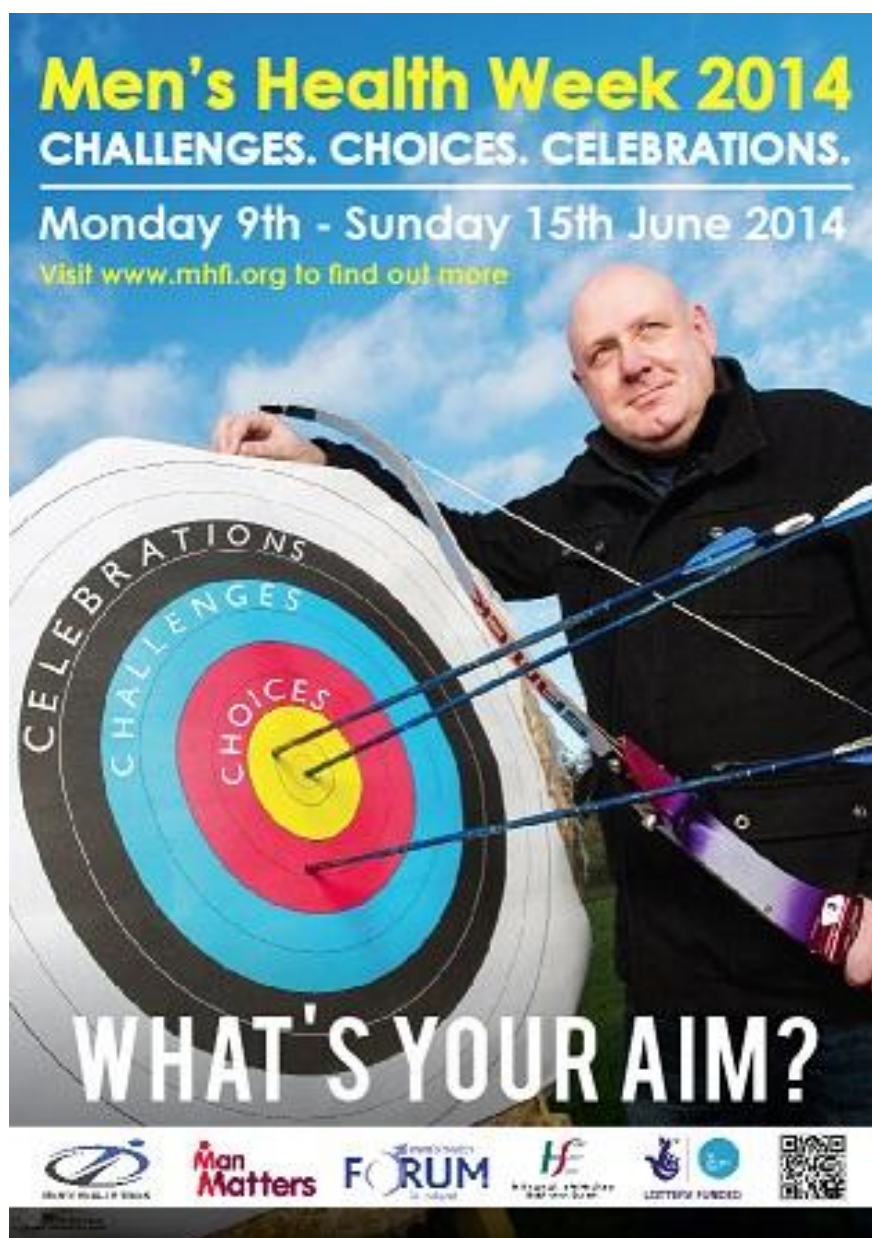



Men's Health Week 2014



Men's Health Week 2014
CHALLENGES. CHOICES. CELEBRATIONS.
Monday 9th - Sunday 15th June 2014
Visit www.mhfi.org to find out more

CELEBRATIONS
CHALLENGES
CHOICES

WHAT'S YOUR AIM?



Events and activities taking place on the island of Ireland

Men's Health Week 2014

- What's Happening Across Ireland?

[Men's Health Week \(MHW\) 2014](#) will run from Monday 9th June until Sunday 15th June 2014. The focus in Ireland this year will be upon: '*Challenges, Choices and Celebrations - What's Your Aim?*'

There is clear evidence that local men experience a disproportionate burden of ill-health and die too young.

- Men on the island of Ireland die, on average, almost four and a half years younger than women do.
- Males have higher death rates than women for all of the leading causes of death and at all ages.
- Poor lifestyles are responsible for a high proportion of chronic diseases.
- Late presentation to health services leads to a large number of problems becoming untreatable ...

This high level of premature mortality amongst men in Ireland has far-reaching repercussions - well beyond the life satisfaction of men themselves. It affects not only industry and commerce, but also impacts upon the social and financial positions of families. However, this is not a lost cause.

While the evidence clearly shows that there are many CHALLENGES to be faced when seeking to improve the health of men, it also highlights that men's health can be improved in many significant ways - if we make the right CHOICES. Men, themselves, have a key role to play in this process, but they require support, encouragement and opportunities to succeed. Men's Health Week this year asks everyone: 'WHAT'S YOUR AIM?' and invites them to CELEBRATE the important contributions that males make to our society.

The [Men's Health Forum in Ireland](#) (MHFI) wishes to document at least some of the events and activities which will be taking place throughout the island of Ireland to mark MHW 2014. There are three ways to submit details of events:

1. Use the online form at: www.mhfi.org/mhw/promote-an-event.html or ...
2. Download and save a copy of the MS [Word Registration Form](#), type in your details, and email it back or ...
3. Print off a copy of the [Portable Document Format \(PDF\) Registration Form](#), handwrite your details, and post it back.

