

E-Male Matters

Men's Health Week 2026

The newsletter of the Men's Health Forum in Ireland

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Men's Health Week 2026

The Countdown Begins

We're now only weeks away from [International Men's Health Week](#) (MHW), which begins on Monday 15th June and runs until Sunday 21st June 2026 (Father's Day).

As always, the overarching aims of MHW are to:

- Heighten awareness of preventable health problems for males of all ages.
- Support men and boys to engage in healthier lifestyle choices and activities.
- Encourage the early detection and treatment of health difficulties in males.

During the week, 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 for the health of men and boys. However, you don't have to stick rigidly to this particular theme. Anything which promotes the week and improves male health will be very welcome!



The focus for MHW this year lends itself to a wide range of ways to mark this occasion. Everyone (health professionals, service providers, youth groups, sporting bodies, community organisations, employers, Churches, policy makers, family workers, pharmacists, the media, parents, individuals ...) is being asked to set themselves a simple, realistic and practical target to improve the health of men, and to go for it.

To find out more about the week, visit: www.mhfi.org/mhw/mhw-2026.html

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What Can I Do To Mark The Week



Everyone can do something to support and celebrate [Men's Health Week](#) (MHW) each year. The focus for MHW 2026 (i.e. 'One Step at a Time') lends itself to a wide range of ways to mark this occasion. However, there is no need to stick rigidly to this particular theme. Anything which promotes the week and encourages men and boys to lead healthier lifestyles, to be more aware of preventable health problems, and to seek early detection and treatment for health difficulties will be very welcome!

Some people might have the time, energy, resources and skill to plan something elaborate. However, even if this is not possible, there are still many simple, free and easy ways to get involved / show support - such as putting-up the [poster](#) in public spaces, giving out copies of the [postcard](#) to men that you know, [social media](#) posting, directing men to the free '[Action Man](#)' booklet, offering copies of the [Men's Health in Numbers Z-Card](#) to men, using the MHW [graphics](#) ...

For practical ideas and inspiration, you are invited to check out a paper titled 'What Can I Do To Mark This Week?' at: www.mhfi.org/mhw2026celebrateit.pdf

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Men's Health Week 2026 Posters

To promote [Men's Health Week](#) (MHW) 2026, a bespoke poster has been designed. Posters are available in electronic format at both A3 and A4 size. To order hard copies of the poster, send an email to menshealthweek@mhfi.org stating:

- How many copies you would like.
- The name of the person to send them to.
- The full postal address (including a Postcode / Eircode) for delivery.
- A contact telephone number - in case there is a problem with delivery.



Copies of the online electronic resource can be downloaded from:
<http://www.mhfi.org/mhw/mhw-image-pack.html#Poster2026>

Even people who don't have time to do anything else for MHW 2026 are encouraged to put up a poster - in public view - to let everyone know when it is taking place. Although this costs little to do, it will make a big difference to promoting the week!

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Men's Health Week 2026 Postcards

Every year since 2014, there has been a Men's Health Week (MHW) postcard to publicise the week. Traditionally, these cards can be displayed as small flyers in public spaces, and are often sent by organisations to the men that they have contact with. This has proved to be a very successful means of letting local men know about the week.

Some groups also use them as 'pledge cards'. For example, this year, men could be asked to think about what steps they are going to take to improve their health and to write this on the card. Later on, they can keep this beside their desk, on their work bench, attached to their dashboard etc. to remind them of what they want to do and hope to achieve. Simply posting a card to a man that you know will let them know that they are in your thoughts and that they are connected to the wider world.

The [postcards](#) are available in both hard copy and as online electronic files. To order hard copies of the postcard, send an email to menshealthweek@mhfi.org stating:

- How many copies you would like.
- The name of the person to send them to.
- The full postal address (including a Postcode / Eircode) for delivery.
- A contact telephone number - in case there is a problem with delivery.



For an electronic download, see: <http://www.mhfi.org/mhw/mhw-image-pack.html#Postcard2026>

The front of the postcard has a similar design to the MHW poster, and the back has a pre-written message which says:

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 / vegetables a day; have at least 30 minutes moderate physical activity on five days a 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!

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Free Man Manuals

There's no denying that the state of men's health on the island of Ireland is often poor. However, there are things which can be done to change this situation and men, themselves, can play a key role in doing this. 'Action Man - ten top tips for men's health' is a free Man Manual which has been revised and updated by the [Men's Health Forum in Ireland](#) to mark [Men's Health Week 2026](#).

