarter).
- Each day, there will be information and displays on men's health and wellbeing, free health checks, and a chance to de-stress by engaging in some complementary therapies.
- Between 1.00pm and 3.00pm each day, men can have their BMI, blood pressure, sugar and cholesterol levels checked.
- From Noon - 1.00pm and 3.00pm - 4.00pm, there will be taster sessions of complementary therapies such as head massage or reflexology.
- This event is supported by Man Matters, funded by the Big Lottery.

**Entry Fee:** Free

**For more information contact:**

Men's Action Network (MAN)  
Tel: 02871 377777  
Email: [man\\_in\\_derry@yahoo.co.uk](mailto:man_in_derry@yahoo.co.uk)  
Website: [man-ni.org](http://man-ni.org)

[Back to list of events](#)

## Images of and Art by Men



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Monday 11<sup>th</sup> June - Saturday 16<sup>th</sup> June 2012.

**Time:**

- 10.30am - 5.30pm ... Monday, Wednesday, Friday and Saturday
- 9.30am - 9.00pm ... Tuesday and Thursday

**Venue:**

Gorey Library  
The Avenue  
Gorey  
Co. Wexford

**Organised by:** Men's Development Network

**Details:**

- To launch Men's Health Week 2012, Gorey Library (supported by the Men's Development Network) will host an exhibition of images and art produced by men's groups from Gorey, Ramsgrange, Wexford, Arklow and Lurgan.
- You are invited to attend the launch of this exhibition, which will take place in Gorey Library on Monday 11<sup>th</sup> June 2012 at 3.30pm.
- The exhibition will be officially opened by Cllr Angie Dooley, Cathaoirleach, Gorey Town Council.
- Everyone is welcome to the launch and to view the exhibition throughout the week.

**Entry Fee:** Free

**For more information contact:**

Hazel Percival, Librarian, Gorey Library at Tel: 053 9421481  
Lorcan Brennan, Men's Development Network at Tel: 086 3619884

[Back to list of events](#)

## Into the West (Western Health Trust Area)



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

The Western Health and Social Care Trust (WHSCT) Health Improvement Department is working with Men's Action Network and Man Matters to run a series of free Men's Health Week events throughout the Western Trust area. These include ...

### **Monday 11th June 2012**

- Seminar for practitioners on 'Putting Men's Health onto the Agenda', in Omagh, from 9.30am - 12.00pm ([www.mhfi.org/2012whsct1.pdf](http://www.mhfi.org/2012whsct1.pdf)).
- Health information session for male WHSCT staff in the Tyrone and Fermanagh Hospital, Omagh, from 2.00pm - 4.30pm ([www.mhfi.org/2012whsct3.pdf](http://www.mhfi.org/2012whsct3.pdf)).

### **Tuesday 12<sup>th</sup> June 2012**

Drop-in health information session for male WHSCT staff in the Education Room, Erne Hospital, Enniskillen, from 10.30am - 3.30pm ([www.mhfi.org/2012whsct3.pdf](http://www.mhfi.org/2012whsct3.pdf)).

### **Thursday 14<sup>th</sup> June 2012**

- Men's health screening in St. Columb's Park House, Derry / Londonderry, from 10.30am - 4.30pm.
- Mental Health First Aid Training, Verbal Arts Centre, Derry / Londonderry, from 10.00am - 4.30pm.

### **Friday 15<sup>th</sup> June 2012**

Men's health event focusing on 'Care for Cancer', in Omagh, from 10.00am - Noon.

### **Tuesday 12th June - Saturday 16th June 2012**

Men's Action Network will be running daily men's health checks (1.00pm - 3.00pm) and complementary therapies (Noon - 1.00pm, and 3.00pm - 4.00pm) in Foyleside Shopping Centre, Derry / Londonderry.

### **Saturday 16th June 2012**

- Men's Action Network will be visiting local bars in Derry / Londonderry offering blood pressure and cholesterol checks from 2.00pm - 4.00pm.
- Dads' Day in LAST Sure Start, Family Centre, Omagh, from 11.00am - 1.00pm.

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

WHSCT Health Improvement Department on Tel: 02871 865127

Men's Action Network on Tel: 02871 377777

Visit: [www.mhfi.org/2012whsct2.pdf](http://www.mhfi.org/2012whsct2.pdf)

[Back to list of events](#)

## Men's Health Week Exercise Promotion



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Monday 11<sup>th</sup> June - Sunday 17<sup>th</sup> June 2012

**Time:** 6.00pm

**Venue:**

Clonlara Community Sports Centre  
Clonlara  
Co. Clare

**Organised by:** Clonlara Community Sports Centre

**Details:**

- Discounts, offers and promotions in place all week.
- Send your email address to [clonlarsportscentre@gmail.com](mailto:clonlarsportscentre@gmail.com) to get on the contact list for more details and updates.
- Offers include: €2.00 per gym session with qualified fitness instructor all week.

