13th November 2026

Inclusion North News



Inclusion North will share an important news story or tell you about their work every 2 weeks.

International Men's Day

INTERNATIONAL MENSDAY November 19

International Men's Day is on 19th November.



It celebrates worldwide the positive value men bring to the world, their families and communities.



It highlights positive role models and raises awareness of men's well-being.

The theme for 2026 is "The Future is Everyone".



It is a special time to talk about the brave men who protect our communities in the defence force and emergency services such as: Police, Fire Fighters, Ambulance Officers and Hospital Emergency Departments.



It is a day to celebrate important people in charities, religion, government, business and education that help create a fair and safe society for others.



It is also a time to raise awareness to the challenges that men face in life – especially in relation to the international male suicide rate.



The day can be celebrated at an individual and family level, by spending special time with the men in your life, in appreciation of how they make the lives of those around them better.



Write letters or cards to your friends, family, relatives and people you admire. Tell them how they have contributed to your life and how much you appreciate them.

INTERNATIONAL
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Happy International Men's Day to all the men who work to make life better for other people.