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

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

Just before (and, sometimes, during) Men's Health Week ...

['Challenges and Choices' Men's Health Manual](#) [All-Island]

[Beat the Odds - Free Men's Health MOTs](#) [Across Northern Ireland]

[Celebrating Men as Fathers](#) [Dublin]

[Into the West](#) [Counties Galway, Mayo and Roscommon]

[Health and Well-Being Week](#) [Dublin]

[Man Alive Conference 2014](#) [Antrim, Co. Antrim]

[Men's Health Champion Training](#) [Belfast]

[Vintage Weekend Health Checks](#) [Moville, Co. Donegal]

[12th Annual Gay Health Forum](#) [Dublin]

Throughout Men's Health Week ...

[Balbriggan Men's Health Events](#) [Balbriggan, Co. Dublin]

Monday 9th June 2014 ...

[Launch of Factsheet on Older Men in Northern Ireland](#) [Northern Ireland]

[Launch of Global Action on Men's Health](#) [International]

[Men's Health Information Point](#) [Hospital, Co. Limerick]

[RTE Nationwide Feature on Men's Health in Ireland](#) [All-Island]

Tuesday 10th June 2014 ...

[Beat the Odds Clinic](#) [North Belfast]

[Engage: Men's Health Training](#) [Armagh City]

[Get Set to Go - Employability Skills Day for Young Men](#) [Co. Armagh]

[Get Set to Go - Employability Skills Day for Young Men](#) [Belfast]

[Healthy Cooking Class for Men](#) [Antrim, Co. Antrim]

[Keep Fit](#) [Enniskillen, Co Fermanagh]

[Men's Health Checks](#) [Drogheda, Co. Louth]

Wednesday 11th June 2014 ...

[Belfast City Hall Men's Health Event](#) [Belfast]

[Engage: Men's Health Training](#) [Castleblaney, Co. Monaghan]

[Just For Men](#) [Derry / Londonderry]

[Man Time: A Micro Festival of Men's Health](#) [Dublin]

[Raising Awareness in the West](#) [Co. Galway]

Thursday 12th June 2014 ...

[Cancer Focus Man Alive Van](#) [Armagh City]

[Coffee Morning for Traveller Men](#) [Askeaton and Abbeyfeale, Co. Limerick]

[Local Men Getting Fit and Healthy](#) [Derry / Londonderry]

[Mindfulness for Men](#) [Belfast]

[Smile for Oral Health](#) [Cork]

[Traveller Men's Health Event](#) [Eastern region of Republic of Ireland]

Friday 13th June 2014 ...

[Bowling Competition and Healthy Lunch](#) [Downpatrick, Co. Down]

[Engage: Men's Health Training](#) [Laytown, Co. Meath]

[The Recipe for Tackling Male Obesity](#) [All-Island]

Saturday 14th June 2014 ...

[Beat the Odds Clinic](#) [Culloville, Co. Armagh]

[Men of Ireland - The All Island Gathering](#) [Hill of Uisneach, Co. Westmeath]

[Men's Health Day in the Guild Hall](#) [Derry / Londonderry]

[Men's Health Event and Dragon Boat Race](#) [Antrim, Co. Antrim]

[Redeeming Fathers](#) [Cork City]

Sunday 15th June 2014 ...

None recorded - as yet!

Just after Men's Health Week 2014 ...

[Beat the Odds Clinic](#) [West Belfast]

[Introduction to Painting - for Beginners](#) [Carlow, Co. Carlow]

[Beat the Odds Clinic](#) [Ballyclare, Co. Antrim]

[Beat the Odds Clinic](#) [East Belfast]

[Beat the Odds Clinic](#) [South Belfast]

'Challenges and Choices' Men's Health Manual



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Official Launch = Thursday 29th May 2014

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

Details:

As the final countdown to Men's Health Week begins, the Men's Health Forum in Ireland is launching a new, free, 32 page Man Manual. This booklet (titled 'Challenges and Choices') poses a series of simple, practical challenges to men in an effort to radically improve their health.

The manual was written by internationally acclaimed men's health author Dr Ian Banks, President of the European Men's Health Forum. It is based upon the highly successful series of 'Haynes Manuals for Men' which have been developed by Dr Banks. These publications use the widely recognised Haynes Car Workshop Manual format (which many men are already familiar with) to promote health messages in a straightforward, step-by-step, humorous and commonsense way.

Evidence clearly shows that there are many challenges to be faced when seeking to improve men's health. However, it also highlights that men's health can be improved in significant ways - if the right choices are made. This manual provides the information and the tools to do this.

Production of the 'Challenges and Choices' manual has been funded by the Health Service Executive in the Republic of Ireland, and by the Man Matters Project (supported by the Big Lottery Fund) in Northern Ireland.

For more information contact:

Colin Fowler

Tel: 0751 9945261

Email: colin@mhfi.org

Website: www.mhfi.org/mhw/mhw-2014.html#Challenges

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Beat the Odds - Free Men's Health MOTs



Men's Health Week 2014

Monday 9th - Sunday 15th June 2014

Date: Thursday 5th June - Thursday 31st July 2014

Time: 10.00am - 7.00pm

Venue:

Action Cancer House
1 Marlborough Park
Belfast BT9 6XS

Organised by: Action Cancer

Details:

Book your MOT Health Checks! Action Cancer is offering 1,000 free health checks to men across Northern Ireland. These health checks do not diagnose cancer, but aim to increase awareness of your current health and the importance of early detection. Each appointment will last for 25 minutes, and will include up to four of the available six tests. The six health check options available are: cholesterol testing; glucose testing; blood pressure and pulse rate; lung function; body composition analysis; and facial skin scanner analysis. Book online at www.actioncancer.org or Tel: 02890 803344. Action Cancer will also be rolling out 'Men's Pop-Up Clinics' in different locations throughout Northern Ireland.

