

# MEN ON THE MOVE

## OUR JOURNEY SO FAR

### I-PARC

We have been working closely with local partners and communities across Galway to support men in becoming more physically active. We listened to men of the community, stakeholders and sports people to understand what works best, what challenges exist and how to make the programme easy to take part and sustain.



### STAGE 1

#### Selecting the programme:

I-PARC worked with Galway Sports Partnership (GSP) and Active Cities Galway to support men in becoming more physically active. One evidence-based programme was reviewed and selected as the most suitable option for the local community.

### STAGE 2

#### Tailoring the programme:

I-PARC worked with local partners to adapt the programme to suit the Galway community. Workshops with stakeholders and focus groups with participants helped to:

- Identify key programme components and delivery
- Identify key challenges (e.g. time, confidence, access)
- Adapt session delivery to better suit participants
- Tailor Men on the Move to the Galway context



## STAGE 3

### Implementing the programme:

I-PARC planned how the programme will be delivered and supported going forward:

- Deciding when and where sessions will take place
- Agreeing on roles for programme delivery and support
- Planning session structure and delivery
- Ensuring the programme is feasible and sustainable
- Establishing simple tracking measures (e.g. attendance and session records)
- Ensuring readiness for a smooth and sustainable rollout

### PROGRAMME SPOTLIGHT

#### Men on the Move:

An 8–12 week programme for men aged 30+ designed to support a return to physical activity in a fun, social, and supportive environment. It encourages men to (re)connect with activity in a safe and non-judgemental setting.



### WHAT'S NEXT?

Men on the Move has now launched in Galway, with I-PARC continuing to support delivery as the programme gets underway. We're excited to see more men in Galway becoming active and building healthier lifestyles.

### THANK YOU

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