**Entry Fee:** From free to €2.00

**For more information contact:**

Eileen Gleeson  
Tel: 061 354977  
Email: [clonlarsportscentre@gmail.com](mailto:clonlarsportscentre@gmail.com)

[Back to list of events](#)

# Niche Community Health Project's Men's Health Week



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Thursday 7<sup>th</sup> June - Thursday 14<sup>th</sup> June 2012

**Venue:**

Community Building  
Foyle Avenue  
Knocknaheeny  
Cork

**Organised by:** Niche Community Health Project

**Details:**

- Thursday 7<sup>th</sup> June 2012: Skin Cancer information session in Niche at 6.30pm.
- Friday 8<sup>th</sup> June 2012: Health Checks in Supervalu, Hollyhill, 10.00am - 1.00pm and 2.00pm - 5.00pm.
- Monday 11<sup>th</sup> June 2012: Gym Induction in LeisureWorld at 10.00am; information about local Community Garden / tour of the garden from 12.00pm - 3.00pm (behind Discount Fuels on Harbourview Road).
- Tuesday 12<sup>th</sup> June 2012: Drop-in massage sessions in Niche (10.00am - 12.30pm); Urgent Care Centre information session in Niche (Noon); Open Art Studio in Niche (6.30pm - 8.30pm).
- Wednesday 13<sup>th</sup> June 2012: Wood Workshop in Niche (11.00am - 1.00pm); Gardening Workshop in Community Garden (2.00pm - 5.00pm); Drop-in massage session in Niche (6.00pm - 8.30pm).
- Thursday 14<sup>th</sup> June 2012: Adventure Challenges in the Glen (4.00pm - 6.00pm); Ireland vs. Spain Euro 2012 match shown in Niche at 7.00pm.

**Entry Fee:** Free

**For more information contact:**

Paula or Tracie  
Tel: 021 4300135  
Email: [info@nicheonline.ie](mailto:info@nicheonline.ie)  
Website: [www.nicheonline.ie](http://www.nicheonline.ie)

[Back to list of events](#)

## West Limerick Primary Health Care Project for Travellers - Men's Health Initiative 2012



**MEN'S HEALTH WEEK**  
MONDAY 11 - SUNDAY 17 JUNE 2012

**Date:** Throughout Men's Health Week 2012

**Venue:** Across the West Limerick region

**Organised by:** West Limerick Primary Health Care Project for Travellers

### **Details:**

- Thirty-five men from the Traveller community, aged sixteen years and upwards, have received health information packs which include a four-visit pass to the local gym and pool in Askeaton. This has been done in partnership with the County Limerick Local Sports Partnership.
- During Men's Health Week, Community Health Workers from the project will be going door-to-door to meet adult Traveller men in Abbeyfeale, County Limerick. Each man will receive a health information pack, with information on issues such as mental health, diabetes, cancer and heart health.
- The pack also contains a measuring tape to encourage men to think about their waist size, and an entry form for a draw to win one of six prizes of men's pamper packs and vouchers.
- Seventy posters have been put up in public spaces across West Limerick to raise awareness about Men's Health Week and its key message.

**Entry Fee:** Free

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

Mo Foley

Tel: 069 61316

Email: [phcp@wlr.ie](mailto:phcp@wlr.ie)

Website: [www.wlr.ie/primary-health-care-project](http://www.wlr.ie/primary-health-care-project)

[Back to list of events](#)

## YouthAction Northern Ireland: Young Men Talking



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

A celebration of Men's Health Week organised by the Work with Young Men Unit within YouthAction Northern Ireland.

Events and activities include ...

### **East Belfast and South Armagh Publicity Campaigns**

To be launched during Men's Health Week 2012

**'Young Men Talking'** - Talking, Learning, Fishing  
Ashfield Boys' High School Young Men's Group on Monday 11<sup>th</sup> June 2012

**'Young Men Talking'** - Euro Party  
Young men's groups talking health and football, on Monday 11<sup>th</sup> and  
Thursday 14<sup>th</sup> June at 7.00pm, in East Belfast

### **Young Men's Forum**

Are holding a residential which will focus upon 'Young Men Talking Health'  
from Friday 15<sup>th</sup> June - Saturday 16<sup>th</sup> June 2012

