

Offaly

Men's Health Week



**ONE
STEP
AT A
TIME**



June 13 - 21, 2026

Progress, not perfection.

A message from Men's Health Forum in Ireland



Hi there,

Do you ever get the feeling that everyone is trying to weigh you down with 'healthy messages'?

It is true that we all need to:

- eat 5 - 7 portions of fruit or vegetables a day
- have at least 30 minutes moderate physical activity on five days of the week
- stop smoking
- limit our alcohol consumption
- check our bits and bobs...

But, if we aren't already doing this, then we need to find practical and realistic ways to get ourselves into this routine.

During Men's Health Week 2026, everyone is being asked to simply take **one step at a time** and to work towards making progress rather than seeking perfection - to take small steps that can have big results.

If you want a DIY guide to help you to get started, check out the ten top tips in the 'Action Man' manual at <https://mhfi.org/ActionMan.pdf>

Take it one step at a time, celebrate your achievements, and have a great week!

2026 Schedule of Events

Saturday, June 13

- Event: **Dips for Health: connection, community, and open blue spaces**
Are you ready to dip for health?
Dips for Health is a simple, powerful way to support your mental wellbeing through cold water, connection, and community. Set against the backdrop of Banagher Park, we invite you to step out of your routine and into something refreshing, grounding, and energising.
You don't need to be a seasoned swimmer, just have a willingness to give it a try. With a supportive, no-pressure atmosphere, you'll be encouraged to move at your own pace, whether that's a quick paddle or a full dip. Alongside the water, there's space to connect with others, share the moment, and enjoy the natural boost that comes from being outdoors together.
Come for the dip, stay for the connection, and the cuppa!
- Venue: Banagher Swimming Pool, Shannon Bank Park
- Time: 9am - 11am
- Cost: Free event, but donations to our charity partners are welcome.
- Booking Information: No booking required.
Organised by Mental Health Ireland, Offaly Local Development Company and HSE.

This year, **Accessible Counselling** and **Mental Health Ireland** have been chosen as the **charity partners** here in Offaly. While we've made an effort to have lots of free events, donations are welcome and will go directly to these partners, ensuring that their work can continue in Offaly.

Monday, June 15

Event: **Drop In Cafe**
Drop in for a cuppa, stay for the chat. Our drop in café is a social initiative, supporting wellbeing through conversation and connection.

Venue: The Cabin, Edenderry

Time: 11am

Cost: Free event

Booking Information: No booking required.
Organised by Offaly Local Development Company.

Event: **Men's Gathering**
Meet with men from around the county, try your hand at some fun games and enjoy a good cuppa!

Venue: Mucklagh Community Centre

Time: 12noon - 4pm

Cost: Free event

Booking Information: To book, contact Declan on 087 699 1226.
Organised by Offaly Local Development Company.

Event: **Men's Fitness Class**

Venue: Ballycumber Community Centre

Time: 8.30pm

Cost: Free event

Booking Information: To book, contact Denise on 086 791 2513.
Organised by Offaly Sports Partnership.

Event: **Cooking Demonstration with Hey Pesto!**
Join Yvonne from Hey Pesto! as she creates some healthy meals to tantalise your tastebuds!

Venue: Mucklagh Community Centre

Time: 7.30pm

Cost: Free event

Booking Information: To book, contact Liam on loreilly@offalycoco.ie or 086 0756897.
Organised by Offaly Sports Partnership.

Tuesday, June 16

Event: **Connect to the Five Ways for Wellbeing**
A practical, down-to-earth session, designed to give people useful tools and ideas that they can bring into their own lives and communities to help build confidence around mental health.

Venue: Edenderry Library

Time: 11am

Cost: Free event

Booking Information: Spaces limited, contact Edenderry Library on (046) 973 1028.
Organised by Offaly Libraries and Mental Health Ireland.

Event: **Coffee Morning**

Venue: MQI, The Tanyard, Tullamore

Time: 10am - 11am

Cost: Free event

Booking Information: No booking required.
Organised by Healthy Offaly.

Event: **Men's Fitness Class**

Venue: Edenderry GAA

Time: 7pm

Cost: Free event

Booking Information: To book, contact Liam on loreilly@offalycoco.ie or 086 0756897.
Organised by Offaly Sports Partnership.

Wednesday, June 17

Event: **Farmer's Breakfast**
Join us for a breakfast roll and a chat as we launch the Farmer Wellbeing Boards in Offaly. Wellies and tractors welcome!

Venue: Faithful Fields, Kilcormac

Time: 10am

Cost: Free event

Booking Information: To book your breakfast, contact Cormac on 087 665 9267.
Organised by Offaly Local Development Company, in collaboration with HSE, Mental Health Ireland and Teagasc.

