

A taste of some of the events taking place during Men's Health Week 2026 on the island of Ireland ...

A poster for Men's Health Week 2026. The background is a dark teal color. In the top left, the words "Men's Health Week" are written in white, stacked vertically, with each word on a separate orange rectangular background. To the right of this, in the top right corner, is a circular white area containing a QR code. Below the title, the phrase "ONE STEP AT A TIME" is written in large, bold, orange capital letters. Underneath this, in smaller white text, is the tagline "- progress, not perfection". A large orange circle on the right side of the poster contains a photograph of three people: a young boy in a yellow shirt, a middle-aged man in a grey sweater, and an older man in a blue sweater using a walking stick. They are walking on a path with autumn foliage in the background. Below the circle, the dates "Monday 15th – Sunday 21st June 2026" are written in white. At the bottom, the text "Find out more at: www.mhfi.org" is written in white. At the very bottom, there is a row of logos: the HSE logo, the HE logo, the FORUM logo, the hi logo, and the HSC Public Health Agency logo.

Offaly Men's Health Week



**ONE
STEP
AT A
TIME**



June 13 - 21, 2026

Progress, not perfection.

A message from Men's Health Forum in Ireland

Hi there,

Do you ever get the feeling that everyone is trying to weigh you down with 'healthy messages'?

It is true that we all need to:

- eat 5 - 7 portions of fruit or vegetables a day
- have at least 30 minutes moderate physical activity on five days of the week
- stop smoking
- limit our alcohol consumption
- check our bits and bobs...

But, if we aren't already doing this, then we need to find practical and realistic ways to get ourselves into this routine.

During Men's Health Week 2026, everyone is being asked to simply take **one step at a time** and to work towards making progress rather than seeking perfection - to take small steps that can have big results.

If you want a DIY guide to help you to get started, check out the ten top tips in the 'Action Man' manual at <https://mhfi.org/ActionMan.pdf>

Take it one step at a time, celebrate your achievements, and have a great week!



2026 Schedule of Events

Saturday, June 13

Event:	Dips for Health: connection, community, and open blue spaces Are you ready to dip for health? Dips for Health is a simple, powerful way to support your mental wellbeing through cold water, connection, and community. Set against the backdrop of Banagher Park, we invite you to step out of your routine and into something refreshing, grounding, and energising. You don't need to be a seasoned swimmer, just a willingness to give it a try. With a supportive, no-pressure atmosphere, you'll be encouraged to move at your own pace, whether that's a quick paddle or a full dip. Alongside the water, there's space to connect with others, share the moment, and enjoy the natural boost that comes from being outdoors together. Come for the dip, stay for the connection, and the cuppa!
Venue:	Then join us for a cold dip, followed by a hot cuppa!
Time:	Banagher Swimming Pool
Cost:	9am - 11am
Booking Information:	Free event, but donations to our charity partners are welcome. No booking required. Organised by Mental Health Ireland, Offaly Local Development Company and HSE.

This year, **Accessible Counselling** and **Mental Health Ireland** have been chosen as the **charity partners** here in Offaly. While we've made an effort to have lots of free events, donations are welcome and will go directly to these partners, ensuring that their work can continue in Offaly.

Monday, June 15

Event: Drop In Cafe

Drop in for a cuppa, stay for the chat. Our drop in café is a social initiative, supporting wellbeing through conversation and connection.

Venue: The Cabin, Edenderry

Time: 11am

Cost: Free event.

Booking Information: No booking required.

Organised by Offaly Local Development Company

Event: Men's Gathering

Meet with men from around the county, try your hand at some fun games and enjoy a good cuppa!

Venue: Mucklagh Community Centre

Time: 12noon - 4pm

Cost: Free event

Booking Information: To book your space, contact Declan on 087 699 1226.

Organised by Offaly Local Development Company

Event: Men's Fitness Class

Venue: Ballycumber Community Centre

Time: 8.30pm

Cost: Free event

Booking Information: To book, contact Denise on 086 791 2513.

Organised by Offaly Sports Partnership

Event: Cooking Demonstration with Hey Pesto!

Join Yvonne from Hey Pesto! as she creates some healthy meals to tantalise your tastebuds!

Venue: Mucklagh Community Centre

Time: 7.30pm

Cost: Free event

Booking Information: To book, contact Liam on loreilly@offalycoco.ie or 086 0756897.

Organised by Offaly Sports Partnership

Tuesday, June 16

Event: **Connect to the Five Ways for Wellbeing**
A practical, down-to-earth session, designed to give people useful tools and ideas that they can bring into their own lives and communities to help build confidence around mental health.

Venue: Edenderry Library

Time: 11am

Cost: Free event

Booking Information: Spaces limited, contact Edenderry Library on (046) 973 1028
Organised by Offaly Libraries and Mental Health Ireland

Event: **Coffee Morning**

Venue: MQI, The Tanyard, Tullamore

Time: 10am - 11am

Cost: Free event

Booking Information: No booking required
Organised by Healthy Offaly

Event: **Men's Fitness Class**

Venue: Edenderry GAA

Time: 7pm

Cost: Free event

Booking Information: To book, contact Liam on loreilly@offalycoco.ie or 086 0756897.
Organised by Offaly Sports Partnership

Wednesday, June 17

Event: Farmer's Breakfast

Join us for a breakfast roll and a chat as we launch the Farmer Wellbeing Boards in Offaly. Wellies and tractors welcome!

Venue: Faithful Fields, Kilcormac

Time: 10am

Cost: Free event

Booking Information: To book your breakfast, contact Cormac on 087 665 9267.

Organised by Offaly Local Development Company, in collaboration with HSE, Mental Health Ireland and Teagasc.

Event: Men's Fitness Class

Venue: Daingean GAA Hall

Time: 10am

Cost: Free event

Booking Information: To book, contact Liam on loreilly@offalycoco.ie or 086 075 6897.

Organised by Offaly Sports Partnership

Event: Come Try Kayaking

Venue: Banagher

Time: 6.30pm - 8.30pm

Cost: €10

Booking Information: Booking required, spaces limited to 20 participants.

[Eventbrite link](#)

Organised by Offaly Sports Partnership

Event: Film Night

Venue: Esker Arts

Time: 7.30pm

Cost: €7

Booking Information: Booking through Esker Arts, box office or online

Organised by Offaly Arts

Thursday, June 18

Event: **Men's Tea, Coffee and Taster session**
Venue: Mucklagh Community Centre
Time: 10am - 12noon
Cost: Free event
Booking Information: To book, contact Liam on loreilly@offalycoco.ie or 086 075 6897.
Organised by Offaly Sports Partnership

Event: **Connect to Five Ways to Wellbeing Talk**
A practical, down-to-earth session, designed to give people useful tools and ideas that they can bring into their own lives and communities to help build confidence around mental health.
Venue: Tullamore Library
Time: 11am
Cost: Free event
Booking Information: Contact Cormac on 087 665 9267 to book.
Organised by Offaly Local Development Company, MHI, Offaly Libraries

Event: **Drop In Café**
Drop in for a cuppa, stay for the chat. Our drop in café is a social initiative, supporting wellbeing through conversation and connection. With members of Chorus Connections and ?Music Gen as special guests at this session, you can be guaranteed a good singsong too!
Venue: Darmagh Centre, Tullamore
Time: 11.00
Cost: Free event
Booking Information: No booking required but details available from Michelle on 087 747 0562
Organised by Offaly Local Development Company, with support from

Thursday, June 18

Event: **Men's Health Talk**
Venue: Mucklagh Community Centre
Time: 7pm
Cost: Free event
Booking Information: To book, contact Liam on loreilly@offalycoco.ie or 086 075 6897.
Organised by Offaly Sports Partnership

Friday, June 19

Event: **Coffee in the Courtyard**
Offaly Volunteer Centre are opening their doors for a relaxed coffee morning, and inviting men to drop in and find out about the positive impact volunteering can have on health and wellbeing. Volunteering offers connection, a sense of purpose, and a chance to 'give back'. This is a no pressure drop-in, just a friendly space to explore how getting involved can support your own wellbeing while also helping others in your community.

Venue: Offaly Volunteer Centre Office, O'Connor Square, Tullamore

Time: 10am - 12noon

Cost: Free event

Booking Information: No booking required.
Organised by Offaly Volunteer Centre

Event: **Drop In Café**
Drop in for a cuppa, stay for the chat. Our drop in café is a social initiative, supporting wellbeing through conversation and connection.

Venue: LOETB Birr

Time: 11.30am - 1pm

Cost: Free event

Booking Information: No booking required.
Organised by Offaly Local Development Company

2026 Schedule of Events

Saturday, June 20

Event:

Venue:

Time:

Cost:

Booking Information:

Sunday, June 21

Event:

Sunday Social Walk

Join our Sunday social walk around Lough Boora parklands - good for the head, good for the heart, and even better together!

Venue:

Lough Boora, meeting at the Visitor Centre

Time:

10.30am

Cost:

Free event

Booking Information: To book your space, contact Declan on 087 699 1226.