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

Michael McKenna  
Tel: 02837 511624  
Email: [michael@youthaction.org](mailto:michael@youthaction.org)  
Website: [www.youthaction.org](http://www.youthaction.org)

[Back to list of events](#)

## Men's Feel Good Morning



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Monday 11<sup>th</sup> June 2012

**Time:** 10.00am - 12.30pm

**Venue:**

Beechview Beacon Centre  
12 Ballygawley Road  
Dungannon  
Co. Tyrone BT70 1EL

**Organised by:** 'Closing the Gap' and funded by the Public Health Agency

**Details:**

- To launch Men's Health Week within the Dungannon and South Tyrone Council area, a 'Men's Feel Good Morning' health event will be held.
- All men are welcome to attend.
- Men will have the opportunity to learn more about health and lifestyle issues which affect their health, participate in healthy games, sample fruit smoothies, and benefit from some physical activity.
- Attendees can avail of health checks including blood pressure, body mass index, lung age, carbon monoxide, and waist measurement.
- Everyone who attends will be given a men's health information pack, and advice on local services available to help improve their health and wellbeing.

**Entry Fee:** Free

**For more information contact:**

Environmental Health on Tel: 02887 720366

[Back to list of events](#)

## Putting Men's Health on the Agenda



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Monday 11<sup>th</sup> June 2012

**Time:** 9.30am - Noon

**Venue:**

Silver Birch Hotel  
5 Gortin Road  
Omagh  
Co. Tyrone

**Organised by:** The Western Health and Social Care Trust Health Improvement Department in partnership with Men's Action Network.

**Details:**

- To launch Men's Health Week 2012 in the Western area of Northern Ireland, you are invited to a men's health workshop with Dr Ian Banks.
- Ian is a GP, spokesman on men's health issues for the British Medical Association (BMA), an accomplished author on men's health issues, and President of the European Men's Health Forum.
- This event will raise the profile of men's health issues in the Western Trust area; highlight key facts and statistics on men's health; explore 'what works' with men; offer an opportunity to comment on men's health issues in the west.

**Entry Fee:** Free

**For more information contact:**

Health Improvement Department  
Tel: 02871 865127  
Email: [health.improvement@westerntrust.hscni.net](mailto:health.improvement@westerntrust.hscni.net)  
Website: [www.mhfi.org/2012whsct1.pdf](http://www.mhfi.org/2012whsct1.pdf)

[Back to list of events](#)

## ManAlive! Conference: 'First Instinct - Find Out'



**MEN'S HEALTH WEEK**  
MONDAY 11 - SUNDAY 17 JUNE 2012

**Date:** Tuesday 12<sup>th</sup> June 2012

**Time:** 9.45am - 4.00pm

**Venue:**

North South Ministerial Council - Joint Secretariat  
58 Upper English Street  
Armagh  
Co. Armagh

**Organised by:** ManAlive! project (within Cancer Focus Northern Ireland) in association with the Southern Health and Social Care Trust Men's Health Network.

**Details:**

The ManAlive Conference will mark Men's Health Week 2012 by ...

- Showcasing male health activity.
- Sharing best practice locally and further afield.
- Highlighting the impact of sport and physical activity on health.
- Raising awareness of a holistic approach to health and the impact of emotional wellbeing on physical health and healing.
- Providing a networking and information exchange opportunity for individuals and organisations interested in men's health.

**Entry Fee:** Free

**For more information contact:**

Kirsty Thompson  
Tel: 02890 680771  
Email: [kirstythompson@ulstercancer.org](mailto:kirstythompson@ulstercancer.org)  
Website: [www.manalive.co](http://www.manalive.co)

[Back to list of events](#)

# Men's Health Fair



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Tuesday 12<sup>th</sup> June 2012

**Time:** 6.00pm - 9.00pm

**Venue:**

Newgrange Hotel  
Navan  
Co. Meath

**Organised by:** Amen Support Services Ltd

**Details:**

- An information evening for men on health, mental health, employment and other related topics.
- Keynote Speech by Dr. Melissa Corbally, Lecturer in Nursing, Dublin City University.
- National and local agencies presenting information on a broad range of health and well-being issues.
- Free blood pressure checks in conjunction with the Irish Heart Foundation.

**Entry Fee:** Free

**For more information contact:**

Kate  
Tel: 046 9023718  
Email: [info@amen.ie](mailto:info@amen.ie)  
Website: [www.amen.ie](http://www.amen.ie)

[Back to list of events](#)

# Belfast City Hall Men's Health Event



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Wednesday 13<sup>th</sup> June 2012

**Time:** 11.00am - 2.00pm

**Venue:**

Great Hall  
Belfast City Hall  
Donegall Square  
Belfast BT1 5GS

**Organised by:** Belfast Health and Social Care Trust Men's Health Network

**Details:**

- Address by Dr Cormac Lynch.
- Input from local comedian Tim McGarry.
- Information stands, complementary therapies and health checks.
- Tour of Belfast City Hall.

