



# B A Support System

Join the Ringland Collaborative and come to our Men's Wellbeing workshops at Ringland Labour Club, hosted by **Beyond Equality** as part of our **Men's Community Hub** in Newport. A space to discuss your mental wellbeing and pick up tools to support yourself and the boys.

Email - [Estelle.Lewis@newport.gov.uk](mailto:Estelle.Lewis@newport.gov.uk)

We want to chat with you, in your community, transforming your groups in to spaces of support, improved happiness & mental wellbeing.

### Workshop 1: Men and Mental Wellbeing

Thursday 11th July  
From 11:00 to 13:00

### Workshop 2: Masculinities and Seeking Support

Thursday 18th July  
From 11:00 to 13:00

### Workshop 3: Building Supportive Communities

Thursday 25th July  
From 11:00 to 13:00



66

Being in an open and safe space, sharing experiences and thoughts with others, is always good. When these people are your friends, overcoming the awkwardness of talking about experiences and feelings with them will definitely help in the future

# 96%

of participants said they enjoyed our workshops\*

\*Feedback from similar workshops in 2021/22

99



Delivered by **Beyond Equality**, a high-profile leader in the UK in giving men the opportunity to rethink masculinities in ways that are positive for them and others. We have worked with over 90,000 people since our inception, in schools, universities, workplaces and professional sports clubs.

**B** **EQUALITY** **YOND**

