



# Mr Hastings and St Leonards Mens Health and Wellbeing

## Setting the Scene

Mr Hastings and St Leonards has been funded for three years, from June 2022, by East Sussex County Council, is hosted by Hastings Voluntary Action and led by local men.

### Vision

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.



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 suggesting no single action, or organisation, can solve this complex issue on its own.

### Approach

The development of Mr Hastings and St Leonards, and the emerging mens movement, encourages conversation, and action.

It uses an Asset Based Community Development (ABCD) approach to encourage collaboration between local men and the systems that impacts on their health and wellbeing.



Step back, be brave and trust the process.

### Join the Conversation

***“It’s so interesting to hear from local men”.***

***“Grounded, honest, inclusive, and sensitive”.***

***“Truly inspiring stories from the men themselves”.***







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The project supports actions identified, designed, and led by local men. It promotes collaboration between groups and services in Hastings and St Leonards. It aims to ensure the legacy and sustainability of what works for local men that can continue beyond the life of this project.

## Mr Hastings and St Leonards Brand

A group of men came together to codesign a brand that speaks to local men and encourages men, their friends, families, and local practitioners to 'join the conversation', and influence the future of mens health and wellbeing.

## Podcasts and Social Media

Local men are hosting podcasts and social media pages. They use these platforms to establish connections between local groups and services, share information with local men, their friends, and families and encourage conversation.

## Men Don't Talk? Film

The film was premiered in March 2024 at the Kino Teatr in St Leonards. Conceived, and made, by local men it explores the importance of conversations around men's mental health and wellbeing.

## The Monologues of Men

The Monologues of Men explore their experiences of childhood, grief, loss, and trauma. They focus on 'the light at the end of the tunnel'. They were written and performed by local men at The Stables Theatre in Hastings in May 2024.

## The Mobile Men's Room

The sofa on wheels and painted screens produced by a local street artist will be used to stimulate conversation.



## For More Information:

Project Webpage for project reports and more information: <https://tinyurl.com/hvamenshealth>

Teresa Flower (Project Manager) email: [Teresa@hastingsvoluntaryaction.org.uk](mailto:Teresa@hastingsvoluntaryaction.org.uk)

Mr Hastings and St Leonards social media platforms: <https://linktr.ee/mrhsi>

Men' Don't Talk? Film and podcasts can be viewed on YouTube: <https://www.youtube.com/@mrhsi>