

MALEMENU

UP TO THE MINUTE INFORMATION AND EVENTS FOR MEN

MaleMenu is a place to search for information and join the conversation about topics directly affecting men. The website offers informative articles under five different categories and our TALK section is designed to encourage conversations

Whilst our site is focused on male specific topics, we hope females will also browse and engage on behalf of the men in their lives.

Topics include:

- **Appearance** - Discussing real issues affecting male appearance

- **Health** - Physical, sexual & mental health
- **Local** - Your go-to for what is available in Northern Ireland
- **Parenting** - A platform to share your experiences of fatherhood
- **General** - Insight and knowledge about many aspects of life
- **Talk** - A forum to share experiences and chat.

For further information telephone:
07759 333989 or
email: hello@malemenu.co.uk

Just a Minute

JAM Card lets people with a learning difficulty, autism or communication barrier tell others they need Just A Minute.

JAM Card was created in 2012 by NOW Group participants with learning difficulties and autism who wanted a discreet way to ask for Just A Minute of patience when they need it. It has since grown and developed into a card and app that is used by people with any communication difficulty.

JAM Card is available as an app for your smartphone or a card. To get your free JAM Card visit: www.jamcard.org or T: 028 9043 6400 and it will be posted to you.

For the App, search app store: JAMCARD and download to your phone for FREE.

The **JAM Card** was created by **NOW Group**, a social enterprise that supports people with learning difficulties and autism into jobs with a future.

Find out more about **NOW** at www.nowgroup.org and **JAM Card** at www.jamcard.org



Just a minute

JAM Card is a part of www.nowgroup.org
More information can be found at www.jamcard.org



How to Dispose of your old Batteries

Batteries can go in the red kerbside box but they must be in a clear plastic bag, eg. a sandwich bag or similar. If batteries are going to a Recycling Centre or a shop for recycling (any shop that sells more than 32kg of batteries per year are legally obliged to provide a take-back recycling point, most large supermarkets would be included in this) they do not need to be bagged up, and can go in the container loose.



Disclaimer: Health related information provided in Men 2 Men is of a general nature and cannot substitute for the advice of a medical professional (for instance, a qualified doctor/physician, nurse, pharmacist/chemist, etc.)



FOR MORE INFORMATION:

Deirdre Murphy, Volunteer Now, The Skainos Centre, 239 Newtownards Rd, Belfast BT4 1AF
T: 028 9023 2020 | deirdre.murphy@volunteernow.co.uk | www.volunteernow.co.uk
Charity Registration No. NIC101309 Company Limited by Guarantee No. NI602399

MEN 2 MEN

A great way for men aged 55+ to socialise

WINTER 2019

Abdominal Aortic Aneurysm Screening (AAA)

A quick, free and
painless scan for
all men aged

65+



Around 1 in 65 men screened in Northern Ireland at age 65 has an AAA. Men aged over 65 who have never been screened are at greater risk. AAAs can be life-threatening if left untreated.

All men in Northern Ireland in their 65th year will receive an invitation for an ultrasound scan that checks for swelling in the aorta. Look out for your invitation in the post.

Men aged over 65 can request a scan through the screening programme office on 028 9063 1828. Screening clinics are provided across Northern Ireland.

For further information call the screening programme office, speak to your GP or visit: www.pha.site/AAA-screening-nidirect



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Remember your Neighbours in the Winter months

Check that your neighbours are ok – especially older people and other vulnerable groups. It is important to prevent people from becoming cold in the first place. Family, friends and neighbours can look out for those who might be at risk from the cold. Prevention is always easier than cure!!!

Here are some useful helpline telephone numbers that you may need over the coming weeks.

NIE Customer Helpline: 03457 643 643

NI Waterline: 0345 44 00 88

NI Housing Executive: 03448 920 901

NI Gas Emergencies 0800 002 001

BT: 0800 800 151 (Residential)

Warm Home Scheme: 0800 988 0559

Winter Fuel Payment Helpline: 084 5915 1515 or visit

www.nidirect.gov.uk/articles/who-qualifies-winter-fuel-payment

The Wild Atlantic Way Tour

Fancy getting away from it all? Why not have a break in the 4* Great Northern Hotel in Bundoran, Co Donegal. Travel in a luxury coach from Glengall Street, Belfast. Stay 3 nights with dinner, bed and full Irish breakfast. See some of the beautiful coastal scenery on a one day guided tour. Join in the afternoon singsong then get your dancing shoes on and dance away the evening. Full use of the leisure facilities is included.



For a full list of prices and availability telephone Marion on 00 353 7198 42888.

Do you support someone living with Dementia?