Event: **Men's Fitness Class**

Venue: Daingean GAA Hall

Time: 10am

Cost: Free event

Booking Information: To book, contact Liam on loreilly@offalycoco.ie or 086 075 6897.
Organised by Offaly Sports Partnership.

Event: **Come Try Kayaking**

Venue: Banagher

Time: 6.30pm - 8.30pm

Cost: €10

Booking Information: Booking required, spaces limited to 20 participants.
Contact Liam on loreilly@offalycoco.ie or 086 0756897.
Organised by Offaly Sports Partnership.

Event: **Film Night**

Venue: Esker Arts

Time: 7.30pm

Cost: €7

Booking Information: Booking through Esker Arts, box office or online
Organised by Offaly Arts.

Thursday, June 18

Event: **Men's Tea, Coffee and Taster session**
Venue: Mucklagh Community Centre
Time: 10am - 12noon
Cost: Free event
Booking Information: To book, contact Liam on loreilly@offalycoco.ie or 086 075 6897.
Organised by Offaly Sports Partnership.

Event: **Drop In Café**
Drop in for a cuppa, stay for the chat. Our drop in café is a social initiative, supporting wellbeing through conversation and connection. With members of Chorus Connections as special guests at this session, you can be guaranteed a good singsong too!
Venue: Darmagh Centre, Tullamore
Time: 11.00
Cost: Free event
Booking Information: No booking required but details available from Michelle on 087 747 0562.
Organised by Offaly Local Development Company.

Event: **Connect to Five Ways to Wellbeing Talk**
A practical, down-to-earth session, designed to give people useful tools and ideas that they can bring into their own lives and communities to help build confidence around mental health.
Venue: Tullamore Library
Time: 2pm
Cost: Free event
Booking Information: Contact Cormac on 087 665 9267 to book.
Organised by Offaly Local Development Company, MHI and Offaly Libraries.

Thursday, June 18

Event: **Men's Health Talk**
Venue: Mucklagh Community Centre
Time: 7pm
Cost: Free event
Booking Information: To book, contact Liam on loreilly@offalycoco.ie or 086 075 6897.
Organised by Offaly Sports Partnership.

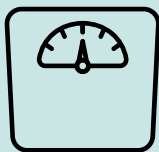
Did you know?



In 2023, 52% of males aged 15 to 19 attended a GP in the previous 12 months.



In 2023, 7.1% of males aged 40 to 44 said that they are often or always lonely.



In 2022, 23% of males were overweight while 40% of males were obese.



40,967 men were whole blood donors in 2022 (55% of total).



80% of males report using at least one form of sun protection during the summer while in Ireland.

Friday, June 19

Event: **Coffee in the Courtyard**
Offaly Volunteer Centre are opening their doors for a relaxed coffee morning, and inviting men to drop in and find out about the positive impact volunteering can have on health and wellbeing. Volunteering offers connection, a sense of purpose, and a chance to 'give back'. This is a no pressure drop-in, just a friendly space to explore how getting involved can support your own wellbeing while also helping others in your community.

Venue: Offaly Volunteer Centre Office, O'Connor Square, Tullamore

Time: 10am - 12noon

Cost: Free event

Booking Information: No booking required.
Organised by Offaly Volunteer Centre.

Event: **Drop In Café**
Drop in for a cuppa, stay for the chat. Our drop in café is a social initiative, supporting wellbeing through conversation and connection.

Venue: LOETB Birr

Time: 11.30am - 1pm

Cost: Free event

Booking Information: No booking required.
Organised by Offaly Local Development Company.

Saturday, June 20

Event: **Lads and Dads, or Grandads, Activity Afternoon**
An afternoon of gentle activities for generations to connect, move and have fun!

Venue: Shannon Bank Park, Banagher

Time: 3.00pm - 4.30pm

Cost: Free event

Booking Information: No booking required.
Organised by West Offaly Training.

Sunday, June 21

Event: **Sunday Social Walk**
Join our Sunday social walk around Lough Boora Discovery Park - good for the head, good for the heart, and even better together!

Venue: Lough Boora, meeting at the Visitor Centre

Time: 10.30am

Cost: Free event

Booking Information: To book your space, contact Declan on 087 699 1226.
Organised by Offaly Local Development Company.

Proudly supported by:



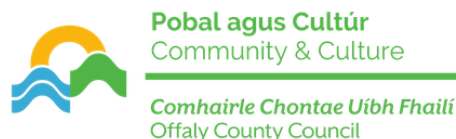
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