This booklet doesn't preach or lecture - it simply explains: (i) **WHY** an action is needed; (ii) **WHAT** can be done about it; and (iii) **HOW** to find support if you need it. Thus, the ten top tips put you into the driving seat, and give you the tools and DIY instructions to make positive changes - if you choose to be your own 'Action Man'.



During Men's Health Week 2026, this booklet will be available in hard copy and in electronic format. There are two ways to obtain free hard copies of this resource:

- If you work in the Republic of Ireland, and require less than 200 copies, visit <https://www.healthpromotion.ie> and search for Men's Health. This will allow a maximum of 200 copies to be ordered by registered users and 50 for unregistered users. Registration is free.
- If you work in Northern Ireland, or require more than 200 copies, email menshealthweek@mhfi.org and: (a) state how many copies you would like; (b) name who they should be sent to; (c) give the full postal address - including Postcode / Eircode; and (d) offer a contact phone number - in case there is an issue with delivery.

The online version of the Manual can be downloaded at: <https://mhfi.org/ActionMan.pdf>

The publication of this booklet has only been possible because of the generous support given by the Health Service Executive Health and Wellbeing, Healthy Ireland within the Department of Health, the Public Health Agency and the authors - Finian Murray and Colin Fowler.

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Do You Know Your Numbers?

During Men's Health Week, there are three different types of numbers that you might need to think about ...

1. Statistics on the state of men's health that policy makers and service providers need to know if they are to pursue evidence-informed practice.
2. Key numbers that men need to know, to take control over some elements of their own health.
3. Critical contact numbers for help and support services that everyone needs to know at times of difficulty or crisis.

To get you started thinking about these important numbers, have a look at:

www.mhfi.org/resources/key-facts.html

However, there is also a 'Do You Know Your Numbers?' resource, and this 'z-card' is being made available this year in both electronic and hard copy. See what it looks like by visiting:

<https://www.mhfi.org/MensHealthInNumbers.pdf>

There are two ways to obtain hard copies of this resource:

- If you work in the Republic of Ireland, and require less than 500 copies, visit <https://www.healthpromotion.ie> This will allow a maximum of 500 copies to be ordered by registered users and 100 for unregistered users. Registration is free.
- If you work in Northern Ireland, or require more than 500 copies, email menshealthweek@mhfi.org and: (a) state how many copies you would like; (b) name who they should be sent to; (c) give the full postal address - including Postcode / Eircode; and (d) offer a contact phone number - in case there is an issue with delivery

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Tell others about what you are doing during Men's Health Week 2026

Every year there are hundreds (possibly even thousands) of events and activities throughout Ireland to celebrate Men's Health Week (MHW). Some of these are well publicised, but most are only known about by a few people.

As in previous years, the [Men's Health Forum in Ireland](#) (MHFI) will promote the details of any activities or events that are being held throughout the island of Ireland during [Men's Health Week 2026](#). This will help everyone to find out what is happening during the week, where it will take place, and how to join in. It will also give some recognition and publicity to all those groups across Ireland that are doing something for and with men.

These activities might include health checks, conferences, launches, games, seminars, competitions, workshops, courses, displays, health fairs, workplace mail-outs ... Whatever the activity, everyone is encouraged to submit their details.

There are two ways to let us know about what is happening to mark the week: (i) submit the details using the online form (at: www.mhfi.org/mhw/promote-an-event.html); or (ii) download and save a copy of the MS Word Registration Form (www.mhfi.org/mhw2026project.docx), type in the details, and email it back to us.

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How to Promote Men's Health Week 2026

Absolutely everyone can do something to promote [Men's Health Week](#) (MHW) 2026. There are many simple, free and easy ways to get involved / show support. There is a common [logo](#) and image pack which can be used by everyone who wishes to raise awareness of MHW. There is also a MHW 2026 [poster](#) and [postcard](#). These are important promotional tools - as one of the key aims is to let as many people as possible know about the week. These are available to anyone who wishes to use them at www.mhfi.org/mhw/mhw-image-pack.html

Here's some practical suggestions ...



Put a [Men's Health Week poster](#) (or two or three) up in your workplace / meeting space / community centre / local shop / waiting room / church hall / Men's Shed / gym / library / pub / surgery / construction site / pharmacy / home ...