Entry Fee: Free

For more information contact:

Malachy Nixon
Tel: 02890 803344
Email: info@actioncancer.org
Website: www.actioncancer.org

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Celebrating Men as Fathers



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Thursday 22nd May 2014

Time: 1.05pm

Organised by: Inter-Faith Centre, Dublin City University

Details:

Father's Day is on Sunday 15th June this year. However, the Inter-Faith Centre in Dublin City University would like to give staff and students an opportunity to remember all dads before the end of the academic year - as many will be leaving before this day comes around. To do this, Mass will be held in An Tearmann Inter Faith Centre.

If you would like us to remember your father, please give us his name, and we will give you a bookmark that you can give him when the day arrives to show him that he has been remembered in our Service. If your father has passed away, we will remember him during the Mass. When sending any names, please indicate if your father is alive or has passed away.

Please submit all names by lunchtime on Wednesday 21st May 2014.

For more information contact:

Joe and Susan (Chaplains)
Tel: 01 7005268

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Into the West



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Tuesday 3rd - Monday 9th June 2014

Location: GPs Surgeries and Pharmacies in Galway, Mayo and Roscommon

Organised by: Health Promotion, HSE West

Details:

Over 150 GP's surgeries and 20 pharmacies will be emailed to inform them about Men's Health Week 2014 and the availability of MHW resources (e.g. the 'Challenges and Choices' manual, posters, images etc.).

It is hoped that this will encourage them to play a more active role in the week, and to devote extra attention to promoting men's health during June 2014.

For more information contact:

Paul Gillen
Tel: 091 737261
Email: paul.gillen@hse.ie

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Health and Well-Being Week



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Week beginning Monday 2nd June 2014

Venue:

Firstsource Solutions Ireland Limited
Telephone House
Marlborough Street
Dublin 1

Organised by: Firstsource Solutions Ireland Limited

Details:

Workplace based health and well-being week for staff which will include the distribution of information packs (including the 'Challenges and Choices' Man Manual) on healthy living.

Entry Fee: Free

For more information contact:

Theresa Woods
Tel: 085 8613747
Email: theresa.woods@firstsource.com

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Man Alive Conference 2014



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Wednesday 4th June 2014

Time: 9.00am to 1.30pm

Venue:

Dunsilly Hotel
20 Dunsilly Road
Antrim
Co. Antrim BT41 2JH

Organised by: Cancer Focus Northern Ireland

Details:

Cancer Focus Northern Ireland invites you to attend the 2014 Man Alive Conference. This event will examine communication strategies in health and wellbeing, with a focus on effective messaging and empowering men to improve their health, make healthier choices, and access support where it is needed. It will also look at how men receive and interpret information.

Entry Fee: Free (limited places available)

For more information contact:

Eilish Martin
Tel: 02890 680743
Email: eilishmartin@cancerfocusni.org

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Men's Health Champion Training



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Thursday 5th June 2014

Time: 10.00am - 1.00pm

Venue:

Belfast Community Sports Development Network (BCSDN)
Townsend Enterprise Park
Townsend Street
Belfast BT13 2ES

Organised by: Man Matters

Details:

Eight experienced community-based sports coaches / health improvement officers in the greater-Belfast area will receive training in how to use health check equipment which measures cholesterol, blood sugar, body fat / BMI and blood pressure. These people will then use this equipment with the groups of men that they work alongside.

Entry Fee: Free

For more information contact:

Peter Shaw
Tel: 02890 29 7661
Email: peter@bcstdn.org
Website: www.bcstdn.org

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Vintage Weekend Health Checks



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Sunday 8th June 2014

Time: 2.00pm - 6.30pm

Venue:

Marquee for the Moville Agricultural Vintage Weekend
Moville
Co. Donegal

Details:

Free health checks will be offered to participants at this event.

For more information contact:

Cathal Monaghan
Email: cjimonaghan@hotmail.com

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12th Annual Gay Health Forum



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Friday 6th June 2014

Time: 10.00am to 3.30pm

Venue:

Dublin Castle
Dame Street
Dublin 2

Details:

This annual event is organised by the Gay Men's Health Service (GMHS), in association with partners in the Gay Health Network (GHN), and with the support of the Department of Health, the HSE's National Directorate on Health and Wellbeing, and Primary Care and Mental Health.

The theme for this year's forum is ACCESS, with presentations and new research on a range of issues for men who have sex with men (MSM) on accessing HIV and STI testing, access to condoms, and access to sexual health information and support. Presentations will include surveillance updates on HIV and STIs in Ireland, a new report from the 2010 EMIS research on STI testing among MSM in Ireland, updates on the Man2Man.ie programme and other community initiatives, and a celebration of 20 years of the Gay Health Network.

Entry Fee: Free, with a light lunch provided. Booking essential.

