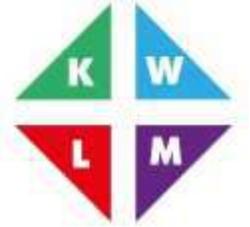


# MENSELF



## Annual Report 2017

**Men**

**Encouraging &**

**Nurturing**

**Self**

**Efficacy to**

**Live (life)**

**Fully**





# Contents

Page	4 -	<b>MENSELF + - The Story Continues.</b>
Page	5 -	<b>Executive Summary.</b> <i>Achievements 2017.</i>
Page	6 -	<b>MOT 4 MEN - THE NUTS AND BOLTS OF IT.</b> <i>Statistics.</i>
Page	7 -	<b>Indicators of Change.</b> <i>Impact.</i>
Page	8 -	<b>Impact.</b> <i>Case Study 1.</i> <i>Case Study 2.</i>
Page	9 -	<b>Feedback.</b>
Page	10 -	<b>GROUP WORK - Who Said Its Easy Being a Guy?</b>
Page	11 -	<b>Financial Report 2016 – 2017.</b>
Page	12 -	<b>Financial Statement 2016 – 2017.</b>
Page	13 -	<b>The Future.</b>
Page	14 -	<b>Director’s Comments.</b>



## THE STORY CONTINUES

MENSELF + CIC (Ltd) was founded by James Malcolmson as a Social Enterprise on the 15<sup>th</sup> December 2015 and it was later converted into a Community Interest Company, Limited by Guarantee without a share capital, on 15<sup>th</sup> September 2016.

Now going into our third year of operation we are confident about our prospects of sustainability after our very successful first two years of encouraging men to participate in male health and wellbeing programmes.

This year saw us expand our service delivery as we supported a group of men to deliver a 20-week Men's Groupwork programme and there are plans in place to continue with their programme.

We have developed our network of like-minded organisations and groups and going into our third year we are looking to create our first office-based space to play host to our very first MR Centre (*MENSELF RESOURCE CENTRE*) and to champion the cause for the creation of a forum for organisations who support men.

### **Purpose of Organisation:**

MENSELF+ (*Men Encouraging & Nurturing Self Efficacy to Live Life Fully*) will endeavour to establish and operate a range of innovative and relevant educational support services with a view to improving the health and well-being of men in Scotland. These services will be offered for the benefit of all males aged 14 years and upwards regardless of age, religion, ethnic origin, political beliefs or lifestyles and to be accessible and affordable to all male members of the community, especially those considered to be "at risk".

We will also facilitate access to existing Health Services and appropriate health related information to men living in Scotland by providing a holistic Male Health information service free of charge, for males suffering ill health as a result of circumstances including relationship issues.

### *Our main aims are to:*



- *Improve the status of male health.*
- *Encourage men to take responsibility for their health and well-being.*
- *Reduce preventable disease, injury, disability, and premature death including suicide.*
- *Reduce the impact of alcohol and drug abuse.*
- *Enhance a sense of well-being and social connectedness.*

### **We will achieve these aims by:**



- Providing accurate and up to date health related information to men through the delivery of a mobile **MOT 4 MEN** programme.
- Promoting and supporting relevant and appropriate local, national and global campaigns linked to men's health.
- Developing partnership initiatives with key agencies, organisations and community groups in various localities throughout Scotland.

## Executive Summary

In our 2nd year of operation we have continued to work with a wide range of males, agencies, community groups and event organisers from all over Scotland and we have significantly increased our engagement with men and groups in the Glasgow area with our targeted approach to working in communities

We are very proud of our achievements in 2017 as we continued to make a significant impact on the number of men participating in health promotion programmes by delivering our **MOT 4 MEN** programme to 480 men and providing an additional 700 members of the public with information on men's health and wellbeing.

45 of these men were recorded at a men's health and wellbeing event in partnership with the Glasgow Disability Alliance to celebrate International Men's Health Week.

