



Campus Wellness 2023 .

Event: Men's Health Week - June 12-18, 2023

<https://drive.google.com/file/d/1BBrJS3Cwh4Bz2ALJBPJyPqz6BbvNX8Py/view?usp=drivesdk>

Event	Actions
Content	<ul style="list-style-type: none">• On -line presentation, Colm Fowler, HSE, launch of <i>the Picture of Health</i> National Campaign, including <i>Action Man</i> publication.• In person event with <i>iThrive</i>, <i>Seamus Ruane</i>. PERMA model of Wellbeing• Connect Café - Theme Men's Health• Tai Chi Class• Photo Competition
Collaboration	<ul style="list-style-type: none">• Men's Health Ireland• iThrive Seamus Ruane,• Croi ,• University of Galway Societies ,Film Society• University of Galway staff Tai Chi class,• Master-Chef – University of Galway Caterers.
Keep Well Mark Pillar	<ul style="list-style-type: none">• Mental Health: 4.9• Physical Activity: 6.7• Healthy Eating: 7.5

<p>Communication</p>	<ul style="list-style-type: none"> • Communication for the event was initiated in May. • Poster created and circulated for the event via all staff email, twice. • A Dalian staff Calendar. • Highlighted to relationship partners and supporters e.g., Croi. • Health and Wellbeing Ambassadors Staff Group
	<p style="text-align: center;">Evaluation</p>
<p>Events</p>	<ul style="list-style-type: none"> • Staff attended the online HSE presentation- awaiting attendance numbers from MFHI. • 60 Men Health booklets were distributed to key areas. • 35 members of staff attended the Connect Café • 8 members of staff attended the presentation by iThrive. • Taichi class was re-scheduled. • The video link included above provides a visual account of the events. • Including interviews, with University of Galway Senior members of staff , the presenter and participants from staff and students.

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 Student & Staff Health and Wellbeing Lead
 Report July 2023.