

Men's Social Group

Men Going Forward is open to men aged between 40-60 years old in North Derbyshire. It is user led and aims to identify activities or pastimes which would appeal to its members. It is also an ideal way to maybe learn new skills, start a new hobby or take up something you have always wanted to do.

Once the activities or interests have been identified, a new group will be started to allow those members to meet and share in those experiences. By bringing like minded men together, the aim is to **embrace** life as it is for each of them and work together to help overcome the numerous challenges faced by men in this age range.

By experiencing positive situations regularly, you will start to **believe** that there is an alternative way to face the future. This in turn will allow the members to enjoy a more positive and fulfilling lifestyle, whilst at the same time, learning new ways to **live** life to the full.

For More Information

If you think you or someone you know would benefit from Men Going Forward, please use the contact details below.



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mengoingforward@gmail.com



@mengoingforward

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Social Engagement Project
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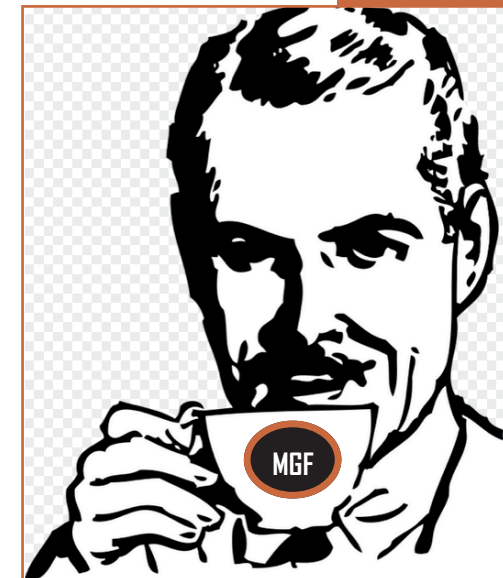


Your mental
health champion

Supported by:



Men Going Forward
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Tel: 01246 555908

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Aims of this Project

Build Confidence

Men Going Forward is a non-clinical approach to help build confidence and resilience for men aged between 40-60 years old who have moderate to medium mental health issues and are recognised as having the potential to benefit.

Early Intervention

The aim is early intervention and is to increase self-awareness, self-belief, independence and prevent decline into a long term condition.

Educational Pathways

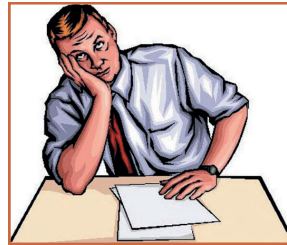


The Men Going Forward project aims to help improve physical and mental health wellbeing by offering its members regular group activities and support.

Aims of this Project

The project will also help members to access and maintain employment, highlight educational pathways, plus offer a forum for emotional and practical guidance.

Men Going Forward aims to provide support in different areas, allowing members to take control of their lives, by



doing so they can **embrace** life, **believe** there is a brighter future and learn to **live** in a healthier, happier way.

Awareness

Another important goal of Men Going Forward is to raise awareness amongst the local community about the risk of not seeking support.

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Mental and Physical Health

Expanding waistlines, increased risk of health conditions and worries about future health issues may lead to psychological problems for some men.

Relationships

Children leaving home, separation and lowered sex drive or fulfilment can all lead to self-doubts and the beginnings of a mid-life crisis.

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Lifestyle

With their carefree years behind them, lifestyle can often give way to the mounting responsibilities men feel they have towards themselves and their families.

Finances

Job security, finding new employment, the increasing costs of raising and supporting a family can all lead to flash points where some men feel trapped and with less options.