For more information contact:

Email: info@ghn.ie

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Balbriggan Men's Health Events



Men's Health Week 2014

Monday 9th - Sunday 15th June 2014

Dates:

- Friday 13th June 2014 from 2.00pm - 6.00pm
- Saturday 14th June 2014 from 11.00am - 3.00pm

Venue:

Balbriggan Clubs Community Centre
Dublin Road
Balbriggan
Co. Dublin

Organised by: HSE and Cairde

Details:

Men are invited to come along and learn more about their health. There will be blood pressure checks, diabetic (sugar level) checks, and cancer checks. Information will be provided on: mental health, sexual health, domestic violence, physical health, oral health, addiction, general men's health and wellbeing. On Saturday, there will be a range of sporting activities. Light refreshments will also be offered.

Entry Fee: Free

For more information contact:

Sarah
Tel: 087 2829925
Email: sarah@cairde.ie
Website: www.cairde.ie

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Launch of Factsheet on Older Men in Northern Ireland



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Monday 9th June 2014

Organised by: ARK (Accessing Research Knowledge)

Details:

To mark Men's Health Week 2014, ARK (within Queen's University Belfast and the University of Ulster) is publishing a new factsheet which looks at the health and wellbeing of older men in Northern Ireland.

Using statistics from the Health Survey Northern Ireland, as well as the Census of Population, this report looks at a range of topics including general health, age-related diseases, lifestyle, and mental health.

This is the tenth report in the Men in Northern Ireland (MINI) series. All the reports are available online at: www.ark.ac.uk/publications/factsheets/#mini

For more information contact:

Paula Devine
Email: p.devine@qub.ac.uk
Website: www.ark.ac.uk

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Launch of Global Action on Men's Health



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Monday 9th June 2014

Organised by: Global Action on Men's Health (GAMH)

Details:

Globally, men die five years earlier than women and are 50% more likely to die between the ages of 15 and 60. In countries classified as 'least developed' and 'less developed' by the United Nations, adult mortality fell faster among women than among men between 1992 and 2012. In every part of the world, men's health outcomes are substantially worse than women's, yet this inequality has received little national, regional or global attention from health policymakers or healthcare providers.

Today, a new organisation called Global Action on Men's Health (GAMH) will be launched, and will issue an urgent call to improve the poor state of men's health in every part of the world. It is backed by eight organisations based on four continents: Australian Men's Health Forum, Canadian Men's Health Foundation, Danish Men's Health Society, European Men's Health Forum, Men's Health Forum England and Wales, [Men's Health Forum in Ireland](#), Prostate Cancer Education Council/Men's Health Alliance (USA), and Sonke Gender Justice (South Africa).

GAMH wants the World Health Organisation, other international public health bodies, and individual governments to acknowledge the scale of the problems facing men and boys and to take sustained action to tackle them. This work should sit alongside continuing action to improve the health of women and girls.

For more information contact:

Peter Baker
Tel: 07786 454905
Email: gamh@emhf.org
Website: www.gamh.org

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Men's Health Information Point



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Monday 9th June 2014

Time: 10.30am - 1.00pm

Venue:

Moore's Spar
Hospital
Co. Limerick

Organised by: Hospital Family Resource Centre

Details:

An information point on men's health issues is being hosted in Moores Spar, Hospital, Co. Limerick, to mark Men's Health Week 2014. The 'Challenges and Choices' Man Manual will be distributed, alongside information on men's issues from Mental Health Ireland, Marie Keating Foundation, Irish Cancer Society and many other organisations. Fit 4 Life Gymnasium in Kilmallock has also provided free trial passes for their facilities.

Entry Fee: Free

For more information contact:

Chris O'Connor
Tel: 087 7555555
Email: coconnor@hospitalfrc.com
Website: www.hospitalfrc.com

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RTE Nationwide Feature on Men's Health in Ireland



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Monday 9th June 2014

Time: 7.00pm - 7.30pm

Organised by: RTE 1

Details:

To mark the beginning of Men's Health Week 2014, RTE's Nationwide television programme is running a special feature on men's health. In this programme, they will highlight the experience of a number of men's groups and individuals from across Ireland.

For more information see:

Website: www.rte.ie/tv/programmes/nationwide.html

Twitter: www.twitter.com/RTENationwide

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Beat the Odds Clinic



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Tuesday 10th June 2014

Time: 10.00am - 5.00pm

Venue:

Ashton Centre
31 Henry Place
Belfast BT15 2BB

Organised by: Action Cancer

Details:

Men's MOT Health Checks ... These health checks do not diagnose cancer, but aim to increase awareness of your current health and the importance of early detection. Each appointment will last for 25 minutes, and will include up to four of the six available tests. The six health check options available are: cholesterol testing; glucose testing; blood pressure and pulse rate; lung function; body composition analysis; and facial skin scanner analysis. Book online at www.actioncancer.org or Tel: 02890 803344.

Entry Fee: Free

For more information contact:

Malachy Nixon
Tel: 02890 803344
Email: info@actioncancer.org
Website: www.actioncancer.org

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Engage: Men's Health Training



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Tuesday 10th June 2014

Time: 9.30am start (registration at 9.15am)

Venue:

Promoting Wellbeing Resources Room
St. Luke's Hospital
Loughgall Road
Armagh BT61 7NQ

Organised by: Southern Health and Social Care Trust (SHSCT)

Details:

This 'Engage' training is open to anyone from voluntary, community or statutory services whose role involves working with men. The aim is to increase participants' understanding of best practice in engaging men with health and social services.

This training will address the broad determinants of men's health, gender influences, best practice, and effective group work with men. It will use a range of teaching methodologies.

