



MENS HEALTH WEEK 2025



On Friday 13th June 2025, we celebrated Men's Health week. This year's theme, "Shoulder to Shoulder – Connecting for Health," emphasises the importance of support in improving well-being. This year, we have dedicated our efforts to raising awareness about male heart health. Heart disease is a major health concern for men, affecting over 320 million men globally.



We were delighted to partner with The Sibly Food Co., a local Irish business. The Sibly offers products which are made with a balanced source of protein, fibre and flavour that fits into a healthy lifestyle.



To show our support to Men's Health, we wore blue this Friday to raise awareness