

MEMBERSHIP

Membership of M.A.N. is given without discrimination to all men irrespective of ethnic background, race, religion, marital or parental status, disability, sexual orientation, political opinions, socio-economic background, trade union membership etc. M.A.N. is not for profit. Small contribution is required weekly to cover the cost of refreshments and rental of premises.

MANAGEMENT

M.A.N. has a working committee consisting of the Chairman, Vice-Chairman, Treasurer and Secretary and other ordinary members. The role of the committee is to represent all members of M.A.N. All opinions, suggestions and values of members must be considered in equal measure by the committee.

Men' Action Network hold an Annual General Meeting in the month of October of every year to approve the minutes of the previous year's AGM, to receive reports from the Chairman, Secretary and Treasurer, to approve the Annual Accounts, and to elect the new executive committee. The Committee rotates every 2 years.

Directions from High Street

Follow Parliament St. to Irishtown passing the Court House and Smithwick's brewery until you reach T-junction now facing St. Canice's Tower. Turn left to roundabout passing St. Canice's Church on the right. At the roundabout take third exit onto Butt's Green. The Hall is beside St. Vincent De Paul charity shop.

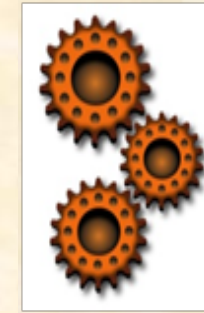


Men's Action Network meet on

**Fridays 10.30am – 12.30pm and
Wednesdays 2.30 – 4.30pm**

**St. Canice's Neighbourhood Hall),
Butts Green, Kilkenny.**

**Contact: Eamonn 056 7789749
or Seamus 086 1262353**



MEN'S ACTION NETWORK

Men's Action Network (MAN) was set up in 2009 as a joint initiative of local men living in the Butts area, Fr McGrath Centre and Social Services Kilkenny. They all recognized the need of having a social outlet for men over 50 years of age living in the Kilkenny area.

Men's Action Network has grown over the years and now consists of about 30 regular members and is progressively growing.



ACTIVITIES

Men's Action Network provides an opportunity to ALL men over 50 years of age living in Kilkenny city and beyond for:

- ◆ Social contact
- ◆ Games (skittles, bowls, boccia, curling and more)
- ◆ Awareness talks on various topics
- ◆ Entertainment, day trips and holidays
- ◆ Educational activities
- ◆ Integration & participation in activities in wider community of Kilkenny

The activities of M.A.N are aimed to eradicate isolation, loneliness and social exclusion amongst men and to provide long term benefit for the community.



Every 2 years M.A.N organizes annual holidays. In 2011 the group toured around Germany, Belgium and France and visited European Parliament. In September 2013 MAN is planning 6 day tour to Donegal, Belfast, Derry. All M.A.N's trips are open for men and women.

M.A.N also links with Kilkenny Age Friendly, Kilkenny Carlow Contact, Garda Siochana, Men's Shed and advocates for the needs of the elderly.



ACHIEVEMENTS

Over the last 3 years M.A.N. has been very active and has successfully organized:

- ◆ Awareness talks on men's health, diabetes, nutrition, mental health, safety at home for the elderly as well as the number of talks on local history and heritage.
- ◆ Games and physical activities (bowls, skittles, boccia, curling, darts, draughts etc). MAN won Games for Life County tournament in November 2012.
- ◆ Day trips to Rathfarnham Castle & Pearse Museum, Dublin Castle & Kilmainham Gaol, Wicklow Gaol and Castletown House, Cobh Titanic Experience and more.