Organised by Offaly Local Development Company

Proudly supported by:



www.offalyldc.ie



www.hse.ie



www.mentalhealthireland.ie



<https://www.offaly.ie>



<https://www.offaly.ie/libraries>



<https://www.volunteeroffaly.ie>



<https://www.offalysports.ie>



<https://www.offaly.ie/health-offaly-programmes/>



<https://www.cypsc.ie>



An Garda Síochána
Ireland's National Police and Security Service

<https://www.garda.ie>



<https://www.accessiblecounselling.ie>



<https://www.midlandslgbtproject.com>

COUNTY CLARE

MEN'S HEALTH WEEK 2026

15–21 JUNE 2026

*What's Your
Small Step?*

Activities, Discussions & Ways to Take Part

Take the **Men's Health Pledge** and win prizes,
listen to the **Clare FM** discussion series,
visit **Connect Café** and discover other
Men's Health Week activities.



Rialtas na hÉireann
Government of Ireland



Healthy Ireland Fund supported by the Department of Health.

TAKE THE MEN'S 'SMALL STEPS' HEALTH PLEDGE



The Men's 'Small Steps' Health Pledge **is simply a way of making a promise to yourself** and taking a little time to think about your health and wellbeing.

Choose one or more small steps and make them your pledge. **It is as simple as ticking the box** for taking a few more walks, or drinking more water, improving your sleep, getting a health check, or finally getting around to something health-wise you've been meaning to do.

You complete the pledge online and anonymously if you wish. Nobody is monitoring or keeping score. It's simply your commitment to yourself. If you'd like, you can also enter the prize draw.



A PLEDGE TO YOURSELF

The pledge is an honour-based initiative. Nobody is monitoring your progress. Nobody is counting steps, checking scorecards or measuring results.

It's simply a personal commitment to yourself to take positive steps for your health and wellbeing.



ENCOURAGE SOMEONE TO TAKE PART

A partner, family member, friend, neighbour or colleague can encourage a man to take the pledge.

With his permission, the pledge can even be completed on his behalf!



GREAT PRIZES TO BE WON

Everyone who takes the Pledge can choose to enter the prize draw and **select the prize they would most like to win.**

Prizes include:

- A sumptuous **dinner for two at a restaurant of your choice, or**
- **10 gym sessions** with a trainer-designed programme at Active Ennis Leisure Complex



Visit clarecoco.ie/menshealth



Complete the simple tick-box pledge form online. You can complete it anonymously if you wish.



With their permission, you can also complete the men's health pledge on behalf of someone you care about.



Enter the free prize draw (optional).

MEN'S HEALTH WEEK

ON CLARE FM

MORNING FOCUS • 15-19 JUNE 2026

Discussions airing daily from approx. 10am



COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL



clare.fm
sounds like you

**SMALL
STEPS.**

**BIG
DIFFERENCE.**



As part of Men's Health Week in County Clare, Clare FM's Morning Focus will feature a special week-long series exploring practical, realistic ways men can support their physical and mental wellbeing through **small positive steps**.

MONDAY

15
JUNE
2026



WHY SMALL STEPS MATTER

Launch of Men's Health Week in County Clare and the 'Small Steps' Men's Health Pledge. Exploring why small changes can make a meaningful difference to health and wellbeing. Discussion with **Cllr Paul Murphy**, Cathaoirleach, Clare County Council, and **Joan Tarney**, Healthy Ireland Co-ordinator, Clare County Council.

TUESDAY

16
JUNE
2026



SLEEP, STRESS & SWITCHING OFF

A discussion focusing on sleep and how it impacts our health. The programme will examine habits we can change and tips to improve our sleep.

Discussion with **Tom Coleman**, Health Scientist and Sleep Consultant.

WEDNESDAY

17
JUNE
2026



MIND, FOOD, NUTRITION & EVERYDAY ENERGY

Exploring small steps that men can take to mind their mental health, and looking at realistic food habits, nutrition and changes that can support better health and energy in everyday life.

Discussion with **Cillian Keane**, Mental Health Ireland and **Jamie Fitzgibbon**, Ennis Leisure Complex.

THURSDAY

18
JUNE
2026



MOVE A LITTLE MORE

Focusing on ways to get more active and programmes that will be of interest to men staying active in realistic and achievable ways. The discussion will also highlight opportunities to be active throughout County Clare.

Discussion with **John Carey**, Fitness Instructor, Ennis Leisure Complex, and **Pat Sexton**, Clare Sports Partnership.

FRIDAY

19
JUNE
2026



CONNECTION, COMMUNITY & LOOKING OUT FOR EACH OTHER

Exploring the value of community, conversation, and staying connected. The programme will consider the positive role that community groups can play in supporting men's health and wellbeing.

Discussion **Flan Hehir**, Ennis Men's Shed and **Derek Clune**, Shannon Men's Shed.



Riailtas na hÉireann
Government of Ireland



government supporting communities

FURTHER INFORMATION:



ClareCoCo.ie/menshealth

5 SIMPLE SLEEP TIPS



S



"STRESS -Getting stress under control is crucial. That meaning starting to wind down from about 6pm. Your ability to control stress on all levels will determine your ability to switch off & sleep. Remember to do a conscious relaxation before bedtime to alleviate any underlying stress

L



"LIGHT -Your biological brain needs to know the time. Light is the most powerful external cue for sleep/wake cycles. Getting outside for 10-20 min in the morning, lunchtime and evening is a game changer when it comes to improving your sleep.

E



"EXERCISE & movement. We need to use the body for its intended use. Regular exercise in small bouts is easier and has a profound impact on depth & quality of sleep. Not only does it help to lower stress levels but it reduces night time awakenings, increases sleep pressure and keeps you in deeper sleep for longer.

E



"ELECTRONICS -get off the technology, stop scrolling and disconnect from work. Setting clear boundaries around your technology will vastly improve your sleep. You may use it for music, meditation or relaxing sounds. Disconnecting from work and lowering lights emitted from screens also help."

P



PRACTICE & PATIENCE is crucial to developing new and healthy sleep habits. Your brain will take time to re-wire and learn how achieve regular sleep. Zoom out and focus on your actions rather than the results. They will come if you do the right things during the day.

Tom Coleman
SLEEP COACH

COUNTY CLARE

**MEN'S
HEALTH WEEK 2026**

15-21 JUNE 2026



MEN'S HEALTH WEEK 2026

This year's theme is *"One Step at a Time"*

Monday 15th –
Sunday
21st June 2026

DATE	LOCATION	EVENT	TIME	CONTACT
Monday 15th of June	T O'Higgins, Homevalue Hardware, Galway City, H91 PK09	Men's Health Fair	9.00am - 1.00pm	Paul@tohiggins.com
Tuesday 16th of June	Westside Community Centre H91 R853	'Come and Try It' - Men's Health Evening	6.00pm - 8.30pm	ciara@gcp.ie
	Clonbur Woods F12 XD35	Men's Sheds Walk	11.00am	tomwhelanclonbur@gmail.com
	Men and Alcohol Webinar Evidence, Harm and Practical Action	For groups and services that work with men	10.00am - 11.00am	Evelyn.Fanning@hse.ie  Register Here
	Oughterard Community Centre H91 XA8R	Walking Soccer	12.00pm	tpeoples@galwaycoco.ie
Wednesday 17th of June	Renmore Barracks H91 E22C	Men's Health Fair	3.00pm - 7.00pm	aine.gilmore@defenceforces.ie
	Headford, St Fursa's Hall, N91 YW5F	Health Information Evening	4.00pm - 8.00pm	John@solasfrc.ie
	Ballinfoyle Castlegar Neighbourhood Centre H91 PN50	'Come and Try-it' - Men's Health Evening	6.00pm - 8.30pm	vernice@gcp.ie
	Mellows Pitch and Putt H91 E22C	Pitch and Putt	11.00am	tpeoples@galwaycoco.ie
Thursday 18th of June	FORUM Connemara HQ, Clifden H71 YF77	Men's Health Fair	11.00am - 1.00pm	p.lydon@forumconnemara.ie
	Ballybane Community Resource Centre H91 VP6D	'Come and Try-it' - Men's Health Evening	6.00pm - 8.30pm	grainne@gcp.ie
	Ard FRC, Doughiska Rd, H91 DKF7	Men's Health Event	12.00 - 3.00pm	davielynych@live.ie
Friday 19th of June	Ballinfoyle Castlegar Neighbourhood Centre, Headford Rd, Galway, H91 PN50	Traveller Men's Health Information Session	3.00pm - 5.00pm	Aisling.Colreavy@galwaycity.ie
Saturday 20th of June	Maam Cross Mart, H91 V520	Men's Health Fair	8.30am - 12.30pm	p.lydon@forumconnemara.ie

FOR MORE INFORMATION PLEASE CHECK www.westbewell.ie or www.mhfi.org



Find out more at:
www.westbewell.ie
#MensHealthWeek



Men's Health Week 2026 in County Laois

Men's Health Awareness Week The 15th to 21st June 2026

Sunday 14th June

10am to 1pm Durrow, R32 C5FCLaois Kayak & Canoe Club - Men's Health Week Come & Try Kayaking Session
<https://www.eventbrite.com/e/come-and-try-kayaking-14th-june-tickets-1990552614454?aff=erelexpmlt>

Monday 15th June

HSE webinar

Tuesday 16th June

2pm-4pm, Donate, Patrick Street, Mountrath-Men's Shed gathering

Wednesday 17th June

10am Men's Shed Mountmellick. Drop in- Showcasing ongoing projects.
7.30pm, St Abban's AC, R93WA24. Fit4Life Summer League, Stage 4 St Abban's Fit 4 Life 4km League 2026 - Race 4 - Pop Up Races



Thursday 18th June

7.30am Seva Strength, Portlaoise. Couch to Barbell Programme (4 week) <https://www.laoissports.ie/events/>

12pm Men's shed Portarlinton (old Fire station)-Drop in showcasing ongoing projects.

