

Welcome to ...

Men and COVID-19: Restoring the Balance



Toby Chick

North Belfast Men's Shed

- Coming together
- Changing direction
- Thinking forward

Contact information:

Coordinator: geraldine.kelly@ashtoncentre.com

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Social Media:

www.belfastmensshed.com

www.facebook.com/northbelfastmensshed



#MensHealthWeek



Claire Phillips

Cruse Bereavement Care

- ✓ Cruse Area Offices are still providing local telephone support
- ✓ Cruse National Helpline: 0808 808 1677
- ✓ <https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>

Tips ...

1. Keep in touch with others
2. Look after yourself and get rest
3. Keep to a regular routine
4. Ask for practical help from friends, family or neighbours



For more information, Email: Claire.Phillips@cruse.org.uk

#MensHealthWeek



Margaret McDonald BHSCT Carers Support

Peter - A Carers Story



- Have the Conversation
- Get Connected
- Take up Support

For further information, contact the Carer Support Service on ...

Tel: 028 9504 2126 or

Email: CarerSuppSvcs@belfasttrust.hscni.net



Paul O'Kane

BHSCT / Father

- COVID-19 on a personal level
- COVID-19 as a father
- COVID-19 at work

Personal Life and COVID-19



Being a Father and COVID-19



Work and COVID-19



Date For Your Diary ...

To celebrate International Men's Day 2020, BMHG invite you to join them in Belfast City Hall, on **Monday 23rd November**, at **10.00am**, to hear Billy Dixon speak.