Promote the week on your website / social media - using a copy of the Men's Health Week [logo](#) or [badge](#) or [banner](#) or [Twitter Header](#) or [Facebook Cover image](#).



Link to the web page devoted to Men's Health Week 2026 (www.mhfi.org/mhw/mhw-2026.html) from your own website, Facebook page or other social networking site.



Send an email to everyone on your mailing list to tell them about Men's Health Week and ask them to forward the message to all their contacts. Why not also insert the MHW [logo](#), [badge](#) or [banner](#) into your outgoing emails?



Become a fan of the Men's Health Week in Ireland's Facebook page (www.facebook.com/MensHealthWeek) and send this link to all your online friends.



Include information on [Men's Health Week 2026](#) in your mailouts and newsletters.



Tell others about what is happening in your area during Men's Health Week by sending the details to MHFI. Use the form at: www.mhfi.org/mhw/promote-an-event.html



Make the Men's Health Week [logo](#) or [badge](#) your computer desktop 'wallpaper'.



Remind your colleagues to follow all the latest news on Twitter (www.twitter.com/MensHealthWeek). Also, Tweet about the week yourself, and include **#MensHealthWeek** and **#ProgressNotPerfection** in your message.



Encourage the men you know to get involved in some of the activities taking place during the week.

Doing one or more of these simple (and free) things will contribute hugely to MHW 2026!

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Daily Themes for Men's Health Week 2026

Men's health issues and needs are numerous and complicated. So much so, that we could probably assign a different one to highlight on each day of the year and still have an outstanding pool of ones to explore! However, when preparing for [Men's Health Week](#) (MHW) 2026, the all-island Planning Group felt that it would be useful to draw attention to a specific theme on each day during the week, as well as announce the final countdown to MHW during the week before.

The focus of each day will be ...

- Friday 12th June: Take One Step at a Time - progress not perfection
- Monday 15th June: Trash the ash (and save the cash)
- Tuesday 16th June: Prevention is better than cure
- Wednesday 17th June: Food for thought
- Thursday 18th June: Rethink what you drink
- Friday 19th June: Be Mind fit
- Saturday 20th June: Let's get physical - be more than a sports spectator
- Sunday 21st June: Father's Day - the important role that fathers play in their children's lives

However, anything which highlights men's health issues and needs during MHW 2026 will be very welcome on any day - so, there's no need to stick rigidly to these themes.



Social media has become a powerful tool for organisations to spread their message. During Men's Health Week 2026, we are encouraging everyone to 'Post' and 'Tweet' to their heart's content and, when possible, to use the hashtags: **#MensHealthWeek** | **#ProgressNotPerfection** | **#SmallStepsBigResults**

To support this, a range of [social media graphics](#) will soon be available.

For those people who would like to support MHW 2026 using their own social media channels - but who don't have the time, energy or knowledge to develop their own messages - a ready-made pool of Posts and Tweets that you can simply cut-and-paste will soon be available at: www.mhfi.org/mhw/mhw-2026.html#Tweet

Even loading a few things to social media platforms makes a huge difference to publicising the week. This is, therefore, an easy and free way to show support for MHW.

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Keep Up-To-Date with MHW 2026

To keep everyone up-to-date with the latest news on [Men's Health Week \(MHW\) 2026](#) - as well as more general developments in the field of men's work - check out Facebook (www.facebook.com/MensHealthWeek) and Twitter (www.twitter.com/MensHealthIRL).

However, as all social networkers know, pages such as these are no use unless they have a lot of Fans / Followers. That's where your help is needed! ... Don't forget to send the links to all your friends. If you're really into it, please Tweet about MHW 2026 yourself, and include one or more of the hashtags: **#MensHealthWeek** | **#ProgressNotPerfection** | **#SmallStepsBigResults**

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Men's Health Week Ideas Webinar

Men's Health Week 2026 will run from Monday 15th - Sunday 21st June this year. However, have you given any thought yet to how you could get involved or do something to celebrate it?

