



Men's Action Network (MAN) Annual Report 2023 - 2024

1. Introduction

Men's Action Network (MAN) is a registered charity dedicated to improving the mental health and well-being of men in Derry and the surrounding areas. The organisation provides critical support services, advocacy, and community engagement initiatives aimed at reducing stigma, promoting mental well-being, and fostering resilience among men.

This annual report outlines our impact, achievements, financial position, challenges, and strategic vision for the future. Over the past year, MAN has continued to grow, expanding its reach and solidifying its role as a trusted resource for men in need of mental health and emotional support.

2. Governance and Structure

Men's Action Network operates under a board of trustees responsible for overseeing governance, ensuring financial accountability, and setting strategic direction. The board meets quarterly and is composed of professionals from various backgrounds, including healthcare, social work, finance, and community leadership.

The organisation is managed by a dedicated team, including:

- **Director:** Responsible for overall leadership and strategic implementation.
- **Finance Officer:** Manages financial operations and funding applications.
- **Counselling Lead:** Oversees therapeutic services and supervises staff therapists.
- **Community Outreach Coordinator:** Develops partnerships and organises community engagement initiatives.
- **Administrative Support:** Ensures smooth day-to-day operations.

MAN, also benefits from a team of skilled volunteer counsellors, peer supporters, and facilitators who bring expertise and lived experience to our services.

3. Services and Impact



3.1 One-to-One Counselling

Between 2023 and 2024, MAN provided:

- **1,200 counselling sessions** supporting over **300 individuals** struggling with depression, anxiety, trauma, and relationship challenges.
- **80% of participants** reported a significant improvement in their mental health.
- **90% of clients** expressed increased confidence in managing their emotional well-being.

3.2 Group Therapy & Peer Support

- **15 peer-led support groups** facilitated, offering a safe space for men to share their experiences.
- **200+ men** engaged in peer support initiatives.
- Themes included resilience, coping strategies, masculinity, and emotional intelligence.

3.3 Crisis Intervention

- **150 individuals** assisted in crisis situations, including suicidal ideation and homelessness.
- **Immediate intervention provided**, ensuring access to emergency mental health services and social supports.

3.4 Workshops & Training

- **50 mental health and resilience workshops** delivered to over **1,000 attendees**.
- Topics covered stress management, mindfulness, healthy relationships, and self-esteem.
- Training provided to employers and organisations to support men's well-being in workplaces.

3.5 Community Outreach

- **Engaged 2,500+ men** through outreach programmes across Northern Ireland.
- Collaborated with **20+ local organisations**, including GP clinics, youth services, and sports clubs.
- Established new referral pathways to ensure men in need receive timely support.

3.6 Male Domestic Abuse Support



Men's Action Network has been at the forefront of addressing the often-overlooked issue of male domestic abuse. Over the past year, we have provided specialist support services to **over 100 men** experiencing domestic abuse, including psychological, emotional, and physical harm. Our trained counsellors and advocates work closely with survivors to offer practical assistance, emotional support, and access to legal and housing services.

Through our targeted outreach efforts, we have helped reduce the stigma surrounding male domestic abuse and encouraged more men to seek help. **85% of those supported** reported improved safety and well-being, while **70% successfully transitioned to independent, stable living situations**. These figures underscore the vital role MAN plays in breaking the cycle of abuse and fostering long-term recovery for survivors.

4. Financial Overview

4.1 Income

Accounts are available on the [Charity Commission Website \(NIC101617\)](#)

5. Achievements and Challenges

5.1 Key Achievements

- **Increased accessibility** to mental health support through online and in-person services.
- **Developed strategic partnerships** with local mental health and community organisations.
- **Created an innovative digital support platform** offering virtual peer support and counselling.

5.2 Challenges

- **Growing demand for services** has led to increased waiting times.
- **Funding limitations** present challenges in hiring additional staff.
- **Addressing stigma** remains a crucial part of outreach efforts.

6. Case Studies and Testimonials

Case Study 1: Overcoming Social Isolation



John, a 45-year-old man, struggled with severe depression and social isolation. Through MAN's counselling and peer support group, he rebuilt his confidence, developed meaningful connections, and gained employment.

Case Study 2: Crisis Intervention Success

A 32-year-old man experiencing suicidal thoughts reached out to MAN. Immediate intervention connected him with a crisis response team, and ongoing support through therapy sessions helped him regain stability.

Case Study 3: Escaping Domestic Abuse

Michael, a 39-year-old man, endured years of emotional and financial abuse from his partner. Fear and societal stigma prevented him from seeking help. After connecting with MAN, he received tailored support, legal advice, and counselling. With our assistance, Michael safely left the abusive environment and began rebuilding his life with newfound confidence and independence.

Testimonial:

"Without MAN, I wouldn't be here today. They gave me hope when I had none."

7. Future Plans and Strategic Goals

- Expand our **counselling capacity** to reduce waiting times.
- Develop new **physical health and well-being programmes** tailored for men.
- Increase outreach in rural areas where services are limited.
- Strengthen **corporate partnerships** to ensure long-term sustainability.
- Expand the conversations on male domestic abuse.

8. Conclusion

Men's Action Network remains committed to supporting men's mental health in the community. The past year has seen significant growth and impact, but more work remains to be done. With continued support, we aim to reach even more individuals and make a lasting difference in men's lives.

Not funding men's organisations will be detrimental to society and this needs to be listened to and addressed. We need to address equality in funding to ensure we continue to save and change lives within our sector, as evidence suggests.



Men's Action Network

Supporting and Promoting Male Health and Wellbeing

Charity Number: NIC101617

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Men's Action Network

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