



Name of Event	Activity	Date & Time	Venue	Target group	Organisation Contact
Understanding Self Harm 'Emotional health and the impact of alcohol'	This session builds on Understanding Self Harm and looks at the impact of alcohol use on self-harm ideation and behaviour.	15th June Time: 9.30am-1.30am	Online via zoom TRAINER: Conor Mc Cafferty (Zest NI)	Men living or working within the SEHSCT	To register please contact Eileen.young@setrust.hscni.net
'Self-compassion for Men'	A workshop for men and those with men in their lives, exploring stress, how it affects us and explore what can make a big difference.	12 th June Time: 10am-11.30am	Online via Zoom	Men living or working within the SEHSCT and WHSCT areas	See below Eventbrite link to register https://www.eventbrite.co.uk/e/self-compassion-for-men-tickets-908112929217

	Self-compassion and the way we talk to ourselves holds significant potential to help people achieve goals, improve wellbeing or address longer term chronic challenges.				or contact Ed.sipler@setrust.hscni.net Or Ellie.Leonard@westerntrust.hscni.net
Men's health checks	Health checks for male staff employed by the SEHSCT provided by Northern Ireland Chest Heart and Stroke	12th & 13 th June 9.30am – 4.30pm	Laganvalley hospital – Lisburn - ICT Training Suite – LVH Downe hospital - DWN Meeting Room	Closed for SEHSCT staff	Please contact brien.frazer@setrust.hscni.net
Mental Health First Aid	Mental Health First Aid is designed to equip people with the skills and knowledge they need to help someone with a mental health problem or in a mental health crisis.	25th, 26th & 27th June 2024, 9:30am - 1:30pm ** Participants must attend all 3 days	Delivered online via Zoom	General Public living or working within the SEHSCT area	To register please visit the AWARE NI website: Aware NI - Mental Health First Aid (aware-ni.org)
Physical Activity awareness session 'Functional Fitness' MOT (FFMOT)	FFMOT assessments are very useful, most often identify a deficiency in strength, and balance, which is something, that declines naturally, as we age but we can do something to prevent very easily.	Wednesday 12th June 10:30 am	Ballynahinch Men's Shed	Members event	Karl @ hinchshed@gmail.com or McKillen, Jayne Jayne.McKillen@setrust.hscni.net

<p>Walking Football</p>	<p>Calling all male staff over 50 Football days behind you? Come & try a session delivered by a Walking Football NI coach.</p>	<p>Time and Date tbc depending on interest expressed</p>	<p>Ards</p>	<p>SEHSCT Male Staff aged 50+</p>	<p>To register interest email Aidan.burns@setrust.hscni.net</p>
<p>ASIST workshop (Suicide Intervention Training)</p>	<p>“Can you give up 2 days to learn essential skills to save someone’s life?” Course costs: £25 and this includes lunch</p>	<p>19th and 20th June 2024 9-4.30pm (both days are mandatory)</p>	<p>SERC Downpatrick Campus</p>	<p>General Public living or working within the SEHSCT area</p>	<p>Suicide Down to Zero Pre booking is essential. To book your place click on the link below: https://forms.gle/X8K3uFryAuP6bVEb9 Contact Catherine for further information: catherine@sdz.org.uk or 07359657236</p>
<p>‘We need to talk about....suicide’</p>	<p>Suicide awareness and prevention training</p>	<p>Wednesday June 12th 7:00 - 7:45pm.</p>	<p>Ballymote centre</p>	<p>Downpatrick Men’s Group</p>	<p>Suicide Down to Zero Contact Catherine for further information: catherine@sdz.org.uk or 07359657236</p>
<p>Improving Men’s Health: Making It count</p>	<p>Men’s Health Awareness and information workshop</p>	<p>12th June</p>	<p>Inspire Café LCCCT 1-3 Graham Garden Lisburn BT281XE</p>	<p>General Public</p>	<p>LCC Community Trust Contact: Phil Bailey Mob:07860578409 Email: kickstart@lcccommunitytrust.org</p>

