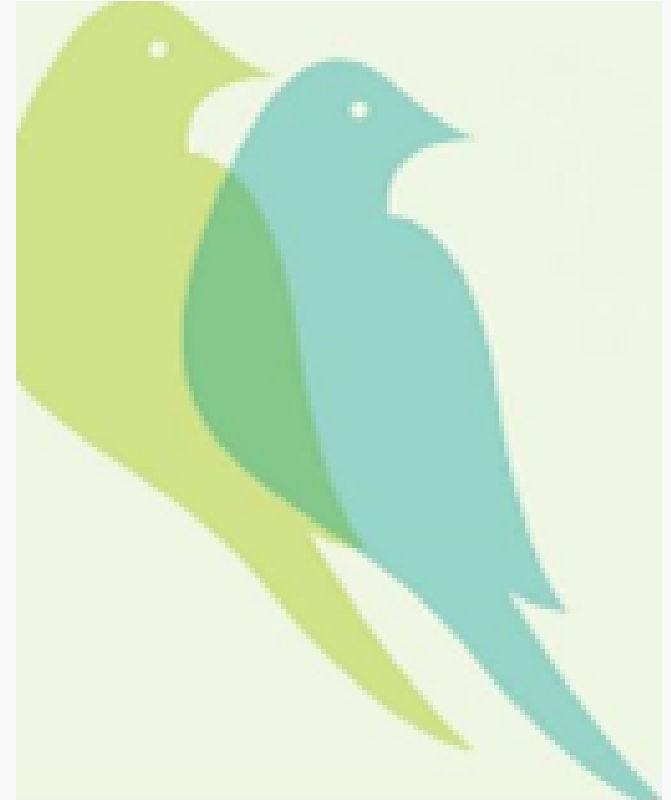


LET'S TALK

BME MENS GROUP

Men's Journey through
words & pictures



How we started



BME MENS GROUP
LET'S TALK

Confidential, non-judgemental and
a safe space
(18+ only)

Community Led Support Group which
will work together addressing issues
and focusing on preventive measures,
on developing ideas and long-term self-
care to Improve Health and Well-being
and achieving positive outcomes.

Limited to 10 participants*

OSCR
Scottish Charity Regulator
www.oscr.org.uk
Registered SCIO
SC043604

Objectives of the group

- Share personal experiences
- A safe space for men to explore their challenges with other men
- Create a healthy environment for BME men





The difference the project wants to make

- Increase Men's voices to be heard
- To create a sense of belonging
- Better wholistic wellbeing – Mental, Physical, Emotional, and spiritual
- Increase knowledge and awareness on BME Men's challenges



**CHANGES
AHEAD**

We created a closed online group as a way for the men to communicate easily, safely and confidently. It has proven to be a great way for engagement, signposting relevant organisations for information and support & organise sessions. some of the activities that has been popular has been learning cooking skills





Activities

The referrals for the project were from different areas of the BME community.

MCASS had an overwhelming response and decided to keep the numbers in the group limited, to ensure better engagement.

