

Pause today to build a wealthier mind for tomorrow

"Finding Your Tribe"
Men's Mental Health and Wellbeing event is a community initiative hosted by The EmpowerMen Team (led by 4Minds). The event is designed to prioritise men's health and wellbeing , foster connection, combat isolation, and build resilient support networks.

Stop, reset, and invest in the richest asset you own: your mind.

Prioritising Mental Health and Suicide Awareness



"Finding Your Tribe"

Guest Speakers

4MINDS 4MEN EMPOWERMEN

Prioritising Mental Health and Suicide Awareness

"Finding Your Tribe"

EVENT SCHEDULE

Full Day Programme

14:30 -- Welcome & Opening	*The EmpowerMen Team ,Rhys Thomas*
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 (Marcus Twine (SARA) 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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SPEAKER SPOTLIGHT







DR. DEAN WHITCOMBE

Freelance Consultant & Learning Designer

Background: Learning and instructional designer specialising in immersive and simulated learning

Featured Talk: *Community-Driven Wellbeing Toolkit*

Dean will provide an overview on the newly developed digital Men's Wellbeing Toolkit, a unified platform connecting men to vital local and national support services. Throughout the event, he will be engaging with attendees and organisations to gather feedback and insights to help refine the toolkit.

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SPEAKER SPOTLIGHT







DR. KLARA PRICE

Lecturer & Course Leader in Developmental and Child Psychology

Institution: Faculty of Life Sciences & Education, University of South Wales

University of South Wales
Prifysgol De Cymru

Featured Talk : *The Importance of Connection from Cradle to Grave*

Klara will delve into the vital role connection plays from cradle to grave. Featuring key insights from her research on new and expectant dads, this session examines how paternal mental health and early family bonding lay the foundation for lifelong relational wellbeing.

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SPEAKER SPOTLIGHT

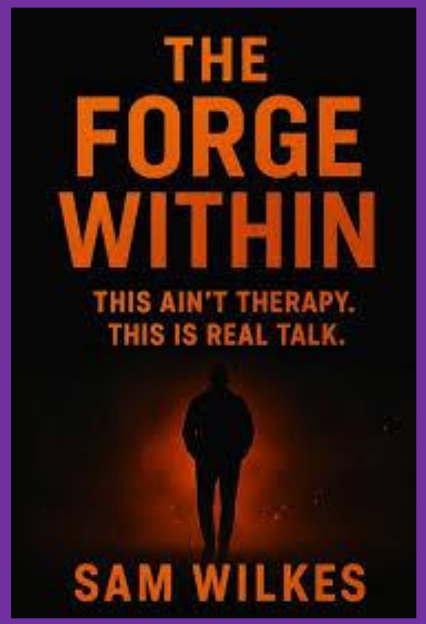




SAM WILKES

Founder, The Forge Within





Preventative mental wellbeing through lived experience, self-awareness and The Forge Method.

Purpose: Transforming personal experience into empowering support

Featured Talk : *Introducing The Forge Method*

In this session, Sam introduces **The Forge Method**—an innovative, preventative mental wellbeing framework that blends lived experience, creative reflection, and practical self-regulation. Utilising a unique blacksmithing process, the method equips participants with practical tools to forge strength, balance, and resilience.

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SPEAKER SPOTLIGHT





MAGGIE CEE

Founder & Project Coordinator, Co-Alc Alliance



CO-ALC ALLIANCE

Advocate & Educator: Mother, Trainer, Creative Practitioner, Samaritan

Living Experience: Personal experience of suicide and bereavement

Featured Talk: *The White Elephant in the Room*



Maggie will introduce The White Elephant in the Room, an independent documentary Co-Alc Alliance produced. The work focuses on alcohol and cocaine, a combination that becomes Cocaethylene and its increased risk of suicide and why it's a hidden topic

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SPEAKER SPOTLIGHT



THE TALKING TRADESMAN
LETS TALK



RUSS PAYNE

Host & Founder, The Talking Tradesman



Platform: Top-ranked podcast on trades and men's mental health

Core Focus: Mental health realities across construction and contract work

Featured Talk: *Hard Hats & Heavy Minds*

While construction keeps our communities moving, self-employment, contract instability, and high-pressure environments can take a heavy invisible toll. In **Hard Hats & Heavy Minds**, Russ looks beyond the job site to break the silence surrounding mental health in the trades, offering honest insights and practical strategies to help workers navigate the unique realities of contract work.

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OPEN MIKE SPOTLIGHT





MARCUS TWINE

Volunteer Rescue Crew
Severn Area Rescue Association (SARA)

Marcus will share what volunteering with SARA means to him—from frontline rescue stories and staying resilient under pressure to how the crew keeps our waterways and communities safe 24/7.

At the event we will be Supporting SARA's by raising funds to go towards life-saving rescue boats and equipment.

SARA
Severn Area Rescue Association



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SPEAKER SPOTLIGHT





PAUL POOK

Founder Tackle Suicide CIC

Sporting Career: Former professional rugby player & high-performance coach

Toolkit : Introducing The Royal Foundation's *On Your Side*

Featured Talk: *REACH IN* — Suicide prevention is everyone's business.

"Suicide prevention is everyone's business."

Drawing on over two decades of lived experience of suicidal thoughts, Paul will share his personal journey and why he founded Tackle Suicide CIC.

Using The Royal Foundation's On Your Side toolkit, his REACH IN talk will explore the facts and myths surrounding suicide, recognising when someone may be struggling, and developing the confidence to have potentially lifesaving conversations.

TACKLE SUICIDE
CHANGE LIVES-SAVE LIVES

Prioritising Mental Health and Suicide Awareness

SPEAKER SPOTLIGHT





JONATHAN PEARCE

Founder, Talkabout Solutions

Background: Qualified social worker, Qualified coach and Suicide Prevention Specialist

Practice: Grief, bereavement, and personal development coaching

Featured Talk : *Pause, Reset, Thrive*

In this session, Jonathan invites you to take a moment for yourself, reflect on where you stand, and cultivate habits that protect your mental wealth. Walk away with practical tools and fresh perspectives to help you move from surviving to thriving.

Talkabout SOLUTIONS

Prioritising Mental Health and Suicide Awareness

CLOSING PERFORMANCE





"Make sure to stick around until the very end!"

A Spirited Maritime Send-Off

BOIS-Y-BRYN

Welsh Vocal Heritage & Maritime Sea Shanties

Signature Sound: Warm Welsh harmony meets high-energy shanties

Audience Spirit: Leave everyone smiling, clapping, and singing along

Renowned for their unique blend of classic Welsh vocal heritage and high-energy maritime shanties, they bring incredible warmth and harmony to every stage. They'll be singing us off with a spirited selection of sea shanties designed to leave everyone smiling, clapping, and singing along

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