

## Mr Hastings and St Leonards

Mr Hastings and St Leonards has been funded for three years, from June 2023, by East Sussex County Council. It is hosted by Hastings Voluntary Action and led by local men.

The projects long-term vision is that men living in Hastings and St Leonards are living happier, healthier, and longer lives. They are at the heart of decision making about their lives and thrive in strong, supportive, and well-connected communities, where they can fulfil their potential.



### This project has been developed because we know that:

- Life expectancy for men in Hastings and St Leonards is significantly lower than the national average.
- Many initiatives have been delivered across the borough with the intention of improving health outcomes for those most in need.
- Individually, these have made a big difference to people who have had first-hand experience of them. However, this has not led to improved health across the wider population.
- This suggests that no single action, or organisation, can solve this complex issue on its own.

The Project Team, Teresa Flower (Project Manager) and Jacy Kilvert (Community Development Worker), were appointed autumn 2022 to mobilise, and encourage collaboration between:

- **Male residents** who have lived experience of needing and / or accessing support around the wider determinants of their health and want to be involved in improving outcomes for men in their communities; and
- **Services and community groups** which either seek to support men around the wider determinants of their health or have responsibility for other health assets (physical and environmental), that impact on health and wellbeing for men.

Mr Hastings and St Leonards uses an Asset based Community Development (ABCD) approach. More about ABCD can be explored on the Nurture Development website:

<https://www.nurturedevelopment.org/about-abcd/>

Mr Hastings and St Leonards Year 2 Delivery Plan focusses on three key areas of work:

- **Development of Mens Movement (Mr Hastings and St Leonards).**
- **Influencing Systems Change.**
- **Enhancing Project Impact and Learning.**

### For information contact the Project Team:

Teresa Flower, Project Manager (HVA) Email: [teresa@hastingsvoluntaryaction.org.uk](mailto:teresa@hastingsvoluntaryaction.org.uk)

Jacy Kilvert, Community Development Worker (HVA) Email: [jacy@hastingsvoluntaryaction.org.uk](mailto:jacy@hastingsvoluntaryaction.org.uk)

Visit the HVA Project Webpage: <https://tinyurl.com/hvamenshealth>

Or visit the Mr Hastings and St Leonards Linktree landing page: <https://linktr.ee/mrhl>