8pm to 9pm Seva Strength, Portlaoise-Men's health Tryka Taster Session <https://www.laoissports.ie/events/>

8pm Men's Shed Abbeyleix- Drop in Showcasing ongoing projects.

Friday 19th June

Various -Laois Walks Festival-Running from 19th to 28th June
<https://www.eventbrite.ie/o/110609185121>

2pm-4pm Compass Café, Connect Laois R32VY22-Men's shed gathering.



Saturday 20th June

9.30am Vicarstown-Parkrun

11am to 1pm Portarlinton People's Park-'Men on the Move' cycle
-Introduction to Meggers (Horseshoe Pitching)
-Volleyball (for beginners and a bit of fun!)
-Strongbow Archers - Show and Tell
-Portarlinton Angling Club - Fly Fishing Demo

11am-1pm Ballinakill Outdoor Pool -Lads, Dads and Granddads'
Men's Aqua Fit and
Healthy Dip for beginners.

Sunday 21st June

Happy Fathers Day !



Free Health Checks at the following locations:

Portlaoise - McCabe's Pharmacy, Laois Shopping Centre
Walk-in blood pressure checks from 10am to 5pm June 18th to June 24th

Mountmellick - McElwee Pharmacy at
<https://www.facebook.com/share/1CcGCsBTmV/?mibextid=wwXlfr> or

https://www.instagram.com/mcelweepharmacies?igsh=MWs1YWl2NGVlbHUwdA%3D%3D&utm_source=qr

Mountrath - Audrey's Pharmacy
Walk-in blood pressure checks all day Wednesday 17th June

Rathdowney - CarePlus Pharmacy (Clarke's)
Walk-in blood pressure checks from Thursday 11th and Friday 12th in the run up to MHW

Graiguecullen - Kelly Pharmacy (beside Dunnes Stores)
Walk-in blood pressure checks all week for MHW



MEN'S HEALTH WEEK 2026

This year's theme is *"One Step at a Time"*

**Monday 15th –
Sunday
21st June 2026**

DATE	LOCATION	EVENT	TIME	CONTACT
Saturday 13th of June	Balla Mart F23 EC99	Free Health Checks Checks Information Stands/	10.00am -1.00pm	Laurence.gaughan@hse.ie
Monday 15th of June	Belmullet, Aras Inis Gluaire F26 W5H0	Health Information Session	12.00pm -1.30pm	Paul.gillen@hse.ie
Tuesday 16th of June	Men and Alcohol Webinar Evidence, Harm and Practical Action	For groups and services that work with men	10.00am -11.00am	Evelyn.Fanning@hse.ie  Register Here
	Ballina Mart, Crossmolina Rd, Ballina F26 NN25	Free Health Checks Information Stands	10.00am - 1.00pm	Laurence.gaughan@hse.ie
	Westport United FC F28 VY73	Health Information Event	10.00am - 11.30am	sineadomalley@thefamilycentre.com
Friday 19th of June	ETB Offices, Rush Street, Castlebar F23 FW70	Healthy Technology Information	11.00am - 1.00pm	martinomorain@msletb.ie
	Claremorris FRC, The Square F12 K766	Men's Health Fair	12.00pm - 2.00pm	nuala@claremorrisfrc.ie

FOR MORE INFORMATION PLEASE CHECK www.westbewell.ie or www.mhfi.org



Find out more at:
www.westbewell.ie
#MensHealthWeek





Men's Health Week 2026
Find out more at www.mhfi.org

**ONE STEP
AT A TIME**



LOUTH HOSPITALS STAFF WELLBEING
OUR LADY OF LOURDES HOSPITAL DROGHEDA
CELEBRATING MEN'S HEALTH WEEK 2026
DAILY QUIZ & SPOT PRIZES

Date and Time	Item	Speaker
MONDAY 15TH JUNE – Health Promotion Corner		
09.00-12.00	Men's Health Checks	DCEC Room 2
12.30-13.30	Physical / Social / Mental/ Nutrition Talk	Niall Kan Lecture Theatre DCEC
14.00-15.30	Men's Health Manual	Andy Cooney (Health Promotion)
TUESDAY 16TH JUNE – Health Promotion Corner		
10.00 -12.00	Mental Health First Aid	Andy Cooney / Darren Behan
14.00-15.00	5-a-side OLOLH v Drogheda United	Drogheda United Sullivan & Lambe Park
WEDNESDAY 17TH JUNE – Health Promotion Corner		
10.00-12.00	Men Saving Lives	Katja Ilves (Resus Officer)
12.30 -15.30	Alcohol / Drugs / Smoking	Libby Jolly (Alcohol / Drugs Liaison) Malachy Nixon (Stop Smoking Advisor)
Thursday 18TH JUNE – Health Promotion Corner		
10.00-12.00	Water / Fruit / Pastries	Health Promotion Corner
12.30-13.00	Men's Lunch Time Walk / Talk / Lunch	Complimentary Sandwich & Crisps & Bewleys Tea/Coffee
13.00-13.30	Men's Lunch Time Walk / Talk / Lunch	Complimentary Sandwich & Crisps & Bewleys Tea/Coffee
14.00-15.30	Raffle Prizes	Raffle Prizes

TUNE INTO Gerry Kelly on LMFM

Daily for our life Men's Health Talks

Men's Health Week 2026
Find out more at www.mhfi.org

**ONE STEP
AT A TIME**





Men's Health Week 2026
Find out more at www.mhfi.org

**ONE STEP
AT A TIME**



**LOUTH HOSPITALS STAFF WELLBEING
LOUTH COUNTY HOSPITAL, DUNDALK**

**CELEBRATING MEN'S HEALTH WEEK 2026
DAILY QUIZ & SPOT PRIZES**

Date and Time	Item	Speaker
MONDAY 15TH JUNE – Health Promotion Corner		
10.00-13.00	Men's Health Manuals	Main Reception
12.00-13.00	Men Saving Lives	Katja Ilves (Resus Officer) Main Reception
TUESDAY 16TH JUNE – Health Promotion Corner		
10.00 -12.00	Cycle To Work Scheme	The Bike Station (Ray Fedigan)
WEDNESDAY 17TH JUNE – Health Promotion Corner		
10.00-12.00	Men's Health Awareness	Andy Cooney, Main Reception
12:30-1:30	Men's Health Talk	Conference Room LCH Dr Sean Kilroy Men's Health Talk
13.30 -15.00	Men's Health Checks	Andy Cooney, Cardio Rehab Room
THURSDAY 18TH JUNE – Health Promotion Corner		
10.00-12.00	Men Saving Lives	Luis Prieto Alvarez (Resus Officer) Main Reception

TUNE INTO LMFM (Gerry Kelly) FOR MENS HEALTH TALKS DAILY

Men's Health Week 2026
Find out more at www.mhfi.org

**ONE STEP
AT A TIME**



MEN'S HEALTH WEEK 2026

This year's theme is *"One Step at a Time"*

**Monday 15th –
Sunday
21st June 2026**

DATE	LOCATION	EVENT	TIME	CONTACT
Tuesday 16th of June	Men and Alcohol Webinar Evidence, Harm and Practical Action that work with men	For groups and services	10.00am - 11.00pm	Evelyn.Fanning@hse.ie  Register Here
Wednesday 17th of June	Boyle Family Resource Centre F52 H67	Men's Health Event	7.00pm - 9.00pm	communityinclusion@boylefrc.ie
Thursday 18th of June	Castlerea Mart F45 FC91	Men's Health Fair	11.00am - 1.00pm	Laurence.gaughan@hse.ie
Friday 19th of June	St. Brigids GAA, Lough Ree Men's Shed, Kiltoom N37 WK60	Men's Health Event "Revive & Thrive"	7.00pm - 9.00pm	tommyhealy13@gmail.com

FOR MORE INFORMATION PLEASE CHECK www.westbewell.ie or www.mhfi.org



Find out more at:
www.westbewell.ie
#MensHealthWeek



Men's Health Week 2026 Calendar of Events



Name of Event	Activity	Date & Time	Venue	Target group	Organisation /Contact
SEHSCT events					
Information Stand	Physical Activity and Mental Health (staff)	16 th June 9.30am - 12pm	Downe Hospital (front Foyer)	Open to everyone working with men	SEHSCT Jackie.adair@setrust.hscni.net will.moore@setrust.hscni.net
Physical Activity Session	Short Physical Activities Session (staff)	19 th June 12-1pm	Recreation Hall UHD	Open to everyone working with men	SEHSCT Jackie.adair@setrust.hscni.net will.moore@setrust.hscni.net
Male Carers BBQ	Learn how to make tasty food on the BBQ. Male carers will be involved in preparing, cooking and eating the food they make with the help of David Lee.	Tuesday 16 th June 2026 11-1.30pm	Preaching House Pottery Killough, Downpatrick	Adult male carers	To book a place, contact Carer Support at carer.support@setrust.hscni.net or phone 028 4372 1807
Calming Skills on Thriving Mind	Looking after me - finding what works for me. Exploring self-help techniques.	9.30-10 on Tuesday	Online	SEHSCT staff	Ed Sipler: Ed.Sipler@setrust.hscni.net

