



# CRAFTING MEN





***MensCraft believes that happier, healthier men make better friends, partners, colleagues, brothers, sons and fathers.***

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## **Activity**

Making a positive difference to men's health, wellbeing and ability to manage life's challenges.

## **Meaning**

Promoting constructive conversations about men, maleness and masculinity.

## **Connection**

Thought leadership and support for likeminded services, organisations.

# OUR PRINCIPLES



## collaboration

we work with **other providers**, inc. the UEA School of Social Work and across the new Integrated Care structures

we have strong connections with local social prescribers and receive referrals from across health and social work disciplines.

## engagement

we encourage men to take part in our programme of meetings, **activity** groups and bonding sessions

we support men one-on-one or in groups dependent on their needs we offer participation and activities. We don't talk in terms of 'fixing' or 'mending'.

## association

we emphasise the benefits of **connection** and involvement to mitigate feelings of hopelessness and isolation

we understand the social power of enabling men to meet and gather, shoulder-to-shoulder doing things together

## non-discrimination

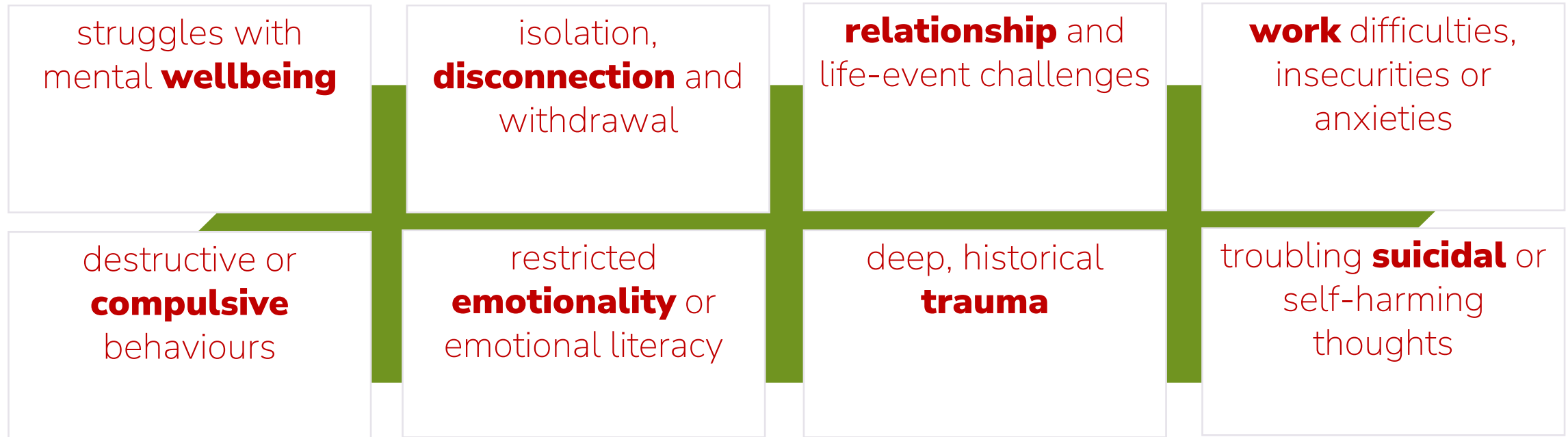
we offer an **inclusive** and open-minded service for everybody who identifies as male

we expect the same from all our partners, providers, associates and the men who engage with us.

# MEN WE SUPPORT



We support men managing life's challenges; a vast array of issues, complexities and needs.



There are also men who are 'maintaining', doing better; working with us as volunteers or close support, giving back and imparting their experiences to others.

# DadsOnside



A programme for men who are **struggling with fatherhood** and, or are, at risk of losing meaningful contact with their children.



Online or –in-person courses and interactive discussions designed to provide positive, **empathetic and caring solutions** to put children first.

Funded by:



# MEN NEED AND VALUE



## **accessibility**

safe and confidential, psychologically-informed environments.

## **flexibility**

willingness to meet men on their terms, where they are (i.e. outside work hours, evenings, channel neutral etc.).

## **consistency**

streamline pathways, minimise potential for 'story repetition' and fatigue.  
'Once heard' is enough.

## **patience**

anticipate volatility and negative coping strategies, but accept these as symptoms.

## **transparency**

collaborate to set expectations but define boundaries and reinforce and underline the importance of these.

## **validation**

encouragement, confidence-nurturing and recognition of progress – at all steps – reflecting the reality that every man is unique.

## **autonomy**

foster sense of authorship in their journey; embolden their purpose, self-responsibility, care and pride.

**to better engage men in services rooted in what's distinct about male psychology**

## **resources**

funding gaps and climate of uncertainty.  
personnel changes, fluidity and re-structures.

## **social**

limited male emotional repertoire.  
halting change within institutions (i.e. school, workplaces) to enable this.  
intersectionality (gender, sexuality, race etc.)

## **variable**

men entering services with mixed and complex diagnoses (where do they begin?).  
wariness and competitiveness between services.

## **a cultural reset**

greater collaboration between services to forge mutual trust and dependency.  
increased dialogue and common forums to share knowledge, approaches and successes.

## **intuitive environments**

peer support groups, spaces and activities where men can thrive, shoulder-to-shoulder, in comfort with other men.  
importance of indirect conversations and stimulus to facilitate this.

## **a new language of maleness**

male mentoring and positive examples during the transition from youth to adolescence.  
enabling discussions on new 'codes' and conventions of male emotional literacy.

Challenges

Solutions

# IMPACT AND TESTIMONY



*I always used to have my hood up, I'd avoid looking at anyone. Now when I go outside I'm walking with my chest out.*

*It has completely transformed my perspective on fatherhood and helped me better understand and manage my own emotions, especially in how I respond to and support my daughter. The impact it's had on my parenting has been profound, and I'm incredibly grateful for the growth and insight it's given me.*

*I was apprehensive and not 100% sure I would get a lot from the course, but I am a lot more certain of it now.*







# Thank You.

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