Entry Fee: Free - Staff book appointments

For more information contact:

Rosemary Daly
Tel: 02837 412130
Email: rosemary.daly@southerntrust.hscni.net
Website: www.southerntrust.hscni.net/menshealth

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Get Set to Go - Employability Skills Day for Young Men



Men's Health Week 2014

Monday 9th - Sunday 15th June 2014

Date: Tuesday 10th June 2014

Time: 9.30am - 1.00pm

Venue:

St. Patrick's Trian
38a English Street
Armagh BT61 7BA

Organised by: YouthAction NI's Work with Young Men Team

Details:

As part of International Men's Health Week 2014, YouthAction NI is hosting a 'Get Set to Go - Employability Skills Day for Young Men' in Armagh. This half day event will give young men an opportunity to learn new skills in relation to employment, education or training opportunities - including CV advice and support, interview techniques and goal setting. Places are limited, and early booking is essential. Individual travel costs for participants will be reimbursed with valid receipts.

Entry Fee: Free

For more information contact:

Donna
Tel: 02837 511624
Email: donna@youthaction.org
Website: www.youthaction.org

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Get Set to Go - Employability Skills Day for Young Men



Men's Health Week 2014

Monday 9th - Sunday 15th June 2014

Date: Tuesday 10th June 2014

Time: 9.30am - 1.00pm

Venue:

East Belfast Network Centre
55 Templemore Avenue
Belfast BT5 4FP

Organised by: YouthAction NI's Work with Young Men Team

Details:

As part of International Men's Health Week 2014, YouthAction NI is hosting a 'Get Set to Go - Employability Skills Day for Young Men' in Belfast. This half day event will give young men an opportunity to learn new skills in relation to employment, education or training opportunities - including CV advice and support, interview techniques and goal setting. Places are limited, and early booking is essential. Individual travel costs for participants will be reimbursed with valid receipts.

Entry Fee: Free

For more information contact:

Elspeth
Tel: 02890 240551
Email: elspeth@youthaction.org
Website: www.youthaction.org

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Healthy Cooking Class for Men



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Tuesday 10th June 2014

Time: 10.00am - 12.30pm

Venue:

AMH Men's Shed Steeple Antrim
4a Steeple Road
Antrim BT41 1AF

Organised by: AMH Men's Shed Steeple Antrim

Details:

The Men's Shed has organised a healthy cooking class for the local 'Shedders'. They will cook with ingredients produced in their garden and make a healthy lunch.

Entry Fee: Free

For more information contact:

Eoin McAnuff
Tel: 02894 425356
Email: emcanuff@amh.org.uk
Website: www.amh.org.uk/services/mensshed

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Keep Fit



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Tuesday 10th June 2014

Time: 10.00am - Noon

Venue:

Men's Shed Fermanagh
AMH New Horizons
Drumcoo
Enniskillen
Co. Fermanagh BT74 4FY

Organised by: AMH Men's Shed Fermanagh

Details:

The local 'Shedders' are undertaking a keep fit session with a personal trainer.

Entry Fee: Free

For more information contact:

Lisa Campbell
Tel: 0786 6384117
Email: lcampbell@amh.org.uk
Website: www.amh.org.uk/services/mensshed

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Men's Health Checks



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Tuesday 10th June 2014

Time: 9.00am - 4.00pm

Venue:

Health Promotion Corner
Our Lady of Lourdes Hospital
Drogheda
Co. Louth

Organised by: Health Promotion Department

Details:

Health checks for men, changes in lifestyle advice, diabetic advice from Diabetic CNS, blood glucose monitoring, blood pressure checks, BMI checks, information packs related to men's health.

Entry Fee: Free

For more information contact:

Health Promotion Department
Tel: 041 9874732
Email: martinp.smith@hse.ie

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Belfast City Hall Men's Health Event



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Wednesday 11th June 2014

Time: 11.00am - 2.00pm

Venue:

Belfast City Hall
Donegall Square
Belfast BT1 5GS

Organised by: Belfast Men's Health Group

Details:

This large scale event will begin with an address by Dr Ian Banks - President of the European Men's Health Forum and internationally acclaimed author on men's health.

Following this, participants will be invited to: have their health checked (blood pressure, blood sugar, cholesterol, body fat, lifestyle ...); book a free complementary therapy session; view a range of health related stalls; try the spin bikes in front of the building; sample some free bottled water and fresh fruit; have a cup of tea or coffee.

Entry Fee: Free

For more information contact:

Paul O'Kane
Tel: 02895 049951
Email: paul.okane@belfasttrust.hscni.net

Bryan Irwin
Tel: 02890 351999
Email: bryan@cancerlifeline.info

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Engage: Men's Health Training



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Wednesday 11th June 2014

Location: Castleblaney, Co. Monaghan

Organised by: Health Service Executive Dublin / North East

Details:

The 'Engage' National Men's Health Training Programme was developed in response to the growing demand from service providers for support to improve their engagement and work with men. A team of trainers has been developed in Ireland over the past two years.

The aim of the Engage roll-out programme is to create a network of knowledgeable and experienced people who are willing and able to cascade their learning to all areas of the country.

Cost: Free

For more information contact:

Finian Murray
Tel: 046 9076449
Email: finian.murray@hse.ie

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Just For Men



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Wednesday 11th June 2014

Time: 6.00pm - 8.00pm

Venue:

Longtower Youth Club
Anne Street
Derry / Londonderry BT48 6PB

Organised by: Bogside and Brandywell Health Forum

Details:

Health checks, 'Ask the Doc', healthy food, Turkish shaves ...