Men's health information stands	Information stands hosted by the SEHSCT multi-disciplinary team	Tues 16 th June - Ardglass Golf Club 12- 5pm Wed 17 th June - Downpatrick Golf Club- 1-5pm		General public	Sarah-Jane.McGreevy@setrust.hscni.net
Men's Strength Club	Strength based circuit exercises	16 th , 23 rd , 30 th June & 7 th July 2.30-3.30pm	TBC in Comber	Open to patients registered in the North Down and Ards area	Comber Family Practice Heidi.aiston@setrust.hscni.net Mobile: 07525310547
Men's Allotment Group	Enjoy nature. Stay active. Meet new people.	Every Thursday morning 10.30 – 12.30pm	Quarries Farm on the Upper Gransha Road in Bangor	Open to any men registered with a GP in the North Down and Ards area	If interested, please email Nicola.marshall@setrust.hscni.net No experience necessary
Community events					
Men's Fest	Men's Health & Wellbeing Event	18 June 10.30-1.30	Delamont Park, Killyleagh	Men in the Rowallane DEA & surrounding area	NMDDC nicola.whyte@nmandd.org Rowallane MDT
One Step at a Time - Progress not perfection Men's Health Webinar	Join us to hear from a range of speakers who will share their insights and experience on the key theme for the week: 'One Step at a Time – progress not perfection'	Monday 15 th June, 12pm – 1pm	Online	Public	Webinar Registration - Zoom
Tools For Better Health	Free evening event including food, interactive sessions and a goody bag for everyone	Thursday 11 th June 6:30 – 9:30pm	Castlewellan Castle	Men aged 18+	CDRCN jenny@countydownrcn.com / 028 44612311

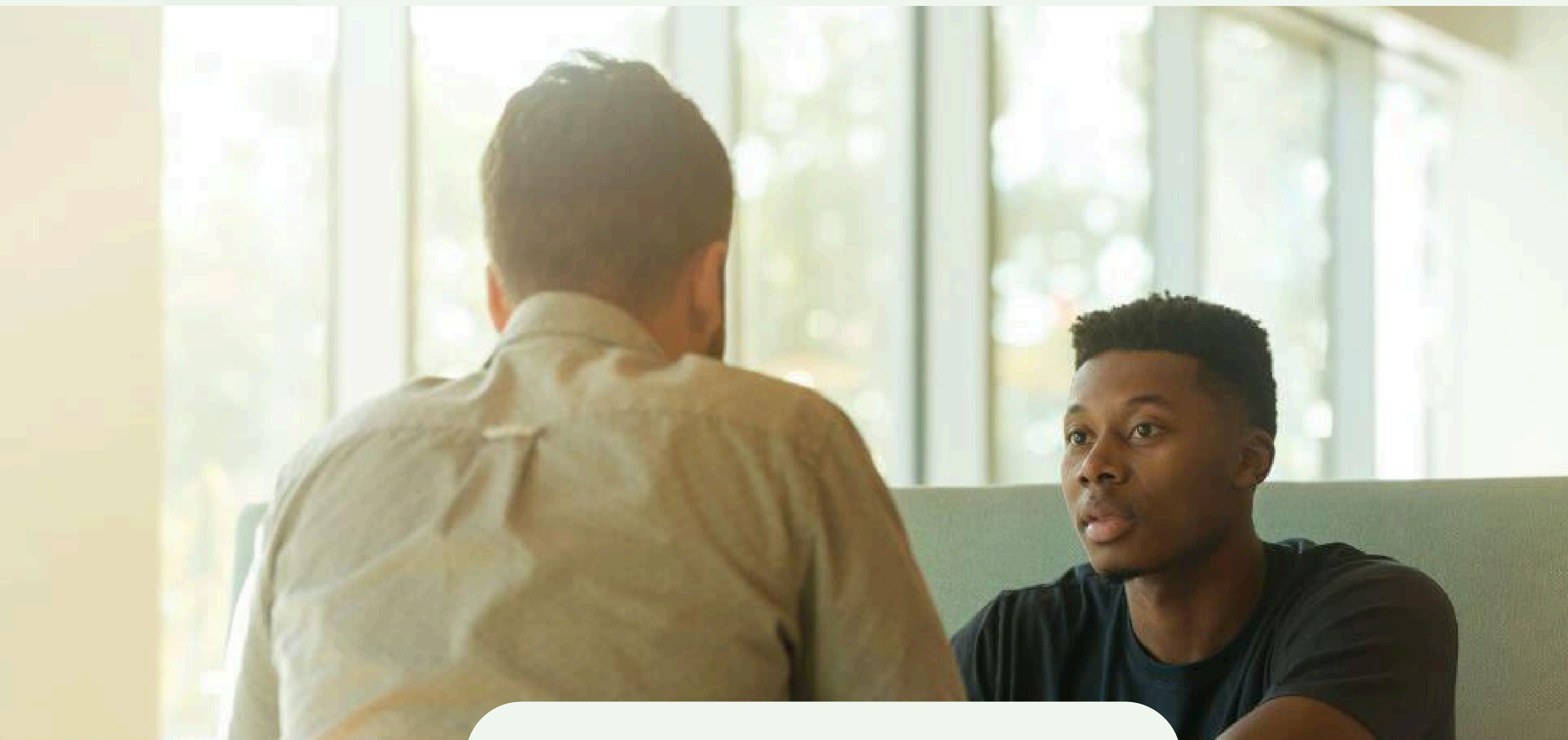
Men's Sports Café	Darts/Pool/Sports Viewings/Café & Wellbeing Activities	Thursday 18 th June 12pm – 1.30pm	Clandeboyne Village Hall, Bangor	Men over 18	North Down Community Network Lindsey Hall 02891 461386 or ndcncommunityhealth@gmail.com
Annual Father's Day event by Colin Surestart	Family Fun day and BBQ for the Saturday of men's health week	Saturday 20 th June from 11am – 2pm	Colin Allotments	Closed event	Roger.Winter@colinsurestart.com
Online events					
Boost Your Wellbeing Workshop by Helping Minds	Free community workshop supporting adults and young people with practical mental health knowledge and tools	15/06/2026 1:00PM - 2:00PM	Online	Adults 18+	Reserve your place at: Boost Your Wellbeing Workshop Men's Health Week Online Tickets, Monday 15 June • 6 AM - 7 AM GMT+1 Eventbrite Email: cyfs@helpingminds.org.au or Call: (08) 9427 7100 and ask for Helping Minds Administration
Building Emotional Strength: A Men's Health Conversation By Mental Health Ireland	Join us for our online panel discussion where we will explore men's mental health, emotional wellbeing, resilience and the importance of connection. We will reflect on everyday pressures, emotional strength, supports and the small steps that we can take that can positively impact on our wellbeing.	Wednesday, June 17 th 2pm – 3pm	Online	Adults 18+	Reserve your place at: Building Emotional Strength: A Men's Health Conversation Tickets, Wednesday, June 17 • 2 PM - 3 PM GMT+1 Eventbrite

Mental Fitness Matters (event for men) By Inner Space	This session offers strategies for developing mental fitness that supports you – at work, at home, and in life.	Tuesday, June 16 th 6 PM - 6:45 PM	Online	Adults 18+	Reserve your place at: Mental Fitness Matters (event for men) Tickets, Tuesday, June 16 • 6 PM - 6:45 PM GMT+1 Eventbrite
Men's Health: Supporting Physical Health, Mental Wellbeing and Heart Health By North Somerset Council	How workplaces can support better physical health, mental wellbeing and cardiovascular disease prevention for men	Thursday 18th June 2 PM - 3 PM	Online	Adults	Reserve your place at: Men's Health: Supporting Physical Health, Mental Wellbeing and Heart Health Tickets, Thursday 18 June • 2 PM - 3 PM GMT+1 Eventbrite

MEN'S HEALTH WEEK 2026



Environmental Regulation - Employee Engagement Forum



15th to 22nd June 2026

One Step at a time - Progress not perfection

- All of the information about Men's Health Week 2026 access- [HERE](#)
- To view 'Action Man' manuals access - [HERE](#)
- To view 'Do You Know Your Numbers?' access - [HERE](#)

For further information contact Karina O'Grady:
karina.o'grady@water.ie



NEW TO DUATHLON COURSE

Lisburn &
Castlereagh

Triathlon
Ireland

8 Week Course for Over 50's Men suitable for all abilities



Starts mid May



Lough Moss Leisure Centre, Carryduff



9.30am-11.30am Tuesdays



amina@triathlonireland.com

Daniel Jackson

Triathlon
Ireland

Happy Men's Health Week!