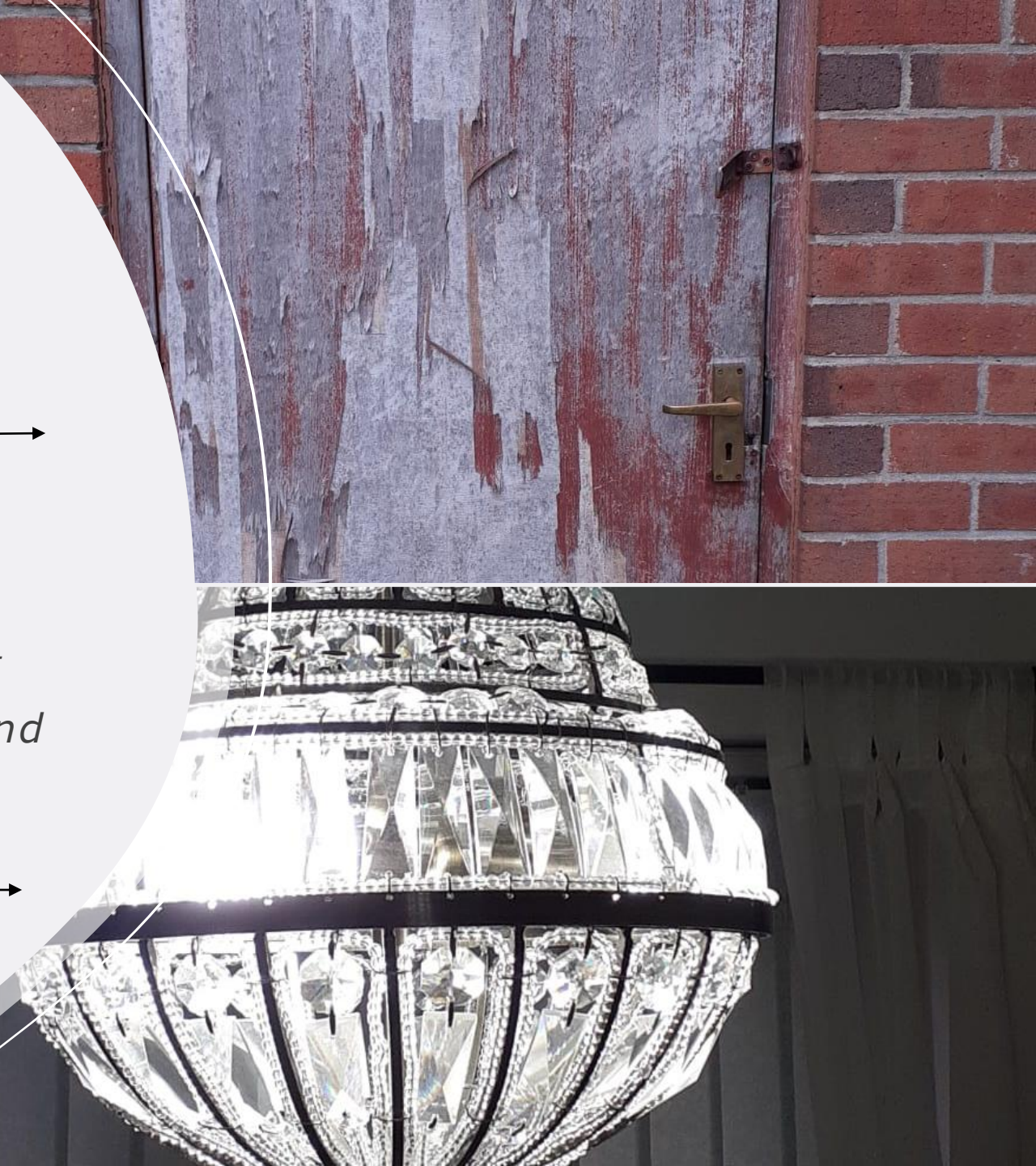
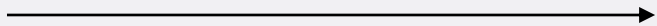
To date (Nov 2021) we have delivered 21 online sessions and 11 outdoor activities.