Entry Fee: Free

For more information contact:

Tommy

Tel: 02871 365330

Email: info@bbhealthforum.org

Facebook: www.facebook.com/pages/Bogside-and-Brandywell-Health-Forum/239368922827901?id=239368922827901&sk=info

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Man Time: A Micro Festival of Men's Health



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Wednesday 11th June 2014

Time: 7.00pm - 10.00pm

Venue:

Slí an Chroí
North West Inner City Network
117-118 North King Street
Smithfield
Dublin 7

(The yellow curved building at the traffic lights on the junction of North King St. and Queen St.)

Organised by: Fir le Chéile

Details:

An evening micro festival of men's lives with storytelling, music and song, presentations by local health care professionals, testimonies from men on their journeys, lively discussion, banter and craic. There is complimentary light food and drinks, and all men and boys are welcome. Man Time is the northwest inner city community's special event for Men's Health Week 2014, but you don't have to live in or be from the city to be welcome.

Entry Fee: Free

For more information contact:

John Cantwell
Tel: 087 2414963
Email: john@slianchroi.ie

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Raising Awareness in the West



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Wednesday 11th June 2014

Location: Galway region

Organised by: Health Promotion, HSE West

Details:

The Health Promotion Department in HSE West will be submitting a newspaper article to The Galway Independent on: 'Why men need to be more aware of their own health, and why initiatives like Men's Health Week are so important'.

For more information contact:

Paul Gillen
Tel: 091 737261
Email: paul.gillen@hse.ie

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Cancer Focus Man Alive Van



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Thursday 12th June 2014

Time: 9.30am - 4.00pm

Venue:

St Luke's Hospital site
Loughgall Road
Armagh BT61 7NQ

Organised by: Southern Health and Social Care Trust (SHSCT)

Details:

This event will offer 15 minute health assessments for men employed by the SHSCT. Measurements will include: weight, body mass index, blood pressure and random blood sugar. Each appointment will also offer health advice.

Entry Fee: Free - Staff book appointments

For more information contact:

Rosemary Daly
Tel: 02837 412130
Email: rosemary.daly@southerntrust.hscni.net

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Coffee Morning for Traveller Men



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Thursday 12th June 2014

Time: 11.00am - 1.00pm

Venue:

Abbeyfeale Community Education Centre (Old Tech)
Mountmahon
Abbeyfeale
Co. Limerick

Organised by: West Limerick Primary Health Care Project for Travellers

Details:

As part of its campaign for Men's Health Week 2014, West Limerick Primary Health Care Project for Travellers is organising a coffee morning in the Abbeyfeale Community Education Centre on Thursday 12th June 2014.

In the lead-up to Men's Health Week, the team is also targeting men from the Traveller community in both Askeaton and Abbeyfeale with health information. Thanks to support from the Limerick Sports Partnership, we are also able to promote access to the gym and pool in Askeaton Leisure Centre for twenty five men in Askeaton.

Entry Fee: Free

For more information contact:

Mo Foley-Walsh
Tel: 069 61316
Email: mfoley@wlr.ie
Website: www.wlr.ie/primary-health-care-project

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Local Men Getting Fit and Healthy



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Thursday 12th June 2014

Time: 2.00pm - 4.00pm

Venue:

All Saints Caring Hall
Glendermott Road
Derry / Londonderry

Organised by: Neighbourhood Health Improvement Project

Details:

This event will showcase the brilliant work happening in local communities. It will give guests a chance to hear real life stories from participants involved in the very successful Men's Health Programme and much more.

Everyone is invited to come along and show their support. Light refreshments will be provided.

Entry Fee: Free

For more information contact:

Aileen McGuinness
Tel: 02871 363925
Email: aileen@bbhealthforum.org

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Mindfulness for Men



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Thursday 12th June 2014

Time: 1.00pm - 3.00pm

Venue:

Sandy Row Community Centre
63/75 Sandy Row
Belfast BT12 5ER

Organised by: Sandy Row Community Forum

Details:

This mindfulness session will be hosted by Frank Liddy. Mindfulness is a mind-body approach to well-being that can help you change the way you think about experiences and reduce stress and anxiety.

Entry Fee: Free

For more information contact:

Glenda Davies
Tel: 02890 238446
Email: enquiries@sandyrow.co.uk

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Smile for Oral Health



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Thursday 12th June 2014

Time: 1.00pm - 2.00pm

Venue:

Citygate Park and Mahon Area
Cork

Organised by: Citygate Specialist Dental Clinic

Details:

This event will focus on increasing awareness of the need for improved oral health in males. Men are at a higher risk of developing problems related to poor oral health. Poor oral health can lead to a variety of other health problems including oral and throat cancer and periodontal (gum) disease.

This event will ask males to take a photo of themselves with our special smile to help increase awareness in the general population. Information necessary to improving oral health will also be available.

Entry Fee: Free

For more information contact:

Amy-Jane Troy
Tel: 021 4614520
Email: amy@citygatedental.ie
Website: www.citygatedental.ie

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Traveller Men's Health Event



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Thursday 12th June 2014

Venue:

Phoenix Park
Dublin

Organised by: The Eastern Region Traveller Health Network. This is comprised of ten different Traveller Primary Healthcare Projects - Wicklow, Kildare, Blanchardstown, Tallaght, Clondalkin, STAG, Pavee Point, Trav Act, Ballymun and Balbriggan.

Details:

To mark Men's Health Week 2014, the Eastern Region Traveller Health Network will be hosting a Traveller Men's Health Event. This will include health checks and a football tournament.

