The largest men's wellbeing event in Wales



Prioritising Mental Health and Suicide Awareness

Meet the EmpowerMen Team



Sheree

4Minds



Sophie and Patrick

Torfaen Talks CIC



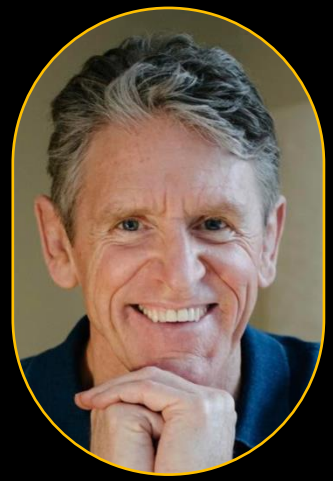
Jonathan Pearce

Talkabout Solutions



Jacob

JSG Health for Dads



Paul Pook

Tackle Suicide CIC



Matt Creel

Tidy Butt



Holly Parker

4Minds



Sam Wilkes

Forge Within



Dean Whitcombe

Consultant



Andrew Jenkins

Motivational Speaker

Funders

- Ted Senior Foundation
- Aneurin Bevan University Health Board (ABUHB) & Gwent Regional Innovation Coordination Hub (GRICH)
- Office of the Police and Crime Commissioner (OPCC) for Gwent
- Rt Hon Nick Thomas-Symonds MP
- NEU (National Education Union)



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"FINDING YOUR TRIBE"

EVENT SCHEDULE

Full Day Programme

14:30 -- Welcome & Opening	*The EmpowerMen Team ,Rhys Thomas , Marcus Twine (SARA)*
14:50 -- Dr Dean Whitcombe	*Wellbeing Toolkit. (20 mins)*
15:10 -- Dr Klara Price	*The Importance of Connection from Cradle to Grave (40 mins)*
15:50 -- Sam Wilkes	*Introducing The Forge Method (30 mins)*
16:20 -- Maggie Cee	*The White Elephant in the Room (30 mins)*
16:50 – Break and Networking opportunity	
17:00 -- Russ Payne	*Hard Hats & Heavy Minds (40 mins)*
17:40 -- Open Mike Session	*Community stories & shared voices (20 min)*
18:00 -- Paul Pook	*REACH IN* — Suicide prevention is everyone's business.(30 mins)
18:40 -- Jonathan Pearce	*Pause, Reset, Thrive (30 Mins)*
19:10 -- Closing Remarks & Bois Y Bryn	*Live performance to conclude the evening*

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JACOB ABRAHAM FOUNDATION

RAISING AWARENESS OF MENTAL HEALTH & SUICIDE

Come and say hello to Bryn Morgan from the Jacob Abraham Foundation. They offer continuous support to individuals at risk of suicide or those who have lost someone to it, using various therapeutic techniques to help men access their services in a comfortable manner.

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Come and say hello to Dai John from Prostate Cymru. Dedicated to saving lives in Wales by promoting awareness, providing education, funding research, and facilitating the early detection of prostate disease.

PROSTATE CYMRU

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Conclude the event by enjoying the lively, toe-tapping sea shanties and songs performed by Cwmbran's very own BOIS Y BRYN! Remember, music is beneficial for our well-being and for fostering connections

.



Bois Y Bryn

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Come and chat talk with **Mike** from **the Dads Group Gwent .**Mike is a dad with deep personal lived experience. Alongside his personal life, Mike brings years of professional experience across social care, school environments, family support, and child & family psychology.

Through sharing knowledge and experiences, we can support one another so that we can care for our families to the best of our abilities.

Dads Group Gwent
Support for Dads & Male Carers of Children with Disabilities and/or Additional Needs



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eich casnewydd eich lles your newport your wellbeing

GIG CYMRU NHS WALES
Bwrdd Iechyd Prifysgol Aneurin Bevan University Health Board

Come and say hello to Chloe from the Gwent Public Health Team in Newport, who can share information and support around health and wellbeing. Chloe will be joined by Afshan, an Outreach Psychological Health Practitioner specializing in supporting ethnic minority communities. They'll be happy to chat and help you find the support that's right for you.

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eich casnewydd eich lles your newport your wellbeing

GIG CYMRU NHS WALES
Bwrdd Iechyd Prifysgol Aneurin Bevan University Health Board

Come and say hello to Chloe who works as part of the Gwent Public Health Team in Newport. Chloe will be joined by a Psychological Health Practitioner Afshan who is an outreach psychological health practitioner who specialises in ethnic minority communities

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Come and say hello to Courtney from the Gwent Carers Hub

HwbGofalwyr Gwent CarersHub

Gwent Carers Hub supports unpaid carers across Gwent to look after their wellbeing while caring for others. They offer information, advice, help to access services and carers' needs assessments, one-to-one support, and a safe, non-judgemental space—particularly for men who may find it harder to seek help. Support includes legal advice, carers' groups, complementary therapies and small grants.