On Wednesday 15th April 2026, a webinar was held to kick-start the ideas development process, and this featured a range of organisations who have previously organised events and activities in Ireland to mark the week. During the event, they shared their past experiences to help inspire others to see what is / can be possible. Watch a recording of the webinar at: <https://youtu.be/0jrlp3zhllk>

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News

Your Mental Health - Men

The HSE is promoting mental health help-seeking and supports for men. In addition to existing services, men can now avail of up to six free counselling sessions with MyMind via a GP. Free confidential telephone support is also now available from Connect Counselling every day, between 5.00pm and 9.00pm, on 1800 577 577. Find out more about these supports at: www.yourmentalhealth.ie/men

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Digital Mental Health Support for Young People

In this episode of the HSE Talking Health and Wellbeing podcast, Joseph Morning, Head of Learning and Curriculum at spunout, talks about digital mental health resources for young people. Joseph introduces 'Navigator', which is a free, anonymous, online tool helping 16-25 year olds to find tailored mental health support, and explains how young people shaped its development. It also explores spunout's 'Safer Conversations' online course, which guides users in discussing sensitive topics like suicide and self-harm responsibly on social media. Listen in at: <https://youtu.be/KfKAKooQ-Yo>

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Expansion of HSE Bowel Screening Programme

Bowel cancer is one of the most common cancers in Ireland but, when detected early, it is highly treatable. Screening can detect early signs of cancer before symptoms appear, helping to save lives. April was Bowel Cancer Awareness Month - a time to focus on education, early detection and support for those affected by bowel cancer. This year saw an important update to the HSE's free bowel screening programme, which was expanded to everyone aged 57 to 71 (widening the previous age range of 58-70). Screening is simple, free, and done at home. All you have to do is register for a free home test kit online at www.hse.ie/bowelscreen

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Walk and Connect with others who are Bereaved by Suicide

Led by experienced walkers and volunteers, HUGG walks bring together the power of nature, gentle exercise, and shared understanding. Whether your loss is recent or many years ago, you're welcome to join. Feel free to bring along a mate or family member. Walks take place at various locations and dates. Find details and register here: <https://hugg.ie/news-events/hugg-grief-support-walks-suicide-loss> or call 01 513 4048.

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Podcast on Loneliness

Professor Roger O'Sullivan (Institute of Public Health) and Professor Brian Lawlor (Global Brain Health Institute) feature in a podcast discussion on loneliness as part of the HSE Talking Health and Wellbeing podcast series. The discussion covers the different types of loneliness, its impact on mental and physical health, and the importance of meaningful social connections. It also explores the need for tailored interventions, to challenge common stereotypes, and share practical steps for individuals and communities to foster inclusion and wellbeing. Listen to the podcast at: <https://youtu.be/-EmnyO-P0q0>

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Events

Irish Men's Sheds Association Slí 2026

On Wednesday 17th June 2026, the Irish Men's Sheds Association is inviting Sheds across the island of Ireland to organise a Slí to celebrate Men's Health Week 2026 (15th-21st June). The overall theme for Men's Health Week this year is 'One Step at a Time' - so that's exactly what they are encouraging their Shedders to do! The Slí is an organised walk for Shedders, potential Shedders and supporters of the Men's Sheds. You can organise a Slí for your own shed or join with other sheds in your area. The Slí you organise can be any size - whatever suits you and your members. You decide where and how your Slí will run. Email geraldine@menssheds.ie or rebecca@menssheds.ie to express your interest.

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Free DIY Woodworking Workshop

If you have experienced the loss of someone to suicide, and are over 18 years old, you are invited to take part in a hands-on DIY Woodworking Workshop. Led by master carpenter, Martin Glynn, this day is about learning practical skills, getting stuck into a project, and spending time with others who have shared experiences of suicide loss. Expect a relaxed, down-to-earth atmosphere. You'll leave with new skills, and a few new connections. Spaces are limited, so early registration is recommended. This will take place on Saturday 23rd May 2026, from 9.45am to 3.30pm (complimentary refreshments and lunch), in Tallaght Library, Dublin 24. Register at: <https://tinyurl.com/38sj5hdc> or call: 01 513 4048.