The health checks will be performed by professional health bodies who have been invited to set up information stands. The football tournament (5-a-side) will be made up of teams sent from each project.

Entry Fee: Free

For more information contact:

Pavee Point
Tel: 01 8780255
Email: info@paveepoint.ie
Website: www.paveepoint.ie

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Bowling Competition and Healthy Lunch



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Friday 13th June 2014

Time: 11.30am - 2.30pm

Venue:

Downpatrick Leisure Centre
114 Market Street
Downpatrick
Co. Down BT30 6LZ

Organised by: Men's Shed Downpatrick

Details:

The local 'Shedders' in Downpatrick will have a healthy lunch followed by a bowling competition in Downpatrick Leisure Centre.

Entry Fee: Free

For more information contact:

Hazel Wilson
Tel: 0788 5407094
Email: hwilson@amh.org.uk
Website: www.amh.org.uk/services/mensshed

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Engage: Men's Health Training



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Friday 13th June 2014

Location: Laytown, Co. Meath

Organised by: Health Service Executive Dublin / North East

Details:

The 'Engage' National Men's Health Training Programme was developed in response to the growing demand from service providers for support to improve their engagement and work with men. A team of trainers has been developed in Ireland over the past two years.

The aim of the Engage roll-out programme is to create a network of knowledgeable and experienced people who are willing and able to cascade their learning to all areas of the country.

This course will target Primary Care Staff in East Meath.

Cost: Free

For more information contact:

Finian Murray
Tel: 046 9076449
Email: finian.murray@hse.ie

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The Recipe for Tackling Obesity



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Friday 13th June 2014

Details:

Fewer men join weight loss programmes, but they are more likely than women to stick with them, according to analysis of international obesity studies. Men also prefer the use of simple 'business-like' language, welcome humour used sensitively, and benefit from the moral support of other men in strategies to tackle obesity.

These are some of the findings in a new report being launched today which suggests that, if weight loss programmes were specifically designed for men, these might be more effective at helping them to lose weight.

Researchers from the Universities of Aberdeen, Bournemouth and Stirling analysed evidence from around the world - gathered from weight loss trials and studies that have also taken on-board men's views. The team particularly investigated what would make services more appealing to men.

The Men's Health Forum in Ireland joined with Men's Health Forum England and Wales and Men's Health Forum Scotland to act in an advisory role to this major piece of research.

For more information, view the ...

Launch press release at: www.mhfi.org/obesitystudy.pdf

Report at: www.journalslibrary.nihr.ac.uk/hta/volume-18/issue-35

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Beat the Odds Clinic



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Saturday 14th June 2014

Time: 10.00am - 4.00pm

Venue:

Culloville GAC
Co. Armagh

Organised by: Action Cancer

Details:

Men's MOT Health Checks ... These health checks do not diagnose cancer, but aim to increase awareness of your current health and the importance of early detection. Each appointment will last for 25 minutes, and will include up to four of the six available tests. The six health check options available are: cholesterol testing; glucose testing; blood pressure and pulse rate; lung function; body composition analysis; and facial skin scanner analysis. Book online at www.actioncancer.org or Tel: 02890 803344.

Entry Fee: Free

For more information contact:

Malachy Nixon
Tel: 02890 803344
Email: info@actioncancer.org
Website: www.actioncancer.org

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Men of Ireland - The All Island Gathering



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Saturday 14th June 2014

Time: 1.00pm - 4.00pm

Venue:

Hill of Uisneach, Co. Westmeath
On R390 between Athlone and Mullingar
GPS Coordinates: 53.490°N 7.562°W
See: www.uisneach.ie

Organised by: Fir Le Chéile: Men Together

Details:

On Father's Day Eve, men and boys from the entire island of Ireland will assemble at the foot of the Hill of Uisneach - regarded by many as the geographical centre of Ireland. Together, elders and boys will walk in a spirit of care, solidarity and brotherhood for the wellbeing of all males in all parts of Ireland. This will be a celebration of maleness, one that is thoroughly inclusive and non-hierarchical. With no flags, no fliers, no selling, no preaching, just togetherness as we walk the small, gentle climb to the very centre of Ireland. This is an historic occasion, one that is unique in the culture of health and wellbeing of men and boys. You are free to walk with personal intentions, to acknowledge the lives lived by men and boys known to us who have passed, to walk on behalf of those men and boys among us who are unable to do so, to walk for the betterment of our very selves.

Entry Fee: Free

For more information contact:

John Cantwell
Tel: 087 2414963
Email: john@slianchroi.ie
Website: www.menofireland.com

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Men's Health Day in the Guild Hall



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Saturday 14th June 2014

Time: 2.00pm - 5.30pm

Venue:

The Guild Hall
Guildhall Street
Derry / Londonderry BT48 6DQ

Organised by: Men's Health West

Details:

This large scale event will offer a broad range of information and health checks to men. Participants will be invited to:

- Have their health checked e.g. blood pressure, blood sugar, cholesterol, body fat and skin scan.
- Avail of a free complementary therapy session.
- 'Ask the Doc' about any concerns they might have.
- See a healthy eating cookery demonstration by a local chef and taste the dishes made.
- Get a free hair cut ...

