**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](mailto:carer.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 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 speakers and hidden feelings workshop –  Healthy Emotions  Lego Build Challenge – Healthy Mind | 14th June | Hydebank Wood | Closed (staff and service users only | South Eastern Health & Social Care Trust  [Barry.Rooney@setrust.hscni.net](mailto:Barry.Rooney@setrust.hscni.net) |
| 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](mailto: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](mailto: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 | 14th - 20th June | Trust wide | SEHSCT Staff only | South Eastern Health & Social Care Trust  [William.moore@setrust.hscni.net](mailto:William.moore@setrust.hscni.net) |
| Chess tournament | Online chess tournament | Monday 14th June | Online | Open to all | South Eastern Health & Social Care Trust  [William.moore@setrust.hscni.net](mailto:William.moore@setrust.hscni.net) |
| Yoga class | Online instructor led yoga class | Tuesday 15th June | Online | Open to all | South Eastern Health & Social Care Trust  [William.moore@setrust.hscni.net](mailto:William.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 Trust  [William.moore@setrust.hscni.net](mailto:William.moore@setrust.hscni.net) |
| Connect with nature | Photography competition | 14th - 20th June | Trust wide | Open to all | South Eastern Health & Social Care Trust  [Brien.frazer@setrust.hscni.net](mailto:Brien.frazer@setrust.hscni.net) |
| Word search competition |  | 14th - 20th June | Trust wide | Open to all | South Eastern Health & Social Care Trust  [Brien.frazer@setrust.hscni.net](mailto:Brien.frazer@setrust.hscni.net) |
| Take time to look after yourself | Men’s self-care webinar | Wednesday 16 June 2021  9.30am - 10.15am | Online | Open to all | South Eastern Health & Social Care Trust  To register contact:  [eileen.young@setrust.hscni.net](mailto:eileen.young@setrust.hscni.net) |
| NICHS health checks | Men’s health checks | Friday 18th June | Online | SEHSCT staff only | South Eastern Health & Social Care Trust  [William.moore@setrust.hscni.net](mailto:William.moore@setrust.hscni.net) |
| Family art session | Artist led family art session | Saturday 10th June | Online | Open to all | South Eastern Health & Social Care Trust  [William.moore@setrust.hscni.net](mailto: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](mailto: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](mailto:Kerrie.simms@lisburncastlereagh.gov.uk)  [Susannah.McKenna@lisburncastlereagh.gov.uk](mailto: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 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 Network  Jenny Laverty  [jenny@countydownrcn.com](mailto:jenny@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 Network  Lise Curran  [Lise@countydownrcn.com](mailto:Lise@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 Network  Jenny Laverty  [jenny@countydownrcn.com](mailto:jenny@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 NI  Margaret Johnston, Education & Training Officer  [mags@aware-ni.org](mailto:mags@aware-ni.org)  [training@aware-ni.org](mailto:training@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](mailto:carmstrong@amh.org.uk) 02891822410 |