Walking Football

Current:

Every Wednesday until
8th July 2026

Where:

Belgard Community Centre,
Old Belgard Road, D24 YK38

In partnership with:

Active South Dublin
South Dublin County Council



How to get involved

Sign up or register interest for future courses:

Email: active@ageandopportunity.ie

Phone : 01 913 3943



Western Health
and Social Care Trust

MEN'S HEALTH MATTERS

One Step at a Time



Tuesday 2nd June 2026
10am–2pm



Trillick Leisure Centre

Including:

- ✓ Trailer marking
- ✓ Farm Families health check bus
- ✓ Free trims from a local barber
- ✓ Free breakfast baps

Plus Free Activity Taster Sessions:

- ✓ Indoor angling
- ✓ Gym induction
- ✓ Basket weaving



Tuesday 2nd June 2026 | 10am–2pm | Trillick Leisure Centre

FREE EVENT FOR LOCAL MEN AND THEIR FAMILIES

Limited places for the basket weaving and Farm Family health checks.
Booking is essential via Martina on 07721977253



Date: Wednesday 3rd June 2026
Time: 9.30am - 4.00pm
Venue: Shared Futures Centre, Derry / Londonderry

Target Audience:

Practitioners / service providers (male and female) who work with men in any setting.

Aim: To explore the key issues that impact on men and their mental wellbeing, and understand what works in order to be able to effectively engage with men and signpost them to a range of services.

Learning Objectives:

- Explore why we need to work with men as a specific group.
- Understand the broad determinants of men's mental wellbeing.
- Explore the barriers that men experience when accessing health and social care services and how to create opportunities to engage with them.
- Increase the confidence of participants in relation to working with men.

To reserve a place visit: <https://www.eventbrite.co.uk/e/manifest-connecting-men-with-mind-fitness-tickets-1982006768599>



FARMER HEALTH CHECK DAY

11am TUESDAY, JUNE 9th



**JOIN US FOR A
FARMER HEALTH
EVENT**

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



List of Health Checks:

- **CARDIAC HEALTH SCREENING**
- **CANCER PREVENTION**
- **QUIT SMOKING SUPPORT**

Plus many more.....

SPECIAL GUEST APPEARANCE



**Avondhu Blackwater
Páirtíocht CTR**

For more information contact:

Lorna Hurley

Rural Community Health Worker

lorna@avondhublackwater.com



Guest Speakers

FREE refreshments provided



Are men not interested in looking after their own health, or are we simply not offering them the right things in the right ways? ...

If you are curious about the answer to this question, and would like practical ideas to help your team or organisation to engage more effectively with men and boys, then you might be interested in a free one day ENGAGE: Connecting with Men workshop. Workshops have been planned across the country during June 2026 to mark Men's Health Week this year.

Why not register to join one? ...

Clonmel, Co. Tipperary - Wednesday 10th June 2026:
<https://bookwhen.com/southeasttraining/e/ev-sozv-20260610091500>

Cork City - Friday 12th June 2026: <https://bookwhen.com/healthpromotiontraining/e/ev-ssh4d-20260612100000>

Dublin City - Monday 15th June 2026: <https://bit.ly/4wb7yDx>

Navan, Co. Meath - Tuesday 16th June 2026:
<https://register.enthuse.com/ps/event/EngageTrainingConnectingwithMen>





MEN'S HEALTH WEEK

FREE EVENT FOR MEN

Tools for better health



Join us for good grub and
fun, interactive activities.
Goody bag for everyone!



6:00 – 9:30pm
Thursday 11th June



Castlewellan Castle

**OPEN TO
MEN OF ALL
AGES**

Small Changes, One Step At A Time.



REGISTER WITH
jenny@countydownrcn.com
02844612311



**TRANSPORT
AVAILABLE FOR
GROUPS ON REQUEST**



**EVERYONE WELCOME –
COME TOGETHER,
CONNECT & THRIVE**



Comhairle Ceantair
**an Iúir, Mhúrn
agus an Dúin**
Newry, Mourne
and Down
District Council



**County Down
Rural Community
Network**



**COMMUNITY
FUND**



A.R.N.
Foundation



MEN'S HEALTH & WELL-BEING EVENT

Thursday 11 June 2026

Health Checks Available 3PM – 8.30PM

At Drumquin Development Association, BT78 4PH

Book Your Appointment: 07775 226923



Activities & Support:

- Farm Families Health Checks
- PSNI Security Team – Trailer Marking
- Rural Support & Therapeutic Services
- Relate – Counselling Support
- PSNI Security Team – Trailer Marking
- WHSCT "Take 5 Steps to Well-being"
- Vintage Machine Display
- Try Archery with Drumquin Archery Club



Public Health Agency
Project supported by the PHA



Western Health
& Social Faare Trust

Light reffeshments will be available.

ONE STEP AT A TIME

**Roe
Valley
Leisure
Centre**

**Thursday
11th June 2026
11am–2pm**

**Free Health
Checks
Information
Stalls
Refreshments
+ Lots More!**

**Everyone
Welcome**

**men's
health
week
15–21 june 2026**

progress, not perfection



MEN'S BIKE SESSIONS



**Celebrate Men's Health Week with
Sure Start South Armagh**

**Thursday 11 June
Tuesday 16 June
6:30pm – 8:30pm**

Meeting Point: Victoria Lough – Greenway

 **Men Only Event**

 Free freshments provided

  Bikes and water supplied

Come along for a relaxed evening cycle, get active,
and connect with other local men while
supporting your health and welibeing.

 **No experience needed**

 **All welcome**

 **Just turn up and enjoy**

**Sure Start
South Armagh**



LOCH GARMAN
GNÍOMHACH
TRÍ SPÓIRT
SPORTS ACTIVE
WEXFORD
SPÓRT ÉIREANN

Play It Forward



Forth Celtic AFC Y35X25
Duncannon FC Y34P043



Forth Celtic 14th June
7:45- 9:00 pm

Duncannon FC 16th June
6:30- 7:30 pm



**This programme is for
middle aged men who wish
to become more active.**

**Just turn up on the night to
register.**



Comhairle Contae
Loch Garman
Wexford
County Council



SPÓRT ÉIREANN
SPORT IRELAND



WEBINAR INVITATION

Men's Health Week 2026

Date: Monday 15 June 2026

Time: 12:00pm - 1:00pm



Find out more at:
www.mhfi.org

ONE STEP AT A TIME - progress, not perfection



Men's
Development
Network



Join us at the start of Men's Health Week 2026 (Monday 15th June, from Noon to 1.00pm) to hear from a range of speakers who will share their insights and experience on the key theme for the week: 'One Step at a Time - Progress not Perfection'.

Guests will include ...

- Daragh Fleming - Poet and Mental Health Advocate
- Bobby Kerr - Broadcaster and Entrepreneur
- Dave Smith - Founder of the 'Be OK Garage'
- Lewis Byrne - Social Prescriber and Screening Champion
- Bláthín Casey - HSE Project Manager

To support accessibility, an Irish Sign Language (ISL) interpreter will be present for the whole of the webinar.

Register for a place at: https://us02web.zoom.us/webinar/register/WN_BHM8-3lhRLGxxPMTFw0eLA





**Mental Health
Ireland**



Men's Health Week 2026

FREE MENS HEALTH & WELLBEING EVENT

Part 1: Connect to the Five Ways to Wellbeing

An overview talk of the Five Ways to Wellbeing Model

Workshop Aim

To equip ourselves with the knowledge and the attitude required to understand and implement actions to support our mental health and wellbeing

Part 2: Physical Activity Taster Session

Join in on a short physical activity taster session which will include bodyweight exercises, mobility and flexibility

All abilities welcome

Location: The Milk Market, Cornmarket Row,
Irishtown, Limerick, V94 R602

Facilitator: Cillian Keane - Mental Health Ireland &
Rachel Macauley - Limerick Sports Partnership

Booking: WWW.LIMERICKSPORTS.IE

Date: Monday 15th June 11am - 1pm

For enquiries email:

Rachel : rmacauley@limericksports.ie or
Cillian: cillian@mentalhealthireland.ie

SCAN THE QR CODE TO REGISTER OR
WWW.LIMERICKSPORTS.IE

SCAN HERE



WE SUPPORT
**MEN'S HEALTH
WEEK 2026**
15th - 21st June
www.mhfi.org

INTRO TO PADEL FOR MEN

FREE SESSION



Monday
15th June, 2026



6PM - 7PM



W7 Padel
Wicklow Town



#MENSHEALTHWEEK



Event Title: Introduction to Padel for Men
Date: Monday 15th June 2026
Time: 6:00pm
Location: W7 Padel, Wicklow Town
Cost: Free

This is a beginner-friendly introduction to padel, designed specifically for men who want to try a fun and social sport. No prior experience or equipment is necessary, and all fitness levels are welcome.

For more information or to book a place visit: <https://www.eventbrite.ie/e/free-intro-to-padel-for-men-wicklow-town-tickets-1990391342084>

Coral Leisure Men's strength over 55

GYM

NEW CLASS



Free Class Trial

MONDAY 15TH

1 PM



Annual National Traveller & Roma Men's Health Day

SAVE THE DATE!

