**Men’s Health Week 2021 Calendar of Events**

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| **Name of Event** | **Activity** | **Date & Time** | **Venue** | **Target group** | **Organisation****Contact**  |
| Male Carers Cookery Session  |  | Wednesday 16th June2-4pm | Delivered via zoom | Open to any male carer who lives in SET area | South Eastern Health & Social Care TrustPamela SmythCarers Development Officercarer.support@setrust.hscni.net Tel: 028 4372 1807 |
| Walk of life | Group of male member from Mindwise will wall along the banks of the Quoile river and Castlewellan lake | Thursday 17th JuneQuoile From 10.30am to 11.30amCastlewellan Lake from 1.30pm to 2.30pm |  | Closed event – members only | MindwisePaul EnnisMindwise Resource Centre3 Bally Duggan Industrial Estate,Ballyduggan RoadDownpatrick |
| Making connections: Healthy Mind, Body and Emotions | Five a side football tournament – Healthy BodyInspirational male speakers and hidden feelings workshop – Healthy EmotionsLego Build Challenge – Healthy Mind | 14th June | Hydebank Wood  | Closed (staff and service users only | South Eastern Health & Social Care TrustBarry.Rooney@setrust.hscni.net |
| A.N.D council Men’s Health Week | Open Lunches Craft Kits/Activity5-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 CouncilStephen Croft Stephen.croft@lisburncastlereagh.gov.uk |
| Healthy relationships + Connections | Walk Healthy Breakfast | Monday 14th June:  | NDCN Community Hub ‘Shed’ | Members only | North Down Community NetworkGreg Martin07557 657604 |
| Mini Olympics | Fitness challenge: | Tuesday 15th June:  **Physical** health / activity  | NDCN Community Hub ‘Shed’ | Members only | North Down Community NetworkGreg Martin07557 657604 |
| **Mental** health activities  | WalkYoga Boccia tournamentPhotography competition  | Wednesday 16th June:   | NDCN Community Hub ‘Shed’ | Members only | North Down Community NetworkGreg Martin07557 657604 |
| Giving to others / **volunteering** | WalkCat sheltersArt class | Thursday 17th June  | NDCN Community Hub ‘Shed’ | Members only | North Down Community NetworkGreg Martin07557 657604 |
| healthy lifestyle**prevention / early detection** / | Health MOTs WalkChi Me Gardening  | Friday 18th June:   | NDCN Community Hub ‘Shed’ | Members only | North Down Community NetworkGreg Martin07557 657604 |
| Men’s health hero | Nominate a colleague who has made positive changes to their health wellbeing | 14th - 20th June | Trust wide | SEHSCT Staff only | South Eastern Health & Social Care TrustWilliam.moore@setrust.hscni.net |
| Chess tournament | Online chess tournament | Monday 14th June | Online | Open to all | South Eastern Health & Social Care TrustWilliam.moore@setrust.hscni.net |
| Yoga class | Online instructor led yoga class | Tuesday 15th June | Online | Open to all | South Eastern Health & Social Care TrustWilliam.moore@setrust.hscni.net |
| Circuit class | Online instructor led nigh intensity interval training | Tuesday 15th June | Online | Open to all | South Eastern Health & Social Care TrustWilliam.moore@setrust.hscni.net |
| Connect with nature | Photography competition | 14th - 20th June | Trust wide | Open to all | South Eastern Health & Social Care TrustBrien.frazer@setrust.hscni.net |
| Word search competition |  | 14th - 20th June | Trust wide | Open to all | South Eastern Health & Social Care TrustBrien.frazer@setrust.hscni.net |
| Take time to look after yourself | Men’s self-care webinar | Wednesday 16 June 20219.30am - 10.15am | Online | Open to all | South Eastern Health & Social Care TrustTo register contact:eileen.young@setrust.hscni.net |
| NICHS health checks | Men’s health checks | Friday 18th June | Online | SEHSCT staff only | South Eastern Health & Social Care TrustWilliam.moore@setrust.hscni.net  |
| Family art session | Artist led family art session | Saturday 10th June | Online | Open to all | South Eastern Health & Social Care TrustWilliam.moore@setrust.hscni.net |
| Father photographycompetition | Photos should portray father’s spending time or playing with their children on Father’s Day. | Closing date for submissions:24 June 2021Photographs | Online | Open to all | South Eastern Health & Social Care TrustBrien.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 CouncilKerrie.simms@lisburncastlereagh.gov.ukSusannah.McKenna@lisburncastlereagh.gov.uk02892447397 |
| 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 DEA’s | 10am – 2pm 14th June @ Fodder, Finnebrogue Woods (Slieve Croob Area)10am – 2pm 15th June @ Fodder, Finnebrogue Woods (Rowallane Area)10am – 2pm 16th June @ Fodder, Finnebrogue Woods (Downpatrick/Lecale Area)10am – 2pm 17th June @ Fodder, Finnebrogue Woods (Greater Newcastle Area) |  | Closed event – members only  | County Down Rural Community NetworkJenny Lavertyjenny@countydownrcn.com |
| 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 NetworkLise CurranLise@countydownrcn.com |
| Allotments Open Morning | Open session to walk around Downpatrick Community Allotments to see how the social enterprise is working and chat with the head horticulturist. Word search competition carried out with all those attending and man manuals given out. | Saturday 19th June 9:30am – 12:30pm  | Downpatrick Community Allotments, St Dympnas Park, Downpatrick, BT30 6EG | Open to all | County Down Rural Community NetworkJenny Lavertyjenny@countydownrcn.com |
| 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. | Wednesday, 16th June – 10.30am to 12.30pm –Wednesday, 16th June – 6.30pm to 8.30pm  | Zoom | Open to all | Aware NIMargaret Johnston, Education & Training Officermags@aware-ni.orgtraining@aware-ni.org |
| Men’s health walk | Men’s Walk from AMH Ards to Scrabo Tower  | Tuesday 15 June 2021 @10am  | Leaving AMH 27 Julbilee Road, Newtownards | Members only | Action Mental Health carmstrong@amh.org.uk 02891822410 |