**Entry Fee:** Free

**For more information contact:**

Bryan Irwin  
Tel: 02890 351999  
Email: [bryan@cancerlifeline.info](mailto:bryan@cancerlifeline.info)

[Back to list of events](#)

## Bonds Hill Open Day



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Wednesday 13<sup>th</sup> June 2012

**Time:** 9.00am - 5.00pm

**Venue:**

Simon Community  
12 Bonds Hill  
Derry / Londonderry BT47 6DW

**Organised by:** Simon Community Northern Ireland

**Details:**

- The Simon Community at Bonds Hill is holding an Open Day to celebrate moving back to their newly refurbished building.
- Everyone is welcome to attend.
- To mark Men's Health Week 2012, health checks and alternative therapies will be offered to visitors.
- Refreshments and a barbeque will also be available throughout the day.

**Entry Fee:** Free

**For more information contact:**

Geraldine Wills  
Email: [geraldinewills@simoncommunity.org](mailto:geraldinewills@simoncommunity.org)  
Website: [www.simoncommunity.org](http://www.simoncommunity.org)

[Back to list of events](#)

# Men's MOT and Annual Health Check



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Wednesday 13<sup>th</sup> June 2012

**Time:** 10.00am - 4.00pm

**Venue:**

Waves Leisure Complex  
22 Robert Street  
Lurgan  
Co. Armagh BT66 8BE

**Organised by:** Young at Heart Men's Club in Lurgan

**Details:**

- Calling all men ... it's your health!
- Free health checks by local pharmacists
- Diabetes screening
- Free 10-15 minute alternative therapy
- Alcohol and smoking cessation advice
- Cancer Focus NI in attendance
- Open Day for Young at Heart Men's Club Lurgan, with free swim for non-members
- Open to all men - no age limits

**Entry Fee:** Free

**For more information contact:**

Paul Gibney  
Tel: 0778 3881196 or 02838 344987  
Email: [pol.gibney@btinternet.com](mailto:pol.gibney@btinternet.com)

[Back to list of events](#)

## 'Get Men Talking': Marie Keating Foundation Cancer Awareness Day for Men



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Thursday 14<sup>th</sup> June 2012

**Time:** 10.30am - 4.00pm

**Venue:**

Áras Inis Gluaire  
Civic Centre  
Belmullet  
Co. Mayo

**Organised by:** Men's Community Initiative within Áras Inis Gluaire

**Details:**

- A mobile information unit, with a nurse from the Marie Keating Foundation, will offer free advice and information packs on all male-related cancers, including prostate, bowel and testicular cancer.
- Local GP, Dr Keith Swanick, will host a talk to raise awareness of these cancers.
- Advice on healthy living / diet will also be available, as well as information on the Men's Community Initiative's upcoming programme of activities.

**Entry Fee:** Free

**For more information contact:**

Lorraine Wilson

Tel: 097 81079

Email: [l.wilson@arasinisgluaire.ie](mailto:l.wilson@arasinisgluaire.ie)

Website: [www.arasinisgluaire.ie](http://www.arasinisgluaire.ie) and [www.mariekeating.ie](http://www.mariekeating.ie)

[Back to list of events](#)

# Managing the Performance, Safety and Health Risks of Employee Drug and Alcohol Use



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Thursday 14<sup>th</sup> June 2012

**Time:** 8.30am - 5.00pm

**Venue:**

The Heritage Hotel  
Portlaoise  
Co. Laois

**Organised by:** The EAP Institute

**Details:**

This seminar will outline a comprehensive approach - including updating of safety statements and all behavioural risks - to the development of a drug and alcohol policy and procedures in the workplace. This will include drug and alcohol testing, and steps to advise employees of obligations under the 2005 Act.

**Entry Fee:** €295.00

**For more information contact:**

Anita Furlong  
Tel: 051 855 733  
Email: [anita@eapinstitute.com](mailto:anita@eapinstitute.com)

[Back to list of events](#)

## Traveller Men's Health Matters



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Thursday 14<sup>th</sup> June 2012

**Time:** 11.00am

**Venue:**

Lees Road Sports and Amenity Park  
Lees Road  
Ennis  
Co. Clare

**Organised by:** Ennis Community Development Project and the Health Service Executive West

**Details:**

- Six-a-side soccer tournament for Traveller men.
- A celebration of Men's Health Week 2012.
- Register in advance or on the day.
- Refreshments afterwards.
- Opportunities to talk about health matters.