16TH JUNE - 15 ACRES, PHOENIX PK



Contact: ☎ 01 878 0255

✉ John Collins john.collins@pavee.ie

✉ Michael Collins michael.collins@pavee.ie



PAVEE POINT
TRAVELLER AND ROMA CENTRE



COMHPHÁIRTÍOCHT
SPÓIRT
UÍBH FHAILÍ



— SPORT ÉIREANN —

OFFALY SPORTS PARTNERSHIP

PRESENTS

BUILDING RESILIENCE

FOR TEENAGE BOYS

**DEALING WITH THE
KNOCK BACKS IN
TEENAGE YEARS**



**ST MARY'S YOUTH CENTRE
TULLAMORE**



**TUESDAY
JUNE 16TH**



11AM



WITH FORMER OLYMPIAN
**JORDAN
CONROY**

OLYMPIAN • RUGBY 7s STAR • OVERCOMING SETBACKS



FOR MORE DETAILS PLEASE CONTACT
LIAM, OFFALY SPORTS PARTNERSHIP
LOReilly@Offalycoco.ie

Offaly
Men's Health
Week

June 13 - 21, 2026

THIS EVENT IS PART OF
**OFFALY MEN'S
HEALTH WEEK**



MEN'S HEALTH EVENT

Tuesday 16TH JUNE - 7.30pm - 9.30pm

Aghalee Village Hall

First 50 through the door get a goodie bag!

Happy Men's Health Awareness week 15th - 19th June!
Remember to prioritize your health, get regular check-ups, eat well,
exercise regularly, manage stress, and take care of yourself both
physically and mentally!

MEN'S HEALTH MATTERS!

Checks, information, craic and advice



Free event
18+
All very
welcome



Men's
Health

MEN & ADHD

LET'S START THE CONVERSATION

A powerful evening of insight, lived experience
and open conversation about **ADHD in men.**



WEDNESDAY
17TH JUNE



6:30PM – 8:00PM



FISHERWICK
BELFAST



MALES 17+



NO DIAGNOSIS
REQUIRED



FAMILY, SUPPORTERS
& PROFESSIONALS
WELCOME

MEET OUR SPEAKERS



DR CHRIS WALSH
CONSULTANT
PSYCHIATRIST



**DR MATT
MCCKEY**
ADHD
CONSULTANT



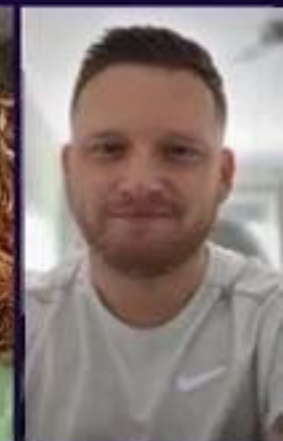
**WILLIAM
WILSON**
SOLICITOR &
MENTAL HEALTH
CHAMPION



JOHN DEVLIN
LOCAL
COMEDIAN
LIVED EXPERIENCE



JOHNNY
MENTAL HEALTH
NURSE
LIVED EXPERIENCE



DAVID
LIVED EXPERIENCE
SPEAKER

REAL STORIES. EXPERT INSIGHT. STRONGER TOGETHER.



www.adhdni.org



TICKETS VIA LINK IN BIO

COUCH TO 3K FOR MEN

FREE 6-WEEK PROGRAMME



Wednesdays
Starting 17th June



6:30PM



Coral Leisure
Arklow



#MENSHEALTHWEEK



Event Title: Men's Couch to 3k - Walk to Jog - Arklow
Date: Wednesday 17th June 2026 | 6-week programme
Time: 6:30pm - 7:00pm
Location: Coral Leisure Arklow
Cost: Free

Launched to celebrate Men's Health Week, this six-week, men-only programme is the perfect, low-pressure opportunity for beginners to build their fitness from a walk to a 3k jog.

Kicking off on Wednesday 17th June at Coral Leisure Arklow, spaces are strictly limited to 12 participants to ensure a highly supportive, small-group environment.

For more information or to book a place visit: <https://www.eventbrite.com/e/mens-couch-to-3k-walk-to-jog-arklow-tickets-1991199061996>



**DONEGAL GAELIC
MASTERS TEAM
&
DONEGAL GAA
HEALTH & WELLBEING
COMMITTEE**



MEN'S HEALTH WEEK 2026

MEN'S HEALTH AWARENESS EVENING

FIT FOR THE FIELD, FIT FOR LIFE

Join us for an informative and engaging evening as we celebrate Men's Health Week and encourage our members to take positive steps towards improving and maintaining their health and wellbeing.

ON THE NIGHT



Information on mental health and wellbeing supports



Smoking cessation advice and support



Health promotion information and resources



Body composition and health screening (InBody Scanning)



Opportunities to speak with healthcare professionals



Advice on maintaining an active and healthy lifestyle

WHY ATTEND?

- Learn more about common men's health issues.
- Discover how early intervention and screening can improve health outcomes.
- Access practical advice to support your physical and mental wellbeing.
- Connect with services available in your local community.
- Take proactive steps to stay healthy, active, and involved in the game for years to come.



STRONG ON THE FIELD. STRONG OFF THE FIELD.

YOUR HEALTH IS YOUR GREATEST ASSET—TAKE THE TIME TO INVEST IN IT.



**WEDNESDAY
17TH JUNE 2026
6.30-9PM**



**GAA CENTRE OF
EXCELLENCE**



**EVENING EVENT –
FURTHER DETAILS
TO FOLLOW**

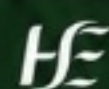


**ALL WELCOME.
ADMISSION FREE.**

Hosted by Donegal Gaelic Masters Team
in partnership with:



Donegal GAA
Health & Wellbeing
Committee



Health Service
Executive

Event Title: Fit for the Field, Fit for Life

Date: Wednesday 17th June 2026

Time: 6.00pm - 9.00pm

Venue: Donegal GAA Centre of Excellence, Convoys, Co. Donegal

Organised By: Donegal Masters Team and Donegal GAA Health & Wellbeing Committee

Join us for an informative and engaging evening, as we celebrate Men's Health Week and encourage our members to take positive steps towards improving and maintaining their health and wellbeing. This event is specifically aimed at men who have been involved in Gaelic Games throughout their lives and who now continue to contribute through Masters football, coaching, mentoring, volunteering, officiating or supporting their local clubs and communities.

Event Details

As we get older, looking after our physical and mental health becomes increasingly important. Early screening, health checks and lifestyle changes can help prevent illness, improve quality of life and ensure that we can continue to enjoy sport, family life and community involvement - both on and off the field. On the night, there will be: information on mental health and wellbeing supports; smoking cessation advice and support; health promotion information and resources; body composition and health screening (InBody Scanning); opportunities to speak with healthcare professionals; and advice on maintaining an active and healthy lifestyle.

Why attend? ... Learn more about common men's health issues. Discover how early intervention and screening can improve health outcomes. Access practical advice to support your physical and mental wellbeing. Connect with services available in your local community. Take proactive steps to stay healthy, active, and involved in the game for years to come.

Strong on the Field. Strong Off the Field. Your health is your greatest asset - take the time to invest in it. All welcome.

Entry Fee Admission free

Contact Person Conor McShane

Phone Number 087 1367907

Email chair.hwc.donegal@gaa.ie

Website <https://donegalgaa.ie>

MEN'S HEALTH WEEK

FREE PADEL TASTER SESSION



CORAL LEISURE MONAGHAN



WEDNESDAY
17TH JUNE



5:00PM TO 6:00PM
&
6:00PM TO 7:00PM
Fully booked

(MAX 6 PEOPLE PER SLOT)
(RACKETS & BALLS INCLUDED)



@wepadel.ie





WEDNESDAY JUNE 17TH

MEN'S MENTAL HEALTH WEEK ***STRENGTH & CONDITIONING CLASS***

FREE TASTER SESSION

WEDNESDAY 17TH JUNE

TIME 8:15PM - 9:15PM

BREAKTHROUGH PERFORMANCE BALLYBAY

DESIGNED TO IMPROVE

MUSCLE STRENGTH ,JOINT MOBILITY & STRETCHING

LINK IN BIO

**SWIM
IRELAND**

An island
of swimmers

HE SWIMS

TASTER SWIMMING LESSONS IN
LINE WITH MEN'S HEALTH WEEK
Wednesday 17th of June

Beginner: 6pm - 6.45pm

For more information email
ainemcgovern@swimireland.ie

 CORAL LEISURE MONAGHAN

FREE



**MEN'S
HEALTH
AWARENESS
WEEK**
— JUNE —



**LOOK AFTER YOURSELF.
LIVE BETTER.
FEEL STRONGER.**



**WEDNESDAY
17 JUNE**



10.00AM – 1.00PM

MEN'S HEALTH DAY

**A MORNING FOR MEN.
BY MEN.
EVERY MAN WELCOME!**



HEALTHY BREAKFAST

GOOD FOOD.
GREAT START.
BETTER YOU.



WALK

GET MOVING.
CLEAR YOUR MIND.
BOOST YOUR MOOD.



ACUPUNCTURE

RELAX. RECOVER.
REDUCE STRESS.
IMPROVE WELLBEING.

**TAKE A STEP
TOWARDS A
STRONGER,
HEALTHIER YOU!**



CONNECT, MOVE. RELAX. FEEL BETTER.