Our **MOT 4 MEN** programme has developed in many ways and it now facilitates an educational journey for men as we have added more educational resources to enhance the learning experience and this has went down well with the participants and in all our travels we have not had any negative comments.

## Achievements 2017



"Very informative and educational"

We successfully delivered **MOT 4 MEN** events at the following venues:

- Ayr Racecourse – Ayr County Show.
- Mauchline - Holy Fair.
- Whiterose Community Hall - Glasgow.
- Shettleston Men's Shed.
- Parkhead Addiction Recovery Café – Glasgow.
- Springburn Addiction Recovery Café – Glasgow.
- Charlie Canning Centre – Glasgow.
- The Sunday Social Group – Glasgow.
- The Bambury Centre - Glasgow.
- Glasgow East End Carers Centre.
- Glasgow Kelvin College.

In relation to improving our **MOT 4 MEN** programme and to explore future partnership ventures, we have developed new and strengthened existing relationships with these community organisations and groups.

- Cranhill Development Trust.
- Parkhead Church of Nazarene.
- North Area Recovery Community.
- The Scottish Men's Shed Association.
- Glasgow Disability Alliance.
- Viewpark, East Kilbride & Rutherglen Menshed.



# MOT 4 MEN

## THE NUTS AND BOLTS OF IT.

Just as men regularly take an interest in their cars, and the on-going maintenance of them, the idea behind **MOT 4 MEN** is to attach this concept of regular mechanical tune-ups to their own health.



**MOT 4 MEN** is a male health package that engages men of all ages by likening areas of the body to parts in a car. It is run as a series of stations, each involving a quick, simple health check under the concept of a mechanical tune up. The environment is non-medical and designed to be comfortable and fun allowing participants to overcome any apprehension that they may have about going to a doctor or presenting with a specific problem.

**MOT 4 MEN IS NOT A MEDICAL EXAMINATION**

### MOT 4 MEN

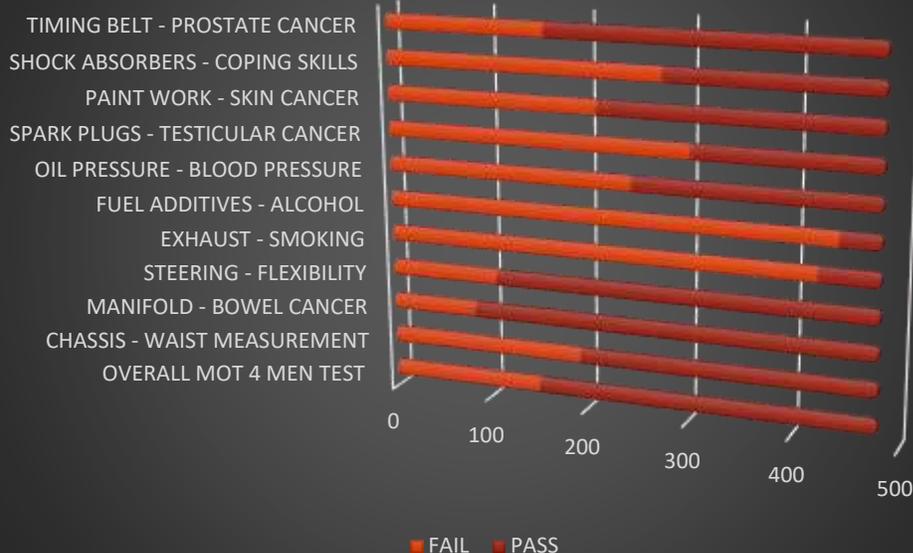
- Delivers a masculine, mechanical concept that is attached to a series of men’s health screening tests and provides an engaging comfortable backdrop whilst introducing an element of humour.
- Delivers a mobile campaign that can be taken to where men are including; sporting venues, the workplace, agricultural field days, drag races, shopping centres, community events and festivals etc.
- Is presented in leisure time settings where people are not held to strict time schedules and service is immediate, no waiting rooms or appointments needed.
- Reduces the stigma associated with “admitting a problem.” Men don’t have to present with a problem. They can join in the challenge of “passing the MOT” and may choose to discuss health issues.

