

A safe space for men only between the ages of 30-59 years living in the Hastings area.

Men Aloud project is an 8 week client led group set up for men only to explore issues impacting mental health and wellbeing.

MEN ALoud

Friday 21st
January
1-3pm
Hastings
Town Centre
(Accessible space)

The MEN ALoud project will explore:

IDENTITY • MEN'S ROLES • CONFIDENCE & WELLBEING
as well as other opportunities in the community

Join this small friendly group and have the opportunity to have your say during a series of fun and creative workshops. We want to hear your views, share ideas and see how we can support other men in Hastings who are experiencing challenges as part of Men's Mental Health Awareness.



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