MEET NEW PEOPLE



**IMPROVE
YOUR HEALTH**



**SUPPORT YOUR
MENTAL WELLBEING**



**BUILD A
STRONGER YOU**

**IT'S TIME TO
PUT YOU
FIRST!**



**IN FORTHSPRING
373 SPRINGFIELD ROAD**

**FREE TO ATTEND –
JUST TURN UP!**

SEE YOU THERE!

Solas Family Resource Centre Headford invite you to our



Men's NCT Health Day

Wednesday 17th June 2026
St. Fursa's Hall, Headford
from 4.00pm – 8.00pm
Admission is Free!

Free Health & Fitness Check for Men
Blood Pressure Cholesterol & Diabetes



An Garda Síochána
Ireland's National Police & Security Service



GAMBLING
AWARENESS
TRUST



Men's
Development
Network



FLANAGAN'S
totalhealth
PHARMACY



ALL MEN EQUAL EVENT



WEDNESDAY
17TH JUNE 2026



LETTERKENNY
COMMUNITY CENTRE



AME
ALL MEN EQUAL

1-3PM

**SUPPORTING THE HEALTH AND WELLBEING
OF ALL MEN IN DONEGAL.**



MEN'S HEALTH WEEK – TAKE ONE STEP AT A TIME



**TRADITIONAL
GAMES**



INFORMATION



**WALKING
FOOTBALL**



FOOTBALL



ARCHERY



**HEALTH
CHECKS**



**BLOOD
PRESSURE**



BMI

INFORMATION STANDS FROM



On Show



ORGANISED BY DONEGAL MEN'S HEALTH NETWORK
SUPPORTED BY CONNECTING FOR LIFE DONEGAL





**Men's
Development
Network**

Better Lives for Men, Better Lives for All



INFORMATION STAND

FOR MEN'S HEALTH WEEK 2026



**WEDNESDAY
17 JUNE 2026**



10.30AM – 1.30PM



**De Valera Library,
Ennis**

Men's Development Network
will host an information stand in
De Valera Library as part of
Men's Health Week 2026.



**Freephone Male
Advice Line**

1800 816588



They provide a free, confidential Male Advice Line supporting men affected by sexual, domestic, and gender-based violence, as well as their families and those concerned about them.

Men's Development Network are the GAA's official charity partner.



Find out more: **mensnetwork.ie**



WE SUPPORT
**MEN'S HEALTH
WEEK 2026**

15th - 21st June
www.mhfi.org



**Mental Health
Ireland**

Educating, Empowering,
& Connecting Communities

**SCAN QR
CODE
TO BOOK**



FREE WEBINAR

BUILDING EMOTIONAL STRENGTH: A MEN'S HEALTH CONVERSATION

Join us for our panel discussion where we will explore men's mental health, emotional wellbeing, resilience and the importance of connection. We will reflect on everyday pressures, emotional strength, supports and the small steps that we can take that can positively impact on our wellbeing.

BOOK ON EVENTBRITE:

<https://shorturl.at/c6uD3>

ONLINE VIA ZOOM

WEDNESDAY JUNE 17TH 2PM - 3PM

CELEBRATING MEN'S HEALTH WEEK 2026



**MEN'S
HEALTH WEEK
EVENT**



CONNECT CAFÉ

Men's Mental Health & Wellbeing

A welcoming space for **TEA, COFFEE,** 
CONVERSATION & CONNECTION.



**THURSDAY
18TH JUNE**



**10.30AM –
12PM**



LOCATION:

De Valera Public Library
Causeway Link, Ennis,
Co Clare V95 CTN0



JOIN US!



Everyone welcome.
Come along, have a
cuppa and connect.



FIND OUT MORE AT

[ClareCoCo.ie/menshealth](https://clarecoco.ie/menshealth)



Your paragraph text



**Mental Health
Ireland**

Educating, Empowering,
& Connecting Communities

WE SUPPORT
**MEN'S HEALTH
WEEK 2026**

15th – 21st June
www.mhfi.org



Join us for a Men's Mental Health & Wellbeing Connect Café

**SCAN QR CODE
TO BOOK**



Connecting with others is an important way of supporting
and improving our mental health and wellbeing.

**Join us for a relaxed Connect Café, a welcoming
space for tea, coffee, conversation and connection with
others in the community.**

Date: Thursday 18th June: 10.30am – 12pm

**Location: De Valera Public Library,
Causeway Link, Ennis, Co Clare V95 CTNO**

To Register: <https://shorturl.at/aiPzY>



COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL



COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL

Libraries



Clare



MEN'S WELLBEING CLUB

8-WEEK SOCIAL & WELLBEING PROGRAMME

Join our **FREE 8-week programme** commencing 18th June. The Wellbeing Club is designed to bring people together, helping you get involved, connect with others and enjoy good company.

Programme details

- Darts & curling
- Chess and board games
- Table tennis
- Tea & coffee
- Social Café

Kilmakee Activity Centre
52A Rowan Drive, Dunmurry, BT17 9QA

BOOKING INFORMATION



**EVERY THURSDAY,
STARTING 18TH JUNE
DAY FOR 8-WEEKS**



**1pm - 3pm
TIME**



**FREE
COST**

**Book by calling Kilmakee Activity Centre on 028 9030 1545
or via the Vitality Membership App.**

FREE EVENT FOR MEN



Come along for a relaxed morning of connection, activity and good health.



Join us for food- make your own pizza



Health checks and chats



Willow Weaving Workshop



Exercise classes, Chi Me, Boccia



Scenic walks with Geopark Team



**DELAMONT PARK
KILLYLEAGH**



**THURSDAY 18 JUNE
10.30 - 1.30**



**Open to all men in the
community. Bring a friend!**

Booking Essential - Email: nicola.whyte@nmandd.org

Small Changes, One Step At A Time

FREE WELLNESS EVENT FOR Male Carers



11AM – 2PM, THURSDAY 18TH JUNE 2026
RAHEEN WOODS HOTEL, ATHENRY

*This event is open to Male Carers only

- Access support information
- Try out activities
- Relax and enjoy a light lunch with other Male Carers

TO BOOK [CLICK HERE](#) OR SCAN QR CODE

Enquiries: galwaycs@familycarers.ie



Minister for Children
Commissioner of Ireland



For a free website, go to
www.familycarers.ie



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



This is a free event for men who are caring for a family member. Join us for our first Male Carers Wellbeing Event (a collaboration between Galway Rural Development and Family Carers Ireland) and: access information; try out activities; relax before enjoying a light lunch with other male carers.

11.00am - registration, coffee/tea and scones.

11.30am - check out information stands and taster activities on offer.

1.00pm to 2.00pm - sit down for a light lunch of soup and sandwiches.

Each registered participant will receive a gym visit voucher plus a Goodie Bag. This is a collaborative event, kindly sponsored by Galway Rural Development.

THIS EVENT IS OPEN TO MALE CARERS ONLY

INCLUSIVE LAWN BOWLS

THIS VERY POPULAR PROGRAMME IS BACK

When: Thursday 18th June

Time: 11 - 12

Cost: €10 (5 week programme)

Where: Ballybay Bowling Green



Men's Health Week

To Book contact: Aisling 087-0942883 /

042-9755126

Email:

aisling.mcdermott@monaghancoco.ie





LUNCH-TIME MINDFULNESS TASTER / AWARENESS SESSION

Men's Health Week runs from Monday 15th - Sunday 21st June 2026. In recognition of this, NIPSA has organised a lunch-time taster / awareness session for their male membership as follows ...

Thursday 18th June 2026 | 12.15pm - 1.15pm | MS Teams

This virtual session is open to male NIPSA members only, and NIPSA encourages as many of their male colleagues as possible to take the opportunity to attend this taster / awareness session.

To register, email your details to Danielle Dawson at danielle.dawson@nipsa.org.uk by no later than 5.00pm on Wednesday 17th June 2026.



ONE STEP AT A TIME



Friday, June
19th

12:30 TO 3:30

THE SQUARE
CLAREMORRIS
F12 K766

CLAREMORRIS MEN'S HEALTH AWARENESS EVENT

EVENTS:



Musical performances -
Claremorris and Westport Men's Shed



Blood pressure and
heart health testing



Spinning competition



Claremorris Community Radio
live broadcast



Free haircuts



Health information stands
and lots, lots more



LOOK AFTER YOUR
HEALTH, FOR YOU,
FOR THEM, FOR LIFE.