**Entry Fee:** Free

**For more information:**

Tel: 085 8022288

[Back to list of events](#)

## Challenges Engaging with Young Men



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Friday 15<sup>th</sup> June 2012

**Time:** 9.30am - 1.00pm

**Venue:**

YouthAction Northern Ireland  
14 College Square North  
Belfast BT1 6AS

**Organised by:** The Belfast Health and Social Care Trust's Men's Health Community of Interest Group

**Details:**

- This a workshop to mark Men's Health Week 2012.
- It will be facilitated by Ken Harland (University of Ulster), Michael McKenna (YouthAction NI) and Jonny Ashe (YouthAction NI).
- The workshop will address some of the challenges which face workers who are trying to engage with young men.

**Entry Fee:** Free

**For more information contact:**

Denise  
Tel: 02890 240551  
Email: [denise@youthaction.org](mailto:denise@youthaction.org)  
Website: [www.youthaction.org](http://www.youthaction.org)

[Back to list of events](#)

## Family Resource Centre Claremorris: Men's Group - Health and Fitness Awareness



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Friday 15<sup>th</sup> June 2012

**Time:** 11.00am - 7.00pm

**Venue:**

The Square  
Claremorris  
Co. Mayo

**Organised by:** Claremorris Family Resource Centre - Men's Group

**Details:**

- Fitness test involving a bleep test and a walking test
- Cholesterol testing
- BMI testing
- Cancer awareness mobile unit with nurse
- Chiropodist
- Health food stand
- Sports partnership stand
- Connacht Gold stand
- Friendly chat and a cuppa area
- Information area ...

**Entry Fee:** Donation

**For more information contact:**

John Fallon, Chairman, FRC Men's Group  
Tel: 087 2748425  
Email: [fallonj14@yahoo.com](mailto:fallonj14@yahoo.com)

[Back to list of events](#)

## Fit Squad Bootcamp



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Friday 15<sup>th</sup> June 2012

**Time:** 1.00pm - 2.00pm

**Venue:**

Herbert Park  
Ballsbridge  
Dublin 4

**Organised by:** Irish Rugby Football Union (IRFU)

**Details:** Fitness Training Bootcamp

**Entry Fee:** Free - covered by IRFU

**For more information contact:**

Eoin Hogan  
Tel: 086 8055212  
Email: [eoin.hogan@irfu.ie](mailto:eoin.hogan@irfu.ie)  
Website: [www.irfu.ie](http://www.irfu.ie)

[Back to list of events](#)

## Just Carry One



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Friday 15<sup>th</sup> June 2012

**Time:** 10.00am

**Venue:**

Oak Room  
Mansion House  
Dawson Street  
Dublin 2

**Organised by:** Dublin Aids Alliance

**Details:**

- Dublin Aids Alliance is launching 'Just Carry One' - a new social media campaign promoting sexual awareness and safer sex among young people in Ireland.
- The campaign will be launched by Minister Róisín Shortall TD, Minister of State, Department of Health with responsibility for Primary Care.
- The guest speaker will be John Buckley, Youth Engagement Officer with Spunout.ie

**Entry Fee:** Free, but this is an invitation-only event.

**For more information contact:**

Tel: 01 8733799

Email: [info@dublinaidalliance.ie](mailto:info@dublinaidalliance.ie)

Website: [www.dublinaidalliance.ie](http://www.dublinaidalliance.ie)

[Back to list of events](#)

## Website Design Workshop for Men's Groups



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Friday 15<sup>th</sup> June and Friday 22<sup>nd</sup> June 2012

**Time:** 10.00am - 4.00pm each day

**Venue:**

Workers' Educational Association (WEA)  
3 Fitzwilliam Street  
Belfast BT9 6AW

**Organised by:** The Man Matters project

**Details:**

- Do you work with men? Would you like to develop a website for your men's group / Men's Shed, or to advertise your support services for men? If 'Yes', then this free training workshop which will teach you how to design and create your own website.
- Participants on this course will be introduced to Joomla web design software, and will learn all the basics needed to create their own site.
- This workshop lasts for two full days.
- Lunch / refreshments will be provided.

