

Men2Men and Carers in West Wales

Men2Men, is new Grassroots support for Men across West Wales with the aim of supporting us men to develop Friendships/Buddy groups, support and self help initiatives to learn new skills and to support each other in a safe and accessible environment.

It was set up in December 2020 by a small group of Men who have first hand experience of the loneliness and isolation us men encounter through life and the anxiety this brings about for us personally and also for those around us in our family and community networks. In West Wales we have high rates of suicide among young men, isolation amongst older men. We want to support us men to get together to learn, new skills, to talk, listen deeper and grow as human beings, particularly so when we enter the 2nd half of our lives and the lack of purpose, opportunities and loss of employment/retirement brings.

We are open to all men aged 18+ and would like to hear of your ideas to develop Buddy Groups, so that we can support you to develop these. The range of groups we have running are Photography clubs, Walking sessions, Food Buddy groups, Wood turning sessions, Circle friendship groups on Zoom.....

Over 40% of Carers in the Dyfed/Hywel Dda area are Male and a significant proportion of us are providing over 20 hours of care to a loved one per week. We know that a caring role enables us to develop compassion and empathy, but we also are more likely to say that we are ok, when we are not and less likely to find out about support. We find it difficult to express how we really feel and **we would like to hear from fellow Carers in the 3 counties of Pembrokeshire, Carmarthenshire and Ceredigion so together we can develop opportunities for us to learn new skills, keep in touch and develop friendship groups.**

Please get in touch if you would like to find out more:

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(We are most grateful to Hywel Dda Health Board for their support)