Contact the **Claremorris Family Resource Centre** for more informations
094 0937 7838 | info@claremorrisfrc.ie

ORGANISED BY



CLAREMORRIS
FAMILY
RESOURCE
CENTRE



LET'S TAKE ONE STEP AT A TIME - TO A HEALTHIER, HAPPIER COMMUNITY



**Mental Health
Ireland**

Educating, Empowering,
& Connecting Communities

Building Wellbeing Workshop

Engage with Mental Health

An Introduction to Mental Health & Wellbeing
& the Five Ways to Wellbeing Model

Workshop Objectives

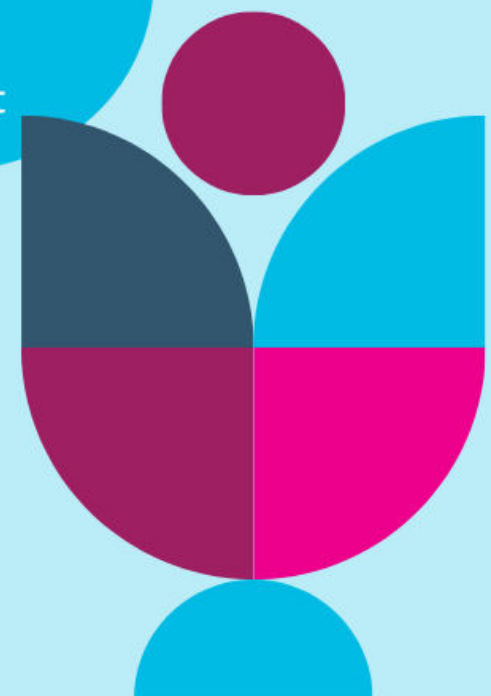
At the end of this workshop, participants will be able to:

- Define what mental health and wellbeing are
- Recognise influences on our mental health and wellbeing
- Understand the 'Five Ways to Wellbeing' model and how to use it

Location: Tyone Community Centre, Ormond
Drive, Nenagh, Co. Tipperary

Facilitator: Cillian Keane, Development Officer,
Mental Health Ireland

Register: Contact Rachel Browne - 083 2049954
socialprescribing@silverarchfrc.ie



Friday, June 19th 2026

10:30am-12:00pm

WE SUPPORT
**MEN'S HEALTH
WEEK 2026**

15th - 21st June
www.mhfi.org



Silver Arch
Family Resource Centre

MEN'S Mental Health Week



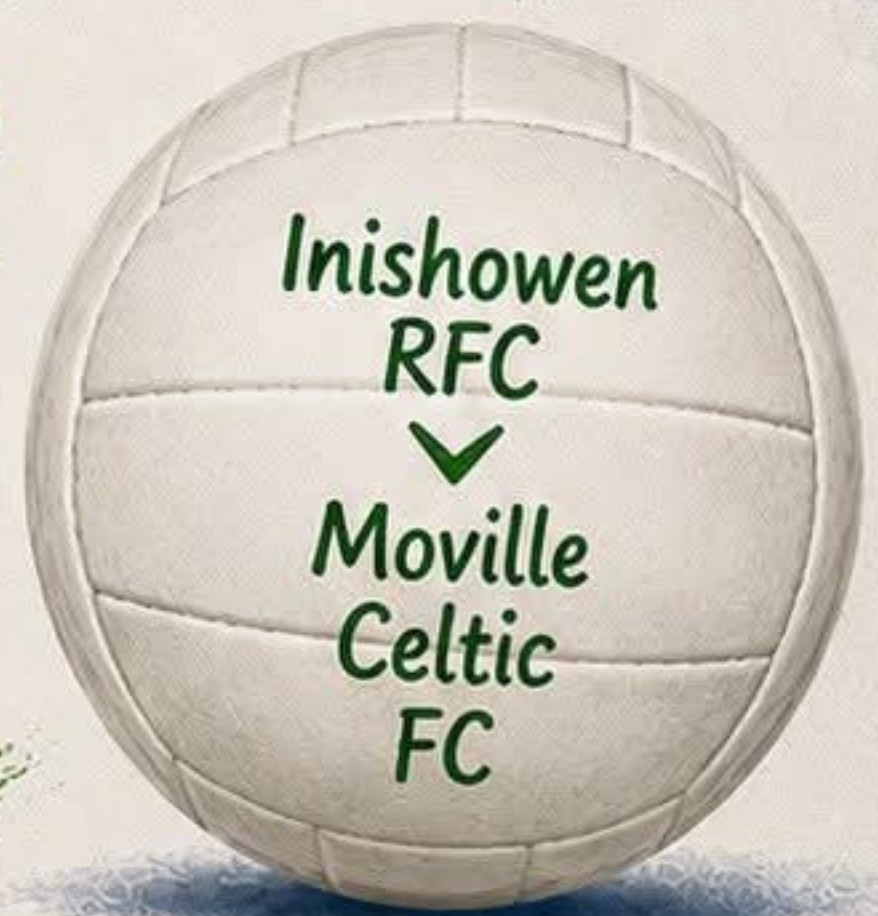
TRISPORT TOURNAMENT

Friday 19th June

— @ 6:30pm —

Inishowen Rugby Club

Moss Road
Carndonagh



3 SPORTS. 1 COMMUNITY. STRONGER TOGETHER.



ADM:
ADULTS €5
TEENS €2
U12'S FREE

ALL PROCEEDS GOING TO



Event Title: Trisport Tournament

Date: Friday 19th June 2026

Time: 6.30pm

Venue: Inishowen Rugby Club, Moss Road, Carndonagh, Co. Donegal

Organised By: Inishowen Rugby Club

Event Details: Inishowen Rugby Club, Malin GAA and Moville Celtic FC are coming together for a trisport tournament for Men's Mental Health Week.

The idea is that the clubs will play each other, but not their own sport. Our Tagline is: 3 Sports - One Community - Stronger Together.

All funds raised will be donated to a local charity, Action Inishowen.

Entry Fee: €5 Adults | €2 Teens | U12's FOC

Contact Person: Lynsey Doherty

Phone Number: +353852544789

Email: secretaryinishowenrfc@gmail.com



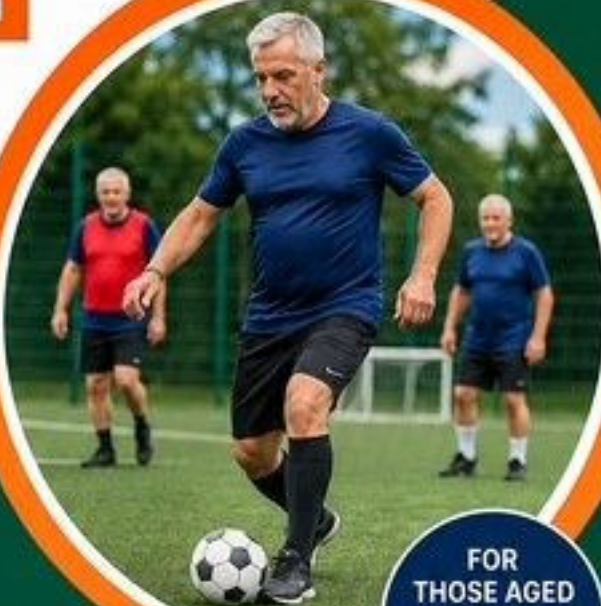
Men's Health Week

COMHPHÁIRTÍOCHT
SPÓIRT
UÍBH FHAÍLÍ
— SPÓRT ÉIREANN —



**ONE
STEP
AT A
TIME**

— progress,
not perfection



FOR
THOSE AGED
40+

**COME TRY
WALKING FOOTBALL**



EDENDERRY



19TH JUNE



**PAUL HOEY PARK
CHURCH VIEW
HEIGHTS**



7PM - 8PM



**ALL WELCOME
ALL ABILITIES
NO EXPERIENCE
NEEDED!**



**Contact Denise
Offaly Sports Partnership**

086 7912513

Carve a Wooden Sword

Saturday 20th June 2026

10.30am - 1.30pm OR 2.00pm - 5.00pm

Island Arts Centre, Lisburn

Ages: 10+

Cost: £22 for one child and one adult

Create a memory for Father's Day as you work with your child to make a wooden sword. Learn a new skill in a fun, creative environment.

Stephen Ryan from Green Woodwork Ireland will teach you how to make your own wooden toy sword using traditional woodworking tools and equipment.

As you will be working in a workshop environment, sturdy footwear is important. A good pair of sturdy boots or shoes are ideal. The tutor will supply safety gloves but, if you have your own tight-fitting safety gloves, feel free to bring them along.



Men's Health Week 2026
Find out more at www.mhfi.org

**ONE STEP
AT A TIME**



Company No. 437752 Charity No. 20071543 CHY No. 18545

Men's Health Talk

**Prostate & Bowel Cancer Awareness
with Col Conway, Community Nurse**

**Tuesday, 23rd June | 2pm – 3pm |
Dunmanway Family Resource Centre,
P47EC43**

Contact Reception: 023 8856818 for more info



**Marie Keating
Foundation**

KILRUSH



FREE MEN'S HEALTH SCREENING

Take a few 'Small Steps'
for your health.



WEDNESDAY
24 JUNE
11 AM – 2 PM



KILRUSH MART
CAPPA ROAD, KILRUSH



BLOOD PRESSURE • PULSE • DIABETES SCREENING

JUST DROP IN.
FIRST COME, FIRST SERVED.



healthyclare@clarecoco.ie



COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL



PORTADOWN MEN'S HEALTH & LIFESTYLE PROGRAMME

8 Week Programme

Commencing

Thursday 25 June 2026 | 6.00pm

Brownstown Community Centre, Portadown

Weekly Physical Activities and Health Information Sessions.
Programme is free of charge and is open to all men in the community.

Interested in coming along?

Numbers are limited, please register your interest with

Alicia Lappin, ✉ Alicia.lappin@southerntrust.hscni.net

or ☎ 07860 396 920



Blossom
Sure Start

HSC Public Health
Agency

**Armagh City
Banbridge
& Craigavon**
Borough Council