

Men's Health Week Calendar of Events

Event	Date & Time	Activity	Venue	Target Group	Organisation
Mullaghcarn Climb	Sunday 9 th June 8.30am	Men's Healthy Minds support group have organised a climb of Mullaghcarn followed by breakfast in Omagh.	Meet at lower car park Gortin Glens at 8.30am	Open to All	Men's Healthy Minds- to sign up contact PMAX Fitness via messenger.
'Know Your Number's' Men's Health Week Webinar	Monday 10 th June 11.30am-12.30pm	Online webinar highlighting some of the important numbers men and those who work with men need to know.	Online Webinar Register via link- located within post content.	Open to All	Men's Health Forum Ireland



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Men's Health Fair Limavady	Tuesday 11 th June 4pm-6pm	An event to celebrate Men's Health Week showcasing information from Health Improvement Equality and Involvement Dept, Men's Sheds and Men's support groups. There will be an opportunity to play Boccia sports at the event, visit information stands and refreshments will be available.	Limavady Leisure Centre	Open to All	Western Health & Social Care Trust
Self-Compassion For Men Workshop	Wednesday 12 th June 10am-11.30am	A workshop for men to explore stress, how it affects us and what can make a big difference; the way we talk to ourselves	Online via zoom Register via Eventbrite-located within post content.	Open to All	Ed Sipler (SEHSCT)
Derry City & Strabane District Council Staff Health Fair	Wednesday 12 th June 9am-12noon	A health fair showcasing stalls from WHSCT Health Improvement, Equality and Involvement Dept, Sustrans and Be Well	Skeoge Depot Derry/L'Derry	For Derry City and Strabane District Council Staff	Derry City & Strabane District Council



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Derry City & Strabane District Council Staff Health Fair	Thursday 13 th June 9am-12noon	A health fair showcasing stalls from WHSCT Health Improvement, Equality and Involvement Dept, Sustrans and Be Well	Strahans Depot Strabane	For Derry City and Strabane District Council Staff	Derry City & Strabane District Council
Men's Health Fair	Friday 14 th June 1.30pm-4pm	An event to celebrate Men's Health Week showcasing information from Health Improvement, Equality and Involvement Dept, Men's Social cafes, Mens Action Network and Men's Health Forum Ireland among many more.	Foyle Arena	For All	Western Health & Social Care Trust
WHSCT Men's Team Football Match	Friday 14 th June 4.30pm	The Estates department supporting Men's Health Week presents; 'The Big Match! Altnagelvin vs Omagh	Ulster University Magee Pitches	Male Staff (WHSCT Estates Teams)	Western Health & Social Care Trust



MEN'S HEALTH WEEK 2024
Find out more at: www.mhfi.org
#MensHealthWeek

KNOW YOUR NUMBERS

MEN'S HEALTH WEEK

Event	Date & Time	Activity	Venue	Target Group	Organisation
Park Run UK	Saturday 15 th June 9.30am	Join your local community 5k Walk, Jog or Run	See location on your local Park Run page.	Community Wide	Visit your local Park Run page for further information
6-Hour Spinathon	Saturday 15 th June 11am-5pm	Join Men's Healthy Minds and MC Fitness for a 6-hour spinathon at M.C Spin.	M.C SPIN Gortin Road (next to Dolans Shop)	Open to All	Men's Healthy Minds Support Group To sign up your team, contact Mark/Orla at; M.C Spin or MC Fitness via messenger
MANifest Workshop	Tuesday 18 th June 9.30am-4.30pm	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.	Omagh Recovery College	Practitioners / service providers (male / female) who work with men in any setting.	WHSCT Health Improvement Department Limited spaces available- (first come first serve basis)

