

## Mr Hastings and St Leonards – Interim evaluation findings and key learning

October 2024

### Project delivery:

1. Strong progress has been made to establish and promote the Mr Hastings and St Leonards men's movement
2. A core group of men have been actively engaged in the movement, effectively championing the cause and coproducing a range of engaging and creative activities
3. The Grumpy Men's Club has proved to be an important development which has provided a place to reach and engage more men in open conversations about mental health and wellbeing
4. Mr Hastings and St Leonards has facilitated connections and conversations with a wide range of local organisations, including those who have a real opportunity to influence change in relation to some of the key health determinants for men
5. The focus on lived experience and 'co-leadership' is engaging men in a more meaningful way than other initiatives may have done in the past
6. The recent award for Hastings to be included in the 2025 Baton of Hope tour (Stand Up To Suicide) reflects the community infrastructure that Mr Hastings and St Leonards has been able to create

### Outcomes and impact:

7. Many of the men involved in the movement can describe quite profound positive impacts on their own lives from being involved in project activities, especially with regard to mental health and wellbeing, agency, and empowerment
8. The overall purpose of the movement – and the approach being adopted – has resonated strongly with men in the community
9. There is some promising evidence that engagement with men in the wider community is gaining momentum, and that men outside the movement recognise its importance and support what it is trying to achieve
10. However, new opportunities for men to influence service provision and / or to be more likely to get involved in decision making about their lives, is likely to be limited at this stage
11. Mr Hastings and St Leonards has the potential to influence wider systems thinking through creating a 'critical mass' of organisations that are adopting evidence based approaches to addressing men's health and wellbeing needs
12. However, the ability of the project to directly influence the delivery of care and support services (whether statutory or otherwise) is likely to take place over a period of time longer than the current funding period