Come along to our free four week Carers Information Support Programme for people who provide unpaid care and support for someone living with dementia.

Venue: Tesco Knocknagoney Community Room (in store)
Knocknagoney Rd, Belfast, BT4 2PW

Date: Wednesday 11 December 2019

Time: 9.30am - 5pm

Venue: Holy Rosary Presbytery,
503 Ormeau Rd, Belfast, BT7 3GR

Dates: Thursday 5 and 12 December 2019

Time: 10am - 2.30pm

Venue: Alzheimer's Society Office,
30 Skegoneill St, Belfast, BT15 3JP

Date: Saturday 7 December 2019

Time: 9.30am - 5pm

To find out more or book a place telephone Catherine on 028 9038 7772 / 07889 648793 or email: crispbelfast@alzheimers.org.uk



Bowel Cancer

Bowel cancer is the third most common cancer in Northern Ireland and our second biggest cancer killer. However, it shouldn't be because it is treatable and curable especially if diagnosed early. That's why awareness of the symptoms is so important. If you have any symptoms, don't be embarrassed and don't ignore them. Doctors are used to seeing lots of people with bowel problems.

The symptoms of bowel cancer can include:

- Bleeding from your bottom and/or blood in your poo
- A persistent and unexplained change in bowel habit
- Unexplained weight loss
- Extreme tiredness for no obvious reason
- A pain or lump in your tummy

Most people with these symptoms don't have bowel cancer. But if you have one or more of these, or if things just don't feel right, go to see your GP.

Bowel cancer screening can save lives. Screening aims to detect bowel cancer at an early stage. All men and women aged between 60-74 in Northern Ireland are eligible to take part.

For further information on the bowel cancer screening programme please visit: http://www.cancerscreening.hscni.net/Overview_Bowel_Programme.htm



Do you have a Motorbike?

Bikes and Minds is a mental health charity set up in order to provide support for those suffering from mental health problems. Through practical applications it seeks to bring people together in a comfortable and friendly environment. Our key operational activity is through our management of 'The Bike Pit', a community garage where individuals have a place to come together in order to work on and restore their motorcycles. Through The Bike Pit and other projects run by Bikes and Minds we hope to seek to tackle the stigma that can surround mental health and provide a hands-on support system that differs from the current talk based/mindfulness groups currently available.

We are located at 11b Kennedy Way, Belfast.

Opening times: Monday - Friday, 5.30pm - 10pm and Saturday & Sunday, 10am - 5pm.

For further information visit www.bikesandminds.com

BIKES AND MINDS



Cruse Bereavement Care

The groups provide a safe space for people over the age of 55 to meet others who have been bereaved. New members are always welcome. The friendship groups are not a formal bereavement support group. They are a self help group, with members seeking to make new friends. The main aim is to encourage each other to make a new life following bereavement.

There are currently six groups who meet on a monthly basis. These groups are in Belfast, Foyle, Lisburn, Larne, North Down and Ards and Antrim.

If you are interested in attending a group contact Eleanor Ellerslie on

028 9079 2419 or

email: Eleanor.ellerslie@cruse.org.uk

for further details on a group in your area.



Disturbed by someone else's drinking?



Living with alcoholism can be a lonely life. You need not be alone. Al-Anon Family Groups can help.

To speak to someone who understands and for details on an Al-Anon meeting near you, telephone 028 9068 2368 or visit www.al-anonuk.org.uk

Confidential Helpline telephone 028 9068 2368

There's lots to do at North Belfast Men's Shed

Men why not call in, be shown around and have a cup of tea and a chat.

Choosing to become a member opens up chances to take part in a wide variety of activities including woodwork, woodturning, copper work, various arts and crafts, scroll sawing, pyrography, calligraphy, cooking, cake baking and much more. Members may receive training in the safe use of the Shed's various machines, Workshops help members share existing skills or learn new ones.

Day trips offer members the chance to get involved in many social, recreational, historical and educational

outings. From time-to-time members visit others Men's Sheds and invite other groups to come to see what it is we do in our Men's Shed. Supported by the Big Lottery Fund and managed by Ashton Community Trust we welcome men from any area throughout the community.

For more information contact the co-ordinator, Geraldine Nelson on T: 028 9074 2255 / 07850 6512632

Email: menshed@ashtoncentre.com or call in and see us at:

Unit L41, Edenderry Industrial Estate, 326 Crumlin Road, Belfast, BT14 7EE.



Love Gardening?

Why not join a Community Garden in your area. These are places to grow food, learn and share skills and connect with other. You will find our gardens at Hydebank Wood, Connswater, Shankill Road and Glenbryn.

If you are interested in volunteering in our gardens contact us on 028 9074 9494