Colin Father Day BBQ and Family Fun Event	Family Fun Event	Saturday, 15 th June Time: 11 am -2 pm	Colin Allotments, Colin Glen Road,	Families in Colin area with children under age 4	Colin Sure Start Roger Winter Tel: 028 90601417
Male Carer breakfast	Activity: Breakfast with a talk from George Smith, Good Vibrations Coordinator Age NI on keeping healthy and well	Friday 14 th June 10-11.30am Booking essential	Strangford Arms Hotel, Ards	Male Carers	SET Carer Support Service: carer.support@setrust.hscni.net or phone 028 4372 1807
National Art Gallery Road Trip – A unique creative experience	This outdoor workshop based creative experience will provide a unique opportunity for men to engage in a hands-on artistic celebration.	11 th June 10.30-12.30	AMH New Horizon North Down & Ards	AMH New Horizons & Wellness Recovery Network Service users	Selwyn Johnston AMH New Horizons North Down & Ards Tel. 91822410 sjohnston@amh.org.uk
Introduction to Archery	Introduction to Archery With a need for focus, strength and determination, archery has been shown to calm the mind and body with attention directed at the target ahead. As a sport, archers must learn to remove distractions from their mind and concentrate on the task at hand, putting aside their anxieties and	11th June Time: 1pm – 3.00pm Continuing for a further two weeks	Outdoor – AMH New Horizons, North Down & Ards, Newtownards	AMH New Horizons Men	Action Mental Health Selwyn Johnston sjohnston@amh.org.uk

	being in the moment. Archery offers an outlet for everyone, regardless of fitness or sporting prowess and gives many the opportunity to escape from the worries of everyday life and focus the mind.				
Gardeners On Tour!	Guided Tour and Exploration of Bangor Walled Garden to inspire AMH New Horizons Mens Gardening Group	Wed 12 th June 10am-2pm	Bangor Walled Garden	AMH New Horizons North Down & Ards (Mens Gardening Group)	AMH New Horizon North Down & Ards Selwyn Johnston sjohnston@amh.org.uk Tel: 91822410
Men's Mini Olympics	Let the games begin Come join us for the men's mini Olympics Teams of 3 required Lunch provided	12 th June 10 am – 2pm	Downpatrick Leisure Centre	Members of the public	County Down Rural Community Network & Newry Mourne and Down Council Ciara@countydowncouncil.com
Monday Night Football	Football	10 th June 5-6pm	Ards Blair Mayne Wellbeing & Leisure Centre, Newtownards	Ards and North Down Borough Council Employees	Hay, Lisa Lisa.Hay@ardsandnorthdown.gov.uk
Strangford Lough Boat Tour	Boat Tour	11 th June 6-7.30pm	Sketrick Island	Ards and North Down Borough Council Employees	Hay, Lisa Lisa.Hay@ardsandnorthdown.gov.uk

Taster Outdoor Bowls	Outdoor Bowls	12 th June 6-7.30	Londonderry Park, Bowling Pavilion	Ards and North Down Borough Council Employees	Hay, Lisa Lisa.Hay@ardsandnorthdown.gov.uk
Darts Competition	Darts	Mon 10 th Thu 13 th June 7am – 5pm	1. Environmental Resource Centre, Bangor 2. Recycling Centre, Newtownards	Ards and North Down Borough Council Employees	Hay, Lisa Lisa.Hay@ardsandnorthdown.gov.uk
Pool Competition	Pool	Mon 10 th Thu 13 th June 7am – 5pm	1. Environmental Resource Centre, Bangor 2. Recycling Centre, Newtownards	Ards and North Down Borough Council Employees	Hay, Lisa Lisa.Hay@ardsandnorthdown.gov.uk
Golf	Golf	Fri 14 th June Various times	Blackwood Golf Centre, Newtownards	Ards and North Down Borough Council Employees	Hay, Lisa Lisa.Hay@ardsandnorthdown.gov.uk
Volunteering at Castle Espie	Volunteering	Sat 15 th June 11am – 2pm	WWT Castle Espie, 78 Ballydrain Rd	Ards and North Down Borough Council Employees	Hay, Lisa Lisa.Hay@ardsandnorthdown.gov.uk