

Men's Health Week 2021 Calendar of Events

| Name of Event | Activity | Date & Time | Venue | Target group | Organisation Contact |
|---|--|---|--------------------|--|--|
| Male Carers Cookery Session | | Wednesday 16th June 2-4pm | Delivered via zoom | Open to any male carer who lives in SET area | South Eastern Health & Social Care Trust Pamela Smyth Carers Development Officer carer.support@setrust.hscni.net Tel: 028 4372 1807 |
| Walk of life | Group of male member from Mindwise will walk along the banks of the Quoile river and Castlewellan lake | Thursday 17th June Quoile From 10.30am to 11.30am Castlewellan Lake from 1.30pm to 2.30pm | | Closed event – members only | Mindwise Paul Ennis Mindwise Resource Centre 3 Bally Duggan Industrial Estate, Ballyduggan Road Downpatrick |
| Making connections: Healthy Mind, Body and Emotions | Five a side football tournament – Healthy Body Inspirational male | 14th June | Hydebank Wood | Closed (staff and service users only) | South Eastern Health & Social Care Trust Barry.Rooney@setrust.hscni.net |

| | | | | | |
|---|--|--|------------------------------|-------------------|--|
| | speakers and hidden feelings workshop – Healthy Emotions Lego Build Challenge – Healthy Mind | | | | |
| A.N.D council Men's Health Week | Open Lunches Craft Kits/Activity 5-a-side football competition | 14th-18th June 2021 @ | Various Council locations | council employees | Ards and North Down Borough Council Ross Anderson, Environmental Health Officer, ross.anderson@ardsandnorthdown.gov.uk |
| Men's Over 50s Sports Day. | Physical activity sessions including cricket, circuits, rugby and Pilates | Thursday 17th June 2021 at 10am | Lough moss Leisure Centre | Open to all | Lisburn and Castlereagh City Council Stephen Croft Stephen.croft@lisburncastlereagh.gov.uk |
| Healthy relationships + Connections | Walk Healthy Breakfast | Monday 14th June: | NDCN Community Hub 'Shed' | Members only | North Down Community Network Greg Martin 07557 657604 |
| Mini Olympics | Fitness challenge: | Tuesday 15th June: Physical health / activity | NDCN Community Hub 'Shed' | Members only | North Down Community Network Greg Martin 07557 657604 |

| | | | | | |
|--|--|-----------------------------|---------------------------|-------------------|--|
| Mental Health Activities | Walk Yoga Boccia tournament Photography competition | Wednesday 16th June: | NDCN Community Hub 'Shed' | Members only | North Down Community Network Greg Martin 07557 657604 |
| Giving to others / volunteering | Walk Cat shelters Art class | Thursday 17th June | NDCN Community Hub 'Shed' | Members only | North Down Community Network Greg Martin 07557 657604 |
| Healthy Lifestyle prevention / early detection / | Health MOTs Walk Chi Me Gardening | Friday 18th June: | NDCN Community Hub 'Shed' | Members only | North Down Community Network Greg Martin 07557 657604 |
| Men's Health Hero | Nominate a colleague who has made positive changes to their health wellbeing | Closed 20 th May | Trust wide | SEHSCT Staff only | South Eastern Health & Social Care Trust William.moore@setrust.hscni.net |

| | | | | | |
|----------------------------------|--|---|------------|-------------------|--|
| Chess Tournament | Online chess tournament | Monday 14 th June | Online | Open to all | South Eastern Health & Social Care Trust William.moore@setrust.hscni.net |
| Yoga Class | Online instructor led yoga class | Tuesday 15 th June | Online | Open to all | South Eastern Health & Social Care Trust William.moore@setrust.hscni.net |
| Circuit Class | Online instructor led high intensity interval training | Tuesday 15 th June | Online | Open to all | South Eastern Health & Social Care Trust William.moore@setrust.hscni.net |
| Connect with Nature | Photography competition | Closed 20 th May | Trust wide | Open to all | South Eastern Health & Social Care Trust Brien.frazer@setrust.hscni.net |
| Word Search Competition | | 14 th - 20 th June | Trust wide | Open to all | South Eastern Health & Social Care Trust Brien.frazer@setrust.hscni.net |
| Take Time to Look After Yourself | Men's self-care webinar | Wednesday 16 June 2021 10am - 10.30 am | Online | Open to all | South Eastern Health & Social Care Trust To register contact: eileen.young@setrust.hscni.net |
| NICHS Health Checks | Men's health checks | Friday 18 th June | Online | SEHSCT staff only | South Eastern Health & Social Care Trust William.moore@setrust.hscni.net |

