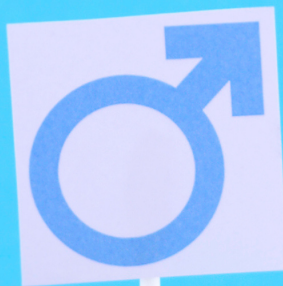
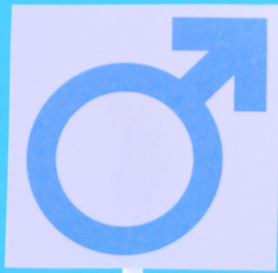


International Men's Day



1

9

NOVEMBER



The logo for International Mensday features a blue circle to the left of the text. The word "INTERNATIONAL" is in a smaller, dark blue, sans-serif font. Below it, "MENS" is in a large, bold, light blue font, and "DAY" is in a large, bold, dark blue font. Underneath "MENS" and "DAY", the date "November 19" is written in a dark blue, sans-serif font.

**INTERNATIONAL
MENS DAY**
November 19

In honour of International Men's Day on 19th November, we have pulled together some useful information and signposting for all the wonderful men in our lives.

Men's Shed



- https://menssheds.ie/shed_county/ulster/co-down/page/2/
- https://menssheds.ie/shed_county/ulster/co-armagh/
- <https://menssheds.ie/sheds/south-tyrone-mens-sheds/>

Men's Action Network



<https://www.man-ni.org/services.html>

Men's Action network offers a variety of services. We consider men's health and the effects that men's attitudes and behaviour may have on their health status. Many men still take too many risks with their health, e.g. they may drive too fast and drink too much alcohol; this may be the result of social structuring that stereotypes men and boys into being strong and in control. Traditional attitudes concerning gender still prevail and may explain why a number of men engage in risk-taking behaviour that can have detrimental effects on their physical and mental health and why men are often unwilling to access healthcare services.

Men's health is also linked to their social class and the type of work they undertake. At Men's Action Network we have a greater understanding of male gender and health, we try to develop innovative, gender-sensitive approaches to care provision for men, in partnership with men themselves and with other healthcare agencies.

Dads & Lads

<https://www.gaa.ie/news/gaa-dads-lads-move-into-the-fast-lane/>

Going from strength to strength over the last few years our social Football and Hurling initiative GAA Dads & Lads has been steadily motoring along and in 2023 has moved into the fast lane. Growing from 20 teams in 2019 to 163 teams across all Provinces.

The Dads & Lads scene has been a hive of activity throughout 2023. Teams have created connections, formed friendships, taken road trips, have had banter and craic, with some hurling and football thrown in, through organising challenge games and local blitzes. The Association has delivered two regional blitzes with a National Blitz planned for this September.

GAA for Dads & Lads' is a social hurling and football programme for those keen to enjoy Gaelic Games outside the traditional competitive structures of the GAA.

With an emphasis on the social interaction and enjoyment that only team sports can provide, GAA for Dads & Lads is about keeping fun and participation to the fore of hurling football regardless of age or experience. The games allow incidental contact only (to minimise risk of injury) so skills are to the fore over physicality. So regardless of whether you are a recently retired great, a lapsed player looking to reconnect with the game you once loved, or completely new to Gaelic Games and looking to try your hand at a bit of hurling or football, 'GAA for Dads & Lads' could be for you.



Mens Health Forum Ireland



<https://www.mhfi.org/>

The Men's Health Forum in Ireland (MHFI) works on an all-Ireland basis to enhance the health and well-being of men and boys. It is a diverse network of individuals and organisations, men and women, which seeks to identify the key concerns relating to male health and to increase understanding of these issues. However, MHFI does not provide medical or clinical advice.

MHFI has no full-time office base or permanent staff (although we do, currently, have a temporary Director of Operations), but draws upon the voluntary commitment, experience, skills and contacts of the broad range of people on its Advisory Group.

Anyone - individual or organisation - who can agree with the mission, value base and aims of MHFI can ask to be included on the Forum's mailing list, and will receive our monthly electronic newsletter ("E-Male Matters") - as well as other updates, briefings, announcements and invitations in the field of work with men and boys.

To join this mailing list, submit your details on the 'Subscribe to E-Male Matters Newsletter' form by clicking here.

Health Assured App

Health Assured have launched a new app called Wisdom – it is live and the unique code for our organisation is: **MHA192107**

Wisdom App

Your guide to health and mental wellbeing

As a member of the Health Assured community, you have exclusive access to our revitalised app – which helps you track your wellness, improve your mental health, and stay resilient during tough times.

Download the Wisdom app today

The Wisdom app is available on mobile, tablet, and desktop to ensure continuity throughout. Explore the app or browse on your computer and find out what works for you.

Download now or access at wisdom.healthassured.org.