**Entry Fee:** Free

**For more information contact:**

Michael Glover  
Tel: 02890 329718  
Website: [www.wea-ni.com/seminar](http://www.wea-ni.com/seminar)

[Back to list of events](#)

## 25 Years of IVF Treatment at the Regional Fertility Centre: 1987 - 2012



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Saturday 16<sup>th</sup> June 2012

**Time:** Noon

**Venue:**

Parliament Buildings  
Stormont  
Belfast BT4 3XX

**Organised by:** Regional Fertility Centre and Infertility Network UK

**Details:**

- This is a special celebration to mark twenty-five years of IVF treatment at the Regional Fertility Centre in Northern Ireland.
- It is open to couples affected by fertility issues, children / young adults born through fertility treatment, and professionals in the field of fertility.

**Entry Fee:** Free

**For more information:**

To book a place or find out more, Tel: 0800 008 7464

[Back to list of events](#)

# Bike Week 2012



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Saturday 16<sup>th</sup> June - Sunday 24<sup>th</sup> June 2012

**Venue:** There are events all over the country, organised by local authorities, community groups, charities and cycling groups.

## **Details:**

- Cycling is a fun, healthy, safe, environmentally-friendly, and low cost way to make shorter journeys.
- Nearly everyone has cycled at some stage - but many lose the habit.
- Bike Week is the opportunity for people to get back on the saddle - for commuting, or for recreation, or just for the sheer joy of it!
- It's a great way for men (on their own or in groups) to get out-and-about more and improve their fitness.

## **For more information:**

Visit: [www.bikeweek.ie](http://www.bikeweek.ie)

Visit: [www.nidirect.gov.uk/index/information-and-services/travel-transport-and-roads/travelwiseni/travelwise-cycling/bike-week-2012-16-24-june.htm](http://www.nidirect.gov.uk/index/information-and-services/travel-transport-and-roads/travelwiseni/travelwise-cycling/bike-week-2012-16-24-june.htm)

[Back to list of events](#)

# HEparkruns!



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Saturday 16<sup>th</sup> June 2012

**Time:** 9.30am

**Venue:**

Ecos Park  
Broughshane Road  
Ballymena  
Co. Antrim BT43 7QA

**Organised by:** Ecos parkrun

**Details:**

- Ecos parkrun is a free, 5km, timed run, held every week throughout the year in the natural setting of Ecos Park in Ballymena.
- It is for all ages and abilities, and provides a physical challenge and motivation for people to exercise on a regular basis in a social setting.
- Refreshments are provided afterwards to encourage people to stay and share their experiences. A healthy selection will be provided this week!
- For Men's Health Week, we are asking our existing 375 registered parkrunners to encourage their male friends, colleagues and relatives to try out parkrun.
- We will have an all-women team of volunteers - so that the guys have no excuse not to run!
- There is a simple, once only, online registration on our webpage at: [www.parkrun.org.uk/ecos](http://www.parkrun.org.uk/ecos) This allows you to see your results and to track your progress from week to week.

**Entry Fee:** Free

**For more information contact:**

Susanna Allen  
Tel: 0781 0480285  
Email: [ecosoffice@parkrun.com](mailto:ecosoffice@parkrun.com)  
Website: [www.parkrun.org.uk/ecos](http://www.parkrun.org.uk/ecos)

[Back to list of events](#)

## Letterkenny Men's Health Day



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Saturday 16<sup>th</sup> June 2012

**Time:** 1.00pm - 5.00pm

**Venue:**

Regional Culture Centre  
Cove Hill  
Port Road  
Letterkenny  
Co. Donegal

**Details:** More information will follow soon.

**Entry Fee:** Free

**For more information contact:**

Cathal Monaghan  
Email: [cjimonaghan@hotmail.com](mailto:cjimonaghan@hotmail.com)

[Back to list of events](#)

## Sure Start United



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Saturday 16<sup>th</sup> June 2012

**Time:** 11.00am - 3.00pm

**Venue:**

City LIFE Centre  
143 Northumberland Street  
Belfast BT13 2JF

**Organised by:** Sure Start projects throughout Northern Ireland, supported by the Man Matters project

**Details:**

- An event for the whole family to mark Men's Health Week 2012 and Father's Day.
- There will be: health checks, a football tournament for fathers, complementary therapies, and loads of activities for the kids.

