

INTERNATIONAL MENS DAY

November 18th



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For the first time Northern Ireland's five Health and Social Care Trusts, NI Ambulance Service, the Public Health Agency, several local councils and a range of community and charity organisations have joined forces to organise an event to Celebrate International Men's Day 2021.

The webinar event taking place on the **18th November** from **10-11.30am**, entitled "**Turning it Around**" focuses on two of the six pillars of International Men's Day

- To focus on men's health and wellbeing; social, emotional, physical and spiritual
- To improve gender relations and promote gender equality.

The event aims to highlight the experiences of men from a variety of backgrounds who have overcome challenges and turned their lives around. Two speakers will share their stories, giving an insight into the challenges of men's wellbeing, in the hope that they can inspire other men and promote the message that it is possible to turn your life around and become a positive role model.

The target audience is males from all age ranges living in Northern Ireland.

The event is free to attend and will be hosted using webinar zoom technology. Participants will be required to register in advance with the first 100 to sign up receiving a free goody bag.



For additional info please contact:

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Turning It Around



INTERNATIONAL MENSDAY

Speaker

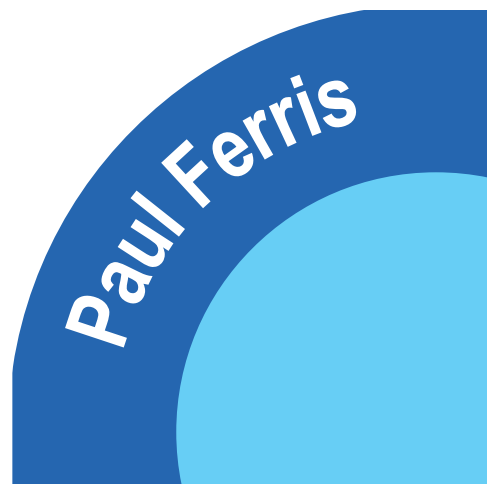
November 18th

Scan the QR code at the bottom of the page to register.



Paul Ferris

Paul Ferris was a teenage prodigy, becoming Newcastle United's youngest-ever player in 1982, only for injury to ensure his promise went unfulfilled. He later returned to the club as a physiotherapist before earning a Master's degree and beginning a successful quest to qualify as a barrister. But the lure of football was always strong and he went back for a third spell at Newcastle, as Head of the Medical Department, again working closely with a host of big-name players and managers. Paul also became a novelist and now runs a successful health and fitness business. Paul's memoir, *The Boy on the Shed*, was published in 2018 to overwhelmingly positive critical acclaim. It became an instant bestseller. It won multiple literary awards, including being voted *The Times* and *The Sunday Times Sports Book of the Year*. It was also named *The Sports Autobiography of the Year* at the British Sports Book Awards in 2019. It has been optioned for a six-part TV drama. The follow up to *The Boy on the Shed* will be published by Bloomsbury in April 2022. Both books focus heavily on the life changing challenges Paul has experienced in his life. He writes openly and honestly about the hurdles he has faced and how he has fought to overcome them.



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Oisín McConville

Oisín McConville is the winner of six All-Ireland Senior Club Football Championships with his club, Crossmaglen Rangers and the sport's top prize with his county team, Armagh - the All-Ireland Senior Football Championship.

Despite enjoying a glittering career, Oisín developed a gambling addiction which nearly cost him his life. Hitting rock bottom, he spent 13 weeks at a rehabilitation centre in Galway in 2005, the first step on a journey of recovery which has raised the profile of gambling addiction in Ireland.

Oisín has helped hundreds of athletes in the UK and the Republic as a trained addiction counsellor and much sought after public speaker. He has worked for Sporting Chance for many years as part of their gambling education programme and leads Sporting Chance's partnership with Sport Northern Ireland.

