

MoveMENT

Why did we take action?



High suicide rates in middle-aged men

Improve understanding of men's mental wellbeing



Enable men to talk to and support each other

Engage men in meaningful activities tailored to their needs



What did we do?



Surveyed 600+ individuals



Training to facilitate activities for men



Held virtual event (80+ attended)



Strava group created (200+ athletes)

What has the impact been?

2020/2021



Enhanced knowledge of wellbeing activities



150+ recorded activities on Strava



Increased interest in cultural opportunities