**International Men’s Day 2021**

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 free webinar 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.

Two inspirational and passionate 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.

Our speakers on the day are:

**Paul Ferris** a teenage football prodigy, becoming Newcastle United's youngest-ever player in 1982, Newcastle United first team physiotherapist, a qualified barrister and award winning novelist who now runs a successful health and fitness business. Paul talks openly and honestly about the hurdles he has faced and how he has fought to overcome them.

and

**Oisin 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, Oisin developed a gambling addiction which nearly cost him his life. Oisin talks about the challenge of  hitting rock bottom, spending 13 weeks at a rehabilitation centre  and how he has ‘turned his life around’  and now helps hundreds of athletes in the UK and the Republic as a trained addiction counsellor.

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

Please register to attend using the QR code and share widely with family, friends and colleagues.