**Entry Fee:** Free

**Contact details for more information:**

Keith McAdam  
Tel: 02838 337455  
Email: [keith.mcadam@southerntrust.hscni.net](mailto:keith.mcadam@southerntrust.hscni.net)

[Back to list of events](#)

## Family Cycle and Picnic



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Sunday 17<sup>th</sup> June 2012

**Time:** 10.30am

**Venue:** Meet at Centra Shop, Baile an Choiste, Headford Road, Galway City

**Organised by:** HSE Health Promotion Department and Conservation Volunteers Terryland Forest Park

### Details:

- This is a bicycle tour which will take participants along the entire length of the Terryland Forest Park. It is open to everyone.
- Cycling through forgotten botharíns, past farmlands and along forest trails, participants will enjoy an area rich in natural and social heritage.
- This fascinating tour of hidden Galway will take in the ruins of medieval castles, rustic spring wells, abandoned farms, lost villages, dykes, Famine relief works, the sites of ancient battles and Victorian railways.
- Stops along the journey will include a visit to the thriving Ballinfoile Mór Community Organic Garden (to view the orchards, vegetable beds, and rockeries being developed by local residents), and the Cumann na bhFear workshop (Men's Shed) - where visitors can see the anvil, hammers and tongs of a blacksmith's forge in action.
- The tour will culminate with a mass picnic in the oak grove of a 12 year old community-planted woodland, located at the Quincentennial Bridge entrance of the Terryland Forest Park - where traditional rural games, face-painters and musicians will entertain the attendees.
- Participants should bring along their own bicycles and food.

**Entry Fee:** Free

### Contact details for more information:

Paul Gillen

Tel: 091 548323

Email: [paul.gillen@hse.ie](mailto:paul.gillen@hse.ie)

[Back to list of events](#)

## Employee Health and Well-Being



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Thursday 28<sup>th</sup> June 2012

**Time:** 8.30am - 5.00pm

**Venue:**

The Large Room  
City Hall  
Viking Quarter  
Waterford  
Co. Waterford

**Organised by:** The EAP Institute

**Details:**

The Workplace Health and Wellbeing Strategy, published by the Irish Health and Safety Authority (HSA) in May 2008, includes a list of illnesses which must be addressed to improve the overall health of the Irish working age population. Included in the list are: musculoskeletal disorders, mental health, noise, vibration, dermatitis, asthma and cancer. The strategy highlights specific action on issues such as stress, bullying, mental health and workplace intoxicants (defined as drugs and alcohol). The HSA strategy proposes a 'Model for Action' built on the principles of prevention, health promotion and rehabilitation in the workplace. This event will target health and safety professionals in order to further these goals.

**Entry Fee:** €295.00

**For more information contact:**

Anita Furlong  
Tel: 051 855 733  
Email: [anita@eapinstitute.com](mailto:anita@eapinstitute.com)

[Back to list of events](#)

## From Shift Work to Shifting the Pounds - The Value of a Healthy Workforce



**MEN'S HEALTH WEEK**  
MONDAY 11 - SUNDAY 17 JUNE 2012

**Date:** Tuesday 19<sup>th</sup> June 2012

**Time:** 10.15am - 1.30pm

**Venue:**

Riddel Hall  
Queen's University Belfast  
185 Stranmillis Road  
Belfast BT9 5EE

**Organised by:** The all-island Obesity Action Forum supported by Safefood, the Chartered Society of Physiotherapy Northern Ireland, and the Irish Society of Chartered Physiotherapists

**Details:**

- This workshop will highlight the importance of a healthy workforce, while examining the key challenges and issues involved in achieving this - with a particular focus on shift workers.
- Guest speakers include Professor Tom Cox (Institute of Work, Health and Organisations, University of Nottingham) and Dr Phil Tucker (Department of Psychology, University of Swansea).
- The event will also explore the challenges in implementing a workplace programme, and will showcase successful initiatives from across the island of Ireland.

**Entry Fee:** Free

**For more information:**

Tel: Helpline NI at 0800 085 1683 or Helpline ROI at 1850 40 4567  
Email: [events@safefood.eu](mailto:events@safefood.eu)  
Website: [www.safefood.eu/events](http://www.safefood.eu/events)

[Back to list of events](#)

## Get on your Bike!



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Tuesday 19<sup>th</sup> June 2012

**Time:** 6.45pm - 8.00pm

**Venue:** Start at Sainsbury's car park, Derry / Londonderry

**Details:**

- To link with Bike Week, this is a fun cycle for WHSCT staff, clients, patients, friends and family. All ages are welcome.
- Meet at 6.45pm in Sainsbury's car park, beside the quay.
- Cycle across the 'Peace Bridge' and around St. Columb's Park at your own pace.
- Return, to celebrate, with free refreshments at 'The Coffee House' on Atlantic Quay at 8.00pm.
- Bring your bike, a cycle helmet, suitable footwear / clothing.

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**Date:** Wednesday 20<sup>th</sup> June 2012

**Time:** Noon - 1.00pm / 1.00pm - 2.00pm

**Venue:** Reception at the main Tyrone and Fermanagh Hospital building.

**Details:**

- Free cycle instruction to help you get started with cycling to work and using the growing network of local cycling paths.
- Bring your bike, a cycle helmet, suitable footwear / clothing.
- National Standard Level 1 Basic Cycle Training from Noon - 1.00pm.
- National Standard Level 2 Cycling on the Road from 1.00pm - 2.00pm.