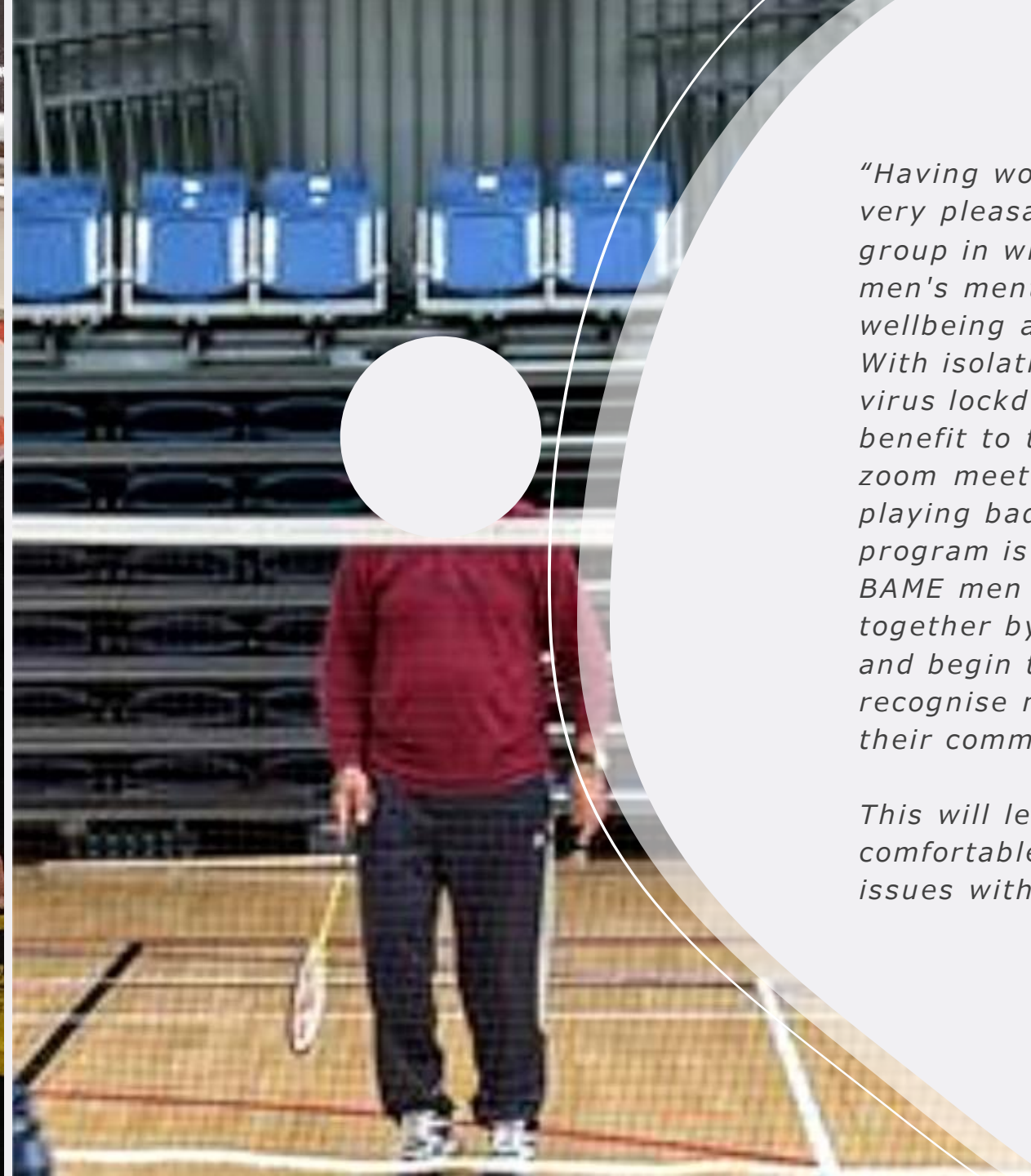
our pictures,
our words

*"Before the group - feeling closed, in
need of repair and run down."*



*"In the group - feeling light and bright
with lots of great men and support around
me."*





"Having worked all my life it was a very pleasant change to join a group in which the concerns of men's mental and physical wellbeing are being addressed. With isolation caused by Corona virus lockdowns it was a big benefit to talk to other men via zoom meetings and as things eased playing badminton . I feel this program is very beneficial for the BAME men in bringing them together by sharing their thoughts and begin to understand and recognise mental issues within their communities .

This will lead to men being comfortable talking about such issues with others."

*"The group and it's discussions
have been a good reminder to
stay connected with loved ones
and their animals" 🐼*





“Meeting new and old friends, getting to know and interacting with people from different backgrounds and professions”