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Carers' Week 2026

Carers' Week 2026 takes place across Ireland from 8th-15th June 2026. This week aims to raise awareness, deliver events nationwide, and connect with those who may not yet recognise themselves as carers. Many men don't consider themselves to be a carer and, instead, think they are simply helping to look after a partner, supporting a child, checking in on a neighbour, or managing day-to-day tasks for someone who needs it. However, if you regularly provide unpaid support to someone with a long-term illness, disability or age-related need, then you are a carer. In the Republic of Ireland, 611,828 people are carers, and 39% of these carers are men. That's hundreds of thousands of men balancing work, family life, and caring responsibilities. During Carers' Week, there will be events, information sessions, and informal gatherings happening across the country - offering practical advice and a chance to talk to others in similar situations. Find out more at: www.carersweek.ie

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Training

ENGAGE: Connecting with Men Workshop

Are men not interested in looking after their own health, or are we simply not offering them the right things in the right way? 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. This will take place on Wednesday 20th May 2026, from 9.30am to 4.30pm, in the Blackrock Education Centre, Dun Laoghaire. For more information, visit:

<https://register.enthuse.com/ps/event/ENGAGEMensHealthTraining2026> | Tel: 087 914 0514
| Email: comfort.rudzuna@hse.ie

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SEHSCT Mental Health and Suicide Prevention Training Directory

The South Eastern Health and Social Care Trust's Mental Health and Suicide Prevention Training Directory for April - September 2026 is now available at: <https://setrust-hscni.pagetiger.com/mh-training/version1>

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Research

Help to Shape a New National Men's Health Toolkit

The Men's Health Forum in Ireland, in collaboration with South East Technological University, is undertaking a national needs assessment to inform the development of a Men's Health Toolkit. This work is supported by the Health Service Executive and contributes to the Healthy Ireland - Men Action Plan (2024-2028). The Toolkit will provide practical guidance to support services and organisations to apply gender-responsive, masculinities-informed approaches to engaging men in health and wellbeing initiatives. People working across health and community-based services are invited to complete a short online survey (10-15 minutes) which explores their current approaches to engaging men, as well as key challenges, facilitators, and priority support needs. Your experience will help to directly inform the design and content of the new national Toolkit. You can access the survey at:

https://setu.qualtrics.com/jfe/form/SV_8vT1aEQoUrOsIkK

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Mental Health in Northern Ireland - Current Services and Strategic Priorities

This report from the Northern Ireland Mental Health Champion, Professor Siobhan O'Neill, provides a high-level overview of Northern Ireland's mental health services. It draws together information about our history and how this has affected the mental health of the population, information about factors affecting mental health services, and future direction. Download the report at: <https://tinyurl.com/yp6m7zss>

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Men Bereaved by Suicide

HUGG, Ireland's national suicide bereavement organisation, is supporting two research studies: (i) factors influencing the uptake of support by UK and Ireland adult men bereaved by suicide [John Whitebrook, Survivors of Bereavement by Suicide]; and (ii) men's experiences of coping after suicide loss [Ben Hogan, University College Cork]. Both are important and, together, they will help to build a clearer picture of what men need and where services need to improve. If you've been bereaved by suicide, your input can make a real difference. To participate in the Survivors of Bereavement by Suicide study, email: john.whitebrook@research.uwl.ac.uk To participate in the UCC Coping after Suicide Loss study, email: 125111063@umail.ucc.ie

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Web Links

Men's Issues on the Web ...

[Men's wellbeing groups are growing - and helping fill gaps in mental health support](#)
[Men's health event supports older men in navigating later life](#)
[Northern Ireland has only six men who can work as midwives](#)
[If a free test could save your life, why not do it?](#)
[First men tested in landmark UK prostate cancer screening trial](#)

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Next Edition

Do you know of anything (research, events, resources, training, news etc.) affecting men and boys which should be included in the next edition of 'E-Male Matters'? ...

Anyone can propose an article for inclusion in this newsletter - so long as it is of relevance to males, does not promote a commercial enterprise / product, and does not insult anyone.

There's a simple format for all articles. Let us know (within one paragraph and no more than 150 words) all the crucial details e.g. title, date, time, venue, short description, contact details for further information (name, telephone and/or email address), and web link (if available) for a fuller explanation. To keep the file size of this newsletter small, we cannot, unfortunately, accept photographs or images.

Please email your information to: emalematters@mhfi.org

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E-Male Matters is also available online at:
www.mhfi.org/newsletters/about-e-male-matters.html

The views expressed in E-Male Matters are not, necessarily, those of the Men's Health Forum in Ireland

Men's Health Week



**ONE
STEP
AT A
TIME**

– progress, not
perfection



Monday 15th – Sunday 21st June 2026

Find out more at: www.mhfi.org

