

Public Benefits:

Our mission entails providing invaluable support to men and their families by establishing safe spaces where they can openly discuss and address life issues, concerns, crises, and personal needs. Through our service delivery, we actively contribute to advancing male health and well-being, aligning with our charitable purposes to promote public benefit.

One significant avenue in which we achieve this public benefit is by offering professional counselling services. These services are designed to enhance self-esteem, empower individuals to manage both every day and historical challenges, and equip them with the skills to positively confront issues related to addiction, domestic or sexual abuse, self-harm, suicidal ideation, relationship difficulties, and other life challenges such as depression and anxiety. A notable outcome of our efforts is the cultivation of a greater help-seeking legacy among men, evident in the number of returning clients and referrals from GP services, PSNI, Social Workers and Community Organisations.

Our self-help groups and self-awareness programmes play a pivotal role in enabling men to gain heightened awareness of their life difficulties, particularly in areas like depression. These initiatives equip them with effective coping strategies, fostering a more fulfilling and enriched life.

In addressing anger management, our early intervention programmes contribute to reducing social and domestic violence, providing men with tools to disengage from angry situations, enhance emotional literacy, express emotions healthily, and develop conflict management and resolution skills. The result is healthier and safer relationships within personal, familial, and social spheres.

Men's health promotion programmes and awareness events are instrumental in engaging directly with men on critical health issues such as blood pressure, cholesterol, sugar levels, and BMI. Through health checks, we establish a baseline of health for men in local communities, with a significant portion being referred to their GPs for further exploration. Men's health weeks, which we coordinate regionally and locally, focus on mental health, diet, obesity, unemployment, suicide, addictions, and more, providing health-enhancing awareness to thousands of men.

Advocacy is a core component of our work, addressing men's issues and inequalities at various levels—national, regional, governmental, and local. Our efforts have contributed to a renewed emphasis on men's work and services across these domains, highlighting best practices in engaging and supporting males. Through MAN, our beneficiaries gain a conduit and advocate for their voices, leveraging the extensive networks and alliances we've helped establish.

To ensure the efficacy of our initiatives, we employ scientific measuring tools that validate positive changes in the lives of our service users. Personal feedback, as well as evaluations from statutory and voluntary sector bodies, further testify to the positive impact we make.

While the purposes of our charity could potentially lead to harm if beneficiaries receive inappropriate or insufficient support, our stringent safeguards, ethical practices, and effective procedures—including internal and external ongoing supervision and line management—ensure that any potential harm is outweighed by the benefits. The direct beneficiaries of our charity are the men we engage with, but the positive changes resulting from their engagement also extend to the lives of their families and friends, creating a broader positive impact on communities.

It's worth noting that the only private benefit stemming from our purpose relates to the training provided to our volunteers and trustees. This benefit is incidental and necessary to meet best practice organisational requirements, with the knowledge gained being transferable to other arenas to ensure best practice.

### What Your Organisation Does:

In the pursuit of public benefit, MAN exists to support male health and wellbeing. Our comprehensive intervention services address a range of issues, including abuse, addictions, domestic violence, fathering/parenting concerns, family break-up/access, isolation, suicidal ideation, depression, relationship difficulties, sexuality, and emotional wellbeing.

To ensure accessibility, we provide a contact/helpline, where our dedicated counsellors offer personalised 1-2-1 support to over 70 males weekly. Additionally, we organise self-help groups each week focusing on general support and living with depression. Our 'open door' service caters to men seeking immediate assistance, and we conduct anger awareness courses.

As a proactive organisation, we serve as a pivotal point for men, offering signposting and referral services. Our collaborations extend to various sectors, including providing additional services for PSNI, behavioural offending counselling for PBNi, suicide support for PHA/CLEAR, and rites of passage work for young males in partnership with community organisations.

## Charity Commission Report – 2023

In our commitment to promote male health and wellbeing, we advocate for these services in prominent forums, including OMFDFM's Regional Domestic and Sexual Violence group/Gender Advisory Panel. MAN holds the position of Chair in the Men's Health Forum Ireland, co-chair of NICVA men's policy forum, and partnerships with the Western Domestic Violence Partnership and Men's Health West forum. We collaborate with entities such as the BMA, NI Court and Jury service, and engage with various government, statutory, private, and voluntary networks and fora.

To raise awareness, we actively participate in Men's Health Week annually, organising health fairs, delivering talks and training sessions on men's health, and providing workplace/community MOTs health checks and advertise our service on a very active social media platforms.

Our efforts encompass discussions on mental health and wellbeing, contributing to a holistic approach to male health advocacy.

Chairperson Report: December 2023

Men's Action Network - Chairperson's Report

Dear All

I am honoured to present the Chairperson's Report for the past year, reflecting on the challenges we faced in securing funding and celebrating the immediate positive impact our efforts have had on the men involved in our mental health charity as we move into our 30<sup>th</sup> year of achieving positive impact in our community.

Funding Challenges:

The past year has brought unprecedented challenges in securing the necessary funding for our vital programmes and initiatives. Despite our relentless pursuit of financial support, we have encountered a shortage in funding opportunities. This has, undoubtedly, posed a significant obstacle to the sustainability and growth of our crucial mental health services.

Immediate Positive Impact:

In the face of financial constraints, it is heartening to witness the immediate positive impact our charity has had on the men who sought our support. Our services addressing abuse, addictions, domestic violence, and various mental health issues have been a beacon of hope for those in need. The commitment of our staff and volunteers to providing 1-2-1 support counselling, self-help groups, and daily drop-in services has resulted in tangible improvements in the lives of over 70 men weekly.

Our specialised programmes have equipped men with valuable tools to navigate life's challenges. We have witnessed transformations in individuals grappling with isolation, depression, and suicidal ideation, reinforcing the significance of our mission.

Gratitude to Staff and Volunteers:

In times of adversity, the dedication and resilience of our staff and volunteers shine brightly. Despite the financial constraints, their unwavering commitment to serving the community has been nothing short of remarkable. Their compassion, professionalism, and tireless efforts have been the driving force behind the positive outcomes we continue to achieve.

I extend my heartfelt gratitude to each member of our team. Your selfless contributions and belief in the power of mental health support have made a profound difference in the lives of those we serve.

Call to Action:

As we navigate these challenging times, I urge our community to join hands in advocating for increased support for mental health initiatives. The need for our services is greater than ever, and together, we can work towards securing the resources necessary to continue our crucial work.

In closing, let us celebrate the immediate positive impact we have made and express gratitude for the incredible individuals who make our mission a reality. With shared determination, we will overcome funding challenges and continue to be a beacon of hope for those in need.

Sincerely,

John McAtamney

Chairperson

Men's Action Network