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**Entry Fee:** Free

**Organised by:** Western Health and Social Care Trust Health Improvement Department

**For more information contact:**

Lesley Finlay, Health Improvement Department

Tel: 02871 865127

Email: [lesley.finlay@westerntrust.hscni.net](mailto:lesley.finlay@westerntrust.hscni.net)

[Back to list of events](#)

## Kick Fitness and Boot Camp



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Every Tuesday

**Time:** 9.00pm

**Venue:**

Bandon Family Support Group  
47 Deerpark  
Bandon  
Co. Cork

**Organised by:** Bandon Family Support Group

**Details:**

- Our Kick Fit class entails general fitness, stretches, jogging on the spot, and the use of punch bags and pad workouts.
- Our Boot Camp is a more physically demanding course. It involves: obstacle courses, miniature hurdles, scramble nets, tunnel crawling, crunches and much more demanding workouts.

**Entry Fee:** €12.00 per calendar month

**For more information contact:**

Bernard Murphy  
Tel: 023 8842743  
Email: [bandonfsg@gmail.com](mailto:bandonfsg@gmail.com)

[Back to list of events](#)

# The Mojo Project



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Twelve week programme starting in July 2012

**Time:** Two mornings per week

**Venue:** Tallaght, Dublin

**Organised by:** Dodder Valley Partnership

**Details:**

The Target group are men who are ...

- Directly affected by the recession and/or unemployment which has increased their risk to distress
- 25 years or older
- Living in Tallaght
- Motivated to change
- Able to participate in a 12 week programme, 2 mornings per week, starting in July 2012.

**Entry Fee:** Free.

Participation in this programme will not affect your social welfare benefits.

**For more information contact:**

Tel: Derek McDonnell on 01 4664224 or Des Moran on 01 4664205

Email: [derek.mcdonnell@doddervalley.ie](mailto:derek.mcdonnell@doddervalley.ie)

Website: [www.doddervalley.ie](http://www.doddervalley.ie)

[Back to list of events](#)

# Twelve Week Men's Health and Fitness Course



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Monday 2<sup>nd</sup> July 2012

**Time:** 10.00am - 12.00pm on Monday and Thursday mornings

**Venue:** Central Bray, Co. Wicklow

**Organised by:** Bray Area Partnership

## **Details:**

- This is a free 12-week health and fitness course for unemployed men living in the greater-Bray area.
- It will be run by a personal fitness trainer, and will have an emphasis on personal improvement and enjoyment.
- Test your current fitness - improve your cardiovascular fitness, strength and flexibility - learn to distinguish between fact and fiction about fitness - find out about diet and how it can affect exercise performance - final fitness test - fitness plan looking to the future.
- You must contact the organiser to register and book your place.

**Entry Fee:** Free

## **For more information contact:**

Lorna Lafferty

Tel: 01 2868266

Email: [lorna@brayareapartnership.ie](mailto:lorna@brayareapartnership.ie)

Website: [www.brayareapartnership.ie](http://www.brayareapartnership.ie)

[Back to list of events](#)

# University of Ulster Men's Health Checks



**MEN'S HEALTH WEEK**  
**MONDAY 11 - SUNDAY 17 JUNE 2012**

**Date:** Wednesday 20<sup>th</sup> June (at Coleraine, Co. Derry / Londonderry campus) and Thursday 21<sup>st</sup> June 2012 (at Jordanstown, Co. Antrim campus)

**Time:** 9.30am - 4.00pm on both days

**Venue:** The 'Man Van' will be located in the car park at each venue, and there will be an information stand on the Mall / Diamond in each campus

**Organised by:** School of Nursing in the University of Ulster in partnership with Cancer Focus NI's ManAlive project

## Details:

- Health checks will be carried out in the ManAlive 'Man Van' which will be parked in the main car park of each campus.
- The Man Van will act as a venue for health checks and one-to-one health awareness sessions for men.
- This service will target all male staff in the University.
- Members of staff from the School of Nursing in the University will have an information stand on the Mall which will offer a range of health information and advice leaflets, as well as a signposting service.
- ManAlive water bottles will be given out along with advice on healthy hydration.

**Entry Fee:** Free

## For more information contact:

Professor Eilis McCaughan

Tel: 02870 324091

Email: [em.mccaughan@ulster.ac.uk](mailto:em.mccaughan@ulster.ac.uk)

[Back to list of events](#)