



# www.MensNetwork.ie

## Health Matters - Midday, Midweek

Join Lorcan between 12-1pm , on the 2<sup>nd</sup> Wednesday of every Month for a presentation exploring aspects of Men's Health & Wellbeing.

**Weds 10<sup>th</sup> March 2021**

### **Supporting Men's Health & Wellbeing**

*"Maybe I'll DEFINITELY Start Tomorrow"*

*Presenting 12 evidence-based ways on how as men we can be more proactive in caring for our own health & well-being.*

**Weds 14<sup>th</sup> April 2021**

### **What is Men's Development?**

*New Conversations for Men*

*Exploring MDN's methodology in supporting & engaging men reflectively & developmentally towards better lives & wellbeing.*

**Weds 12<sup>th</sup> May 2021**

### **10 Things Towards Better Men's Health**

*Promoting International Men's Health Week*

*What is Men's Health Week? How to get involved. Signposting resources, 10 things to improve men's health & the 10 reasons to try.*

**Weds 9<sup>th</sup> June 2021**

### **Engaging Men Virtually**

*Developmental Work During Lockdown*

*Key learnings about creating safe, appropriate settings online for engaging men developmentally, highlighting supportive & helpful tips.*

**Weds 14<sup>th</sup> July 2021**

### **The Rules of Engagement**

*Module from Engage – National Men's Health Training*

*Highlighting 12 key insights to bear in mind when engaging and sustaining men in different health & well-being programmes*



**Men's  
Development  
Network**

Better Lives for Men, Better Lives for All



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HEALTH



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**Weds 11<sup>th</sup> August 2021**

### **Caring for Ourselves, Caring for Others**

#### ***Nurturing Wellbeing in Challenging Times***

*How can we can mind our wellbeing & health through these challenging times? 12 things we can do to support ourselves & others.*

**Weds 8<sup>th</sup> September 2021**

### **How to Run a Needs Audit**

#### ***7 Key Questions for Wellbeing & Health***

*How MDN's 7 Key Questions can be used to engage & support men in improving self-care, health & wellbeing. The importance of a strengths-based approach in identifying incremental actions for positive change.*

**Weds 13<sup>th</sup> October 2021**

### **Charting the Way in Men's Health**

#### ***ENGAGE - National Men's Health Training Programme***

*Discussing ENGAGE, designed to assist practitioners address the current deficit in gender sensitive service provision. Focuses on the engagement process (i.e. why & how to build relationships, rather than what to offer men).*

**Weds 10<sup>th</sup> November 2021**

### **Becoming Our Best Selves**

#### ***Reflecting on Our Positive Role Models***

*Supporting participants to reflect on & identify key men who positively influenced them from life, sports, politics, culture, community. How such encounters can influence our values to live & act for positive change*

**Weds 8<sup>th</sup> December 2021**

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Phone 051 844260 [www.mensnetwork.ie](http://www.mensnetwork.ie)



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