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Come and have a conversation with the guys from You're Never Alone, a peer support group offering friendly ways to connect through weekly coffee evenings, walk-and-talks and cold-water dips. They support one another through shared experiences and can signpost you to other groups.

A warm welcome awaits you. Come as you are—there's no pressure, and You're Never Alone.

YOU'RE NEVER ALONE
MENS MENTAL HEALTH GROUP

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TACKLE SUICIDE
CHANGE LIVES - SAVE LIVES

Come and say hello to Paul Pook from Tackle Suicide CIC, a not-for-profit organisation supporting the mental health, wellbeing and lives of current and former rugby and contact-sport athletes.

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UNITY in HEALTH CYMRU

Prevention, Wellbeing and Early Intervention

Come and say hello to the team at Unity in Health Cymru CIC! We're dedicated to improving health and wellbeing through prevention, education, and early intervention. Our evidence-based programme empower people, workplaces, and communities across Wales to move more, breathe better, connect with nature, and build healthier, happier lives.

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Come and say hello to Rikki Pullen from the Jolly Brew Crew! They offer a welcoming space for men to connect, share, and support each other's mental health. Join this free, relaxed gathering in Newbridge – no booking needed, just bring yourself and an open mind. Enjoy conversations and workshops focused on mental well-being over a brew.

JOLLY BREW CREW

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At 2wish, they understand that the sudden and unexpected death of a child or young person deeply affects not only families but also the professionals who care for, support, and work alongside them. Come and talk to Alison to learn more about the amazing work they do in the community.

2wish

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Pop along and say hello to the Caldicot Walking Football Team! They'd love to tell you all about the many perks of walking football – from boosting your physical and mental health to making new friends.

CALDICOT TOWN 2019 WALKING FOOTBALL CLUB

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Say hello to the lads from Marauders Men's Health – a proper community for men.

Marauders Men's Health is a South Wales charity dedicated to tackling isolation and stopping mental health problems from getting worse for men over 18. We provide a welcoming space where you can just belong, with no pressure at all.

MARAUDERS MEN'S HEALTH

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Gwelcol Gwent Wellbeing College

GDAS GWENT DRUG AND ALCOHOL SERVICE

Say hello to Mark from GDAS! GDAS helps people with substance use concerns, and their wellbeing team, Gwelcol, offers support to partner organisations across Gwent. Gwelcol also shares a local wellbeing directory and runs 69 activities every week.

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Clarity Mind Therapy

Say hello to Brandon from Clarity Mind Therapy offers individual, couples, and group therapy, with a specialization in men's mental health. He is a mental health advocate who has spoken on schools, radio, and television in South Africa to reduce the stigma surrounding men's mental health and encourage help-seeking. Brandon has diverse experience, having worked in private voluntary institutions, CMHT, prisons, hospitals, and private practice.

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SAMARITANS

Every hour. Every day. Every life

Meet Kirsty and Jay from Samaritans, a charity dedicated to suicide prevention. They connect people in crisis with compassionate, trained volunteers who are always here to listen

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Pop in and meet Newport Men's Sheds! We're a local non-profit community group fostering fellowship and mental well-being through supportive, shoulder-to-shoulder connection

Newport Men's Sheds provides community spaces for men to socialise and work on projects

NEWPORT MEN'S SHED

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Come and say hello to Emily from Case-UK which is a not-for-profit social enterprise delivering mental health, occupational and vocational support to people who need it most. Whether you're navigating anxiety, stress or depression, returning to work, or supporting your team's wellbeing

Case-UK

Part of The BUSY Group

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Meet Sophie and Patrick from Torfaen Talks CIC. As a South Wales-based Community Interest Company, They provide low-cost, accessible mental health and wellbeing services, activities, and events throughout Torfaen. They strive to be fully inclusive, working actively to combat loneliness, boost mental health resilience, and foster a strong sense of community spirit for all.

TORFAEN TALKS

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Come say hi to Rob. He's been working on a personalised mental health and recovery toolkit that combines CBT, DBT,SMART Recovery, 12-step principles, and mindfulness. His app also fosters community connection through peer support, walking groups, gardening, and interactive online activities



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Come say hello to the team at The Gwent Parent Carer Network! Led by parents, they offer a welcoming space for family carers of children with additional needs and disabilities to connect, share experiences, and support one another. From group meetings and workshops to accessible family events and guidance on local support, we're here to help reduce isolation and build a strong community together.