| | | | | | |
|------------------------------------|--|--|--------|-----------------------------|---|
| Family Art Session | Artist led family art session | Saturday 10 th June 12noon – 1pm | Online | Open to all | South Eastern Health & Social Care Trust William.moore@setrust.hscni.net |
| Father Photography Competition | Photos should portray father's spending time or playing with their children on Father's Day. | Closing date for submissions: 24 June 2021 Photographs | Online | Open to all | South Eastern Health & Social Care Trust Brien.frazer@setrust.hscni.net |
| Men's Virtual Art Workshop | Pre-recorded session practising mindfulness through drawing. introductory breathing exercises and challenge-based drawing exercises | 19th June 2021 | Online | Open to men of all ages. | Lisburn and Castlereagh City Council Kerrie.simms@lisburncastlereagh.gov.uk Susannah.McKenna@lisburncastlereagh.gov.uk 02892447397 |
| 4 x Bush Craft & Foraging Sessions | Bush craft & Foraging morning including basic survival skills and wild cooking. Programme being put on by CDRCN and NMDDC | 10am – 2pm 14th June @ Fodder, Finnebrogue Woods (Slieve Croob Area) 10am – 2pm 15th June @ Fodder, | | Closed event – members only | County Down Rural Community Network Jenny Laverty jenny@countydownrcn.com |

| | | | | | |
|-------------------------|--|--|--|-------------|--|
| | DEA's | <p>Finnebrogue Woods (Rowallane Area)</p> <p>10am – 2pm 16th June @ Fodder, Finnebrogue Woods (Downpatrick/Lecale Area)</p> <p>10am – 2pm 17th June @ Fodder, Finnebrogue Woods (Greater Newcastle Area)</p> | | | |
| Men's Yoga | 6 week free yoga programme for men | Wednesday mornings 11:00 – 11:45am starting 12th May for 6 weeks | Delivered via zoom | Open to all | County Down Rural Community Network Lise Curran Lise@countydowncn.com |
| Allotments Open Morning | Open session to walk around Downpatrick Community Allotments to see how the social enterprise is | Saturday 19th June 9:30am – 12:30pm | Downpatrick Community Allotments, St Dympnas Park, Downpatrick, BT30 6EG | Open to all | County Down Rural Community Network Jenny Laverty jenny@countydowncn.com |

| | | | | | |
|--|---|---|--|--------------|--|
| | <p>working and chat with the head horticulturist.</p> <p>Word search competition carried out with all those attending and man manuals given out.</p> | | | | |
| Mood Matters Adult Workshop – Men’s Sessions x 2 | The Mood Matters for Adults course is 2 hours long and is suitable for anyone (over 18) who would like to learn more about minding their mood. It can also help to manage feelings of stress & anxiety. | <p>Wednesday, 16th June – 10.30am to 12.30pm –</p> <p>Wednesday, 16th June – 6.30pm to 8.30pm</p> | Zoom | Open to all | <p>Aware NI</p> <p>Margaret Johnston, Education & Training Officer</p> <p>mags@aware-ni.org</p> <p>training@aware-ni.org</p> |
| Men’s Health Walk | Men’s Walk from AMH Ards to Scrabo Tower | Tuesday 15 June 2021 @10am | Leaving AMH 27 Jubilee Road, Newtownards | Members only | <p>Action Mental Health</p> <p>carmstrong@amh.org.uk 02891822410</p> |



8