Entry Fee: Free

For more information contact:

Michael Lynch
Tel: 02871 377777
Email: man_in_derry@yahoo.co.uk
Website: www.menshealthwest.org

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Men's Health Event and Dragon Boat Race



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Saturday 14th June 2014

Time: Noon - 4.00pm

Location: Antrim Lough Shore

Organised by: South Antrim Community Network, Eye Feel Good Outdoors, and Antrim Borough Council

Details:

Antrim Borough Council and Eye Feel Good are hosting a Family Fun Day. This will include activities such as a dragon boat race, dragon themed arts and crafts and fancy dress competition, dance workshops, treasure hunts, and magicians. South Antrim Community Network is providing free health 'MOT' checks, holistic therapies, and a Cookery Demonstration (by BBC Radio Ulster Chef Paula McIntyre) specifically aimed at men. There will also be Father's Day themed arts and crafts, and take-home health information packs.

Entry Fee: Free

For more information contact:

Sarah Best or Janine Gaston

Tel: 02894 478645

Email: sarah@southantrimcommunitynetwork.org

Website: www.southantrimcommunitynetwork.org

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Redeeming Fathers



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Saturday 14th June 2014

Time: 10.00am - 2.00pm

Venue:

St Dominic's Retreat Centre
Ennismore
Montenotte
Co. Cork

Organised by: Mick Devine

Details:

This event will invite men to recall their dad, who he was (is) as a man, how he did (does) as a dad, his successes and failures. We will seek to recall him by telling stories, writing letters, 'biographies' and 'obituaries', or doing collage or constellations. This will be done in an atmosphere of understanding and respect. How has this man impacted the participant's life? - for better / for worse? Where participants are fathers themselves, how has he impacted upon their fathering?

Entry Fee: €50

For more information contact:

Mick Devine
Tel: 087 4171422
Email: mick.devine@hotmail.com

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Beat the Odds Clinic



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Tuesday 17th June 2014

Time: 11.00am - 6.00pm

Venue:

West Belfast Athletic and Cultural Society
236-242 Shankill Road
Belfast BT13 2BL

Organised by: Action Cancer

Details:

Men's MOT Health Checks ... These health checks do not diagnose cancer, but aim to increase awareness of your current health and the importance of early detection. Each appointment will last for 25 minutes, and will include up to four of the six available tests. The six health check options available are: cholesterol testing; glucose testing; blood pressure and pulse rate; lung function; body composition analysis; and facial skin scanner analysis. Book online at www.actioncancer.org or Tel: 02890 803344.

Entry Fee: Free

For more information contact:

Malachy Nixon
Tel: 02890 803344
Email: info@actioncancer.org
Website: www.actioncancer.org

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Introduction to Painting - For Beginners



Men's Health Week 2014

Monday 9th - Sunday 15th June 2014

Date: Friday 20th June 2014

Time: 10.00am - 4.00pm

Venue:

The Shaw Room
Carlow Central Library
Tullow Street
Carlow
Co. Carlow

Organised by: Carlow County Library Service

Details:

This event, presented by artist Amanda Tapley and hosted by Carlow County Library service, offers members of our local Men's Shed a chance to explore their creative side and try something new for a day.

Entry Fee: Free

For more information contact:

Janette O'Brien
Tel: 059 9129705
Email: jobrien@carlowcoco.ie
Website: www.carlowlibraries.ie

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Beat the Odds Clinic



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Monday 23rd June 2014

Time: 11.00am - 7.00pm

Venue:

Grange Community House
16 Clareville Avenue
Ballyclare
Co. Antrim BT39 9DN

Organised by: Action Cancer

Details:

Men's MOT Health Checks ... These health checks do not diagnose cancer, but aim to increase awareness of your current health and the importance of early detection. Each appointment will last for 25 minutes, and will include up to four of the six available tests. The six health check options available are: cholesterol testing; glucose testing; blood pressure and pulse rate; lung function; body composition analysis; and facial skin scanner analysis. Book online at www.actioncancer.org or Tel: 02890 803344.

Entry Fee: Free

For more information contact:

Malachy Nixon
Tel: 02890 803344
Email: info@actioncancer.org
Website: www.actioncancer.org

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Beat the Odds Clinic



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Tuesday 24th June 2014

Time: 11.00am - 7.00pm

Venue:

Cregagh British Legion Club
Montgomery Road
Belfast BT6 9JD

Organised by: Action Cancer

Details:

Men's MOT Health Checks ... These health checks do not diagnose cancer, but aim to increase awareness of your current health and the importance of early detection. Each appointment will last for 25 minutes, and will include up to four of the six available tests. The six health check options available are: cholesterol testing; glucose testing; blood pressure and pulse rate; lung function; body composition analysis; and facial skin scanner analysis. Book online at www.actioncancer.org or Tel: 02890 803344.

Entry Fee: Free

For more information contact:

Malachy Nixon
Tel: 02890 803344
Email: info@actioncancer.org
Website: www.actioncancer.org

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Beat the Odds Clinic



Men's Health Week 2014
Monday 9th - Sunday 15th June 2014

Date: Tuesday 29th July 2014

Time: 11.00am - 7.00pm

Venue:

Fit 4 Life Centre
337 Donegal Road
Belfast BT12 6FQ

Organised by: Action Cancer

Details:

Men's MOT Health Checks ... These health checks do not diagnose cancer, but aim to increase awareness of your current health and the importance of early detection. Each appointment will last for 25 minutes, and will include up to four of the six available tests. The six health check options available are: cholesterol testing; glucose testing; blood pressure and pulse rate; lung function; body composition analysis; and facial skin scanner analysis. Book online at www.actioncancer.org or Tel: 02890 803344.

Entry Fee: Free

For more information contact:

Malachy Nixon
Tel: 02890 803344
Email: info@actioncancer.org
Website: www.actioncancer.org

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