GWENT PARENT CARER NETWORK
Caring for Carers

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Come say hi to Sarah and discover how you can access fully funded **Gwent Connect 5** training! Designed for anyone working or volunteering in Gwent, this program equips you with practical skills to support mental wellbeing and make a real difference in your community. Managed by the Gwent Public Health Team and coordinated by 4 Minds

Gwent Connect 5



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Pop over and say hello to Alley from the Canal & River Trust! From peaceful walking routes and habitat conservation to outdoor community projects, they use our local waterways to help people unwind, get moving, and connect with nature. Stop by for a chat – they are keen to hear from local men about the activities they would like to see in your area

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THE POPPY FACTORY

Meet with Mark from The Poppy Factory to learn about **The Navigator** service – free, personalised 1-to-1 support for up to six months. If you're a veteran dealing with isolation, loneliness, or physical and mental health challenges, The Navigator is here to help you move forward. You can self-refer directly or connect through regional partners.

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HOME START Cymru

Meet Izzabella from Home-Start Cymru (Gwent) to learn about our free home-visiting support for families with children aged 0–5. Acting as a non-judgmental "professional friend," we help parents manage anxiety, isolation, and child behaviour while connecting you with essential community services

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Thriving Communities CIC

Pop over the and chat to **Melaney and Mark from Thriving Communities CIC.** Discover how their enthusiastic team of health and wellbeing experts is working to create positive, lasting change in Welsh workplaces and local communities.

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Kick-Start

AJ'S KICKBOXING ACADEMY
WITH GREAT SACRIFICE COMES GREAT REWARD

Come say hello to the Kick-start team! Based alongside AJ's Kickboxing Academy in Newport, Kick-start CIC is all about giving back to our local community. Drop by to learn about their upcoming events—including free beginner kickboxing for young carers, mental health and wellbeing sessions, and more exciting community initiatives.

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VAWDASV

Gwent Violence Against Women, Domestic Abuse and Sexual Violence
Trais yn Erbyn Menywod, Cam-drin Domestig a Thrais Rhywiol Gwent

Come and speak to **Jessica and Amy from Gwent VAWDASV!** Stop by to learn about the support services available across Gwent, including support for male victims, and find out more about the Live Fear Free Helpline.

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momentwm
Small change. Big difference.
Newid bach. Gwahaniaeth mawr.

NEWPORT LIVE
CASNEWYDD FYW

Meet **Jane Milner from Momentwm** to explore active travel and wellbeing opportunities in Newport! Momentwm offers walking routes, cycle training, led rides, and bike repair workshops to get you moving. Learn about the health benefits of active travel, as well as the wide array of fitness, sports, arts, and cultural programs offered by **Newport Live**..

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tidy butt

Come and say hello to **Matt from Tidy Butt!** Tidy Butt educates, empowers, and supports individuals to better understand their mental health and wellbeing. Through open, honest conversations and a strong sense of community, they help people build confidence, find connection, and develop practical tools for life's challenges—driven by the belief that good mental health is for everyone

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Come and say hi **to Jacob Guy**, founder of *JSG Health for Dads*—a UK-based initiative dedicated to supporting fathers throughout their parenting journey. Drop by to learn how Jacob helps dads prioritize both their physical and mental wellbeing as they navigate the demands of fatherhood

JSG Health for dads

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Drop by to meet **Sam Wilkes**, founder of *The Forge Method*! Discover how his innovative mental wellbeing programme combines lived experience and practical self-regulation through a unique blacksmithing framework designed to foster strength and resilience



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Talkabout SOLUTIONS

Meet Jonathan, founder of Talkabout Solutions – a practice dedicated to delivering bespoke well-being and coaching services that create lasting impact. Through a compassionate, individualised approach, Jonathan guides people and organisations through grief and complex life transitions, building the strength and resilience needed

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Connect with Damon from Veterans NHS Wales to learn about their dedicated mental health services. Veterans NHS Wales offers priority, specialized care for ex-Armed Forces personnel experiencing mental health challenges linked to their military service to thrive.

VETERANS NHS WALES

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Drop by for a friendly chat with Nathan from Andy's Man Club Chepstow! They offer a free, zero-judgment peer-to-peer support group for any man aged 18 and looking for a safe place to talk and listen.



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CO-ALC ALLIANCE

Come and connect with Maggie from The Co-Alc Alliance. Formed as an independent task group in January 2021, the Alliance is dedicated to building awareness around the significantly increased risk of suicide when alcohol and cocaine are taken together.

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DRAGONS RFC

DRAGONS RFC COMMUNITY

Say hi to Mike Sage from Dragons RFC! Their community department delivers fantastic, unique initiatives combining sport, education, and social well-being to support and inspire young people across our region.

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SARA
Severn Area Rescue Association



Come and say hello to Marcus from the Severn Area Rescue Association (SARA) to learn all about the vital, life-saving work they do keeping people safe across our community



"Help us raise vital funds for SARA's life-saving rescue boats and equipment—every donation helps keep our community safe!"

Prioritising Mental Health and Suicide Awareness

Thank you for your support

The EmpowerMen Team would like to express our heartfelt gratitude for your invaluable support of the Empowerment Project. Your contributions play a vital role in empowering us to implement lasting changes and uplift the communities we serve. Thank you for believing in our mission and for investing in a brighter future.