

No. 172/2026

16th June 2026

To: All Branches

Dear Colleagues,

Men's Health Week 15th – 21st June 2026

Men's Health Week 2026 is being observed from **Monday 15th to Sunday 21st June**, coinciding with the week leading up to Father's Day in the UK. The week aims to highlight preventable health issues affecting men and promote early detection, healthier lifestyle choices, and mental well-being. On the island of Ireland, the theme for 2026 is "**One Step at a Time**", encouraging men to make gradual progress in improving their health rather than seeking perfection.

The week is designed to raise awareness of men's health challenges, including higher rates of chronic diseases, late presentation to healthcare services, and mental health issues. Men are statistically less likely to seek help for mental health concerns, contributing to higher suicide rates among males, with around three-quarters of suicides in England and Wales in 2023 being male. Men's Health Week encourages men to take proactive steps for both physical and mental health, fostering conversations and reducing stigma.

How to Participate

Individuals and organisations can get involved in several ways:

- **Health Check-ups:** Encourage men to schedule routine screenings such as blood pressure, cholesterol, and prostate exams.
- **Workshops and Education:** Organise sessions on nutrition, exercise, stress management, and mental health. The Men's Health Forum offers workshops like **Men and Masculinity** to explore the impact of societal expectations on men's health.
- **Physical Activities:** Promote group walks, sports events, or fitness challenges to encourage active lifestyles.
- **Mental Health Conversations:** Start discussions in workplaces, communities, or families to support emotional well-being.

Men's Health Week 2026 is an opportunity to pause, reflect, and take small, practical steps toward better health. Simple actions - like booking a delayed health screening, taking a proper lunch break, or opening up about stress can have a meaningful impact on men's well-being and the health of their families and communities.

By participating, individuals and organisations contribute to a broader effort to improve men's health outcomes, reduce stigma, and promote sustainable lifestyle changes across the UK.

For more information, support and ways to get involved, visit the **Men's Health Forum** website here: [Men's Health Week 2026 | Men's Health Forum](#).

Organisations like **Mates in Mind** provide guidance for building supportive workplace cultures and implementing effective mental health interventions. Visit their website here: [Men's Health Week 15-21 June 2026 resources | Mates in Mind](#).

This LTB is shared on behalf of CWU Central Services.

If you have any questions or need any further information, please contact:

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Blood pressure too high?

Find out what you need to know and do

Half of all heart attacks and strokes are linked to high blood pressure. But there are simple steps you can take from today to help lower your blood pressure and protect your health.

Scan QR code for more information



British Heart
Foundation

Ever wish you could ask a health professional rather than Dr Google?



**MEN'S
HEALTH
WEEK**

If you're not sure what to do about a health problem, try your pharmacist.

There's one on most high streets. They're highly qualified health professionals and most have a private room for a chat. If they can't help, they'll point you in the right direction.

menhealthforum.org.uk #menshealthweek

Got a health question? Ask your pharmacist.

**MEN'S
HEALTH
FORUM**

Men's Health Week

Join us in ensuring mental health and physical health are equally valued



**Mates
in Mind**

**15 - 21
JUNE**



Samaritans

Call Samaritans for free 24/7 on
116 123



Be A Mate

Text "BEAMATE" for free 24/7 support at
85258



Scan for more information

Prostate, penile and testicular cancer.

I'd rather know the facts.

Every year, over 55,000 men will be diagnosed with prostate, testicular or penile cancer – and the number is rising.

Orchid raises awareness of male cancers and supports men of all ages who are affected.

Don't ignore the facts. Learn more about the signs, symptoms and risk factors of male cancers at www.orchid-cancer.org.uk

Or call the Orchid Confidential Male Cancer Helpline on **0808 802 0010**

ORCHID 
FIGHTING MALE CANCER

WE NEED TO TALK ABOUT PROSTATES

Peeing problems can be solved.

If you can't pee like you used to – can't start, for example, don't feel empty, weak flow, up all night – it could be a prostate problem. And it can be sorted.

YES I HAD TROUBLE
PEEING, BUT I
TALKED TO MY DOCTOR
AND NOW IT'S ALL
WATER UNDER
THE BRIDGE...



**MEN'S
HEALTH
WEEK**

#menshealthweek
#knowyourprostate
#healthyconversation

menshealthforum.org.uk/mhw

PFor Prostate booklet: menshealthforum.org.uk/pfp

Don't procrastinate. Know your prostate

**MEN'S
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