After participants take their bodies through an “MOT” they are issued with either a **“HOTROD”** roadworthy sticker or a **“LIFESTYLE CHANGES ARE NEEDED”** un-roadworthy sticker.

### Statistics

480 males completed the **MOT 4 MEN** challenge with 328 passes.

#### MOT FAILS AND PASSES



## Indicators of Change.

After completing the MOT participants complete a short survey in relation to their intention to make lifestyle behaviour changes; below is a breakdown of information provided by 462 of the 480 participants.

	INTENTION TO CHANGE LIFESTYLE BEHAVIOUR STATEMENT	Agree	Strongly Agree	Neutral	Disagree	Strongly Disagree	N/A
1	I intend improving my diet.	74%	7%	12%	2%	5%	
2	I now am more likely to seek medical advice.	55%	14%	11%	12%	8%	
3	I intend increasing the amount of exercise that I do.	60%	14%	12%	8%	6%	
4	I intend to reduce/quit smoking.	33%	5%	10%	22%	18%	12%
5	I intend reducing my alcohol frequency of drinking.	26%	12%	22%	21%	11%	8%

Participants are encouraged to agree to a 1 month and a 3 month follow up to record any actual changes made.

## IMPACT

After 1 month, from 480 participants we received 289 responses with the following changes reported.

- 75% made improvements to their diet.
- 28% sought general medical advice i.e. booked an appointment with their GP.
- 66% increased the amount of exercise they used to do.
- 41% reduced or quit their smoking.
- 31% reduced or quit their frequency of drinking alcohol.
- 88% now perform health checks on themselves more regularly; (i.e. checking their skin for moles or their testicles for lumps.)
- 11% went to their G.P. for prostate check-ups.
- 9% sought professional counselling.

**52% said they made these health changes because of MOT 4 MEN.**

**78% reported learning something new about men's health.**

Of these 289 men, 179 responded to a further follow-up exercise 3 months later which highlighted that:

- 44% maintained their new dietary habits.
- 19% had sought new GP appointments.
- 38% had maintained their new exercise regime.
- 18% maintained their reduction in smoking.
- 4% managed to quit smoking.
- 17% maintained a healthier level of alcohol consumption.
- 88% maintained performing health checks on themselves.
- 14% booked new prostate check-ups.
- 19% participated in bowel screening exercises.
- 12% sought support and or counselling.

**51% stated that they had made these health changes because of MOT 4 MEN.**

## IMPACT

### CASE STUDY 1: Skin Cancer & Coping Skills

*39-year-old Civil Servant – When delivering the Paintwork Station - Skin Cancer, Paul said that he was receiving cream treatment for a mole on his back and after some weeks it was not getting any better. Paul was very anxious and worried about it as it seemed to be getting bigger. He discussed his concerns and fears about it, again, when we came to the Shock Absorbers Station - Coping Skills as he failed this station which was clearly down to the fact that he was continuously stressed about his lump.*

*We put it into the context of, if this was his car and the Paintwork was all rusty and his chosen mechanic did not repair it properly, what would he do.*

*Paul replied that he would go to another mechanic. This effectively gave Paul the solution to his problem as he realised that he could in fact seek a second opinion.*

*When we followed Paul up 3 months later he told us that he did in fact go to another specialist who eventually, surgically removed, what turned out to be non-melanoma cancer and his back is healing up and just as importantly Paul's Shock Absorbers were now in fine working condition again as his stress levels had dropped significantly.*

### CASE STUDY 2: Prostate Cancer & Coping Skills

When delivering MOT4MEN, in 2016, at the Timing Belt – Prostate Cancer Station, Matt, 49, spoke about his own prostate cancer. Other guys looked on and listened intently and then there were comments of “sorry” and “why didn’t you say something before?” and “thanks for sharing this.”

At a follow-up session Matt said he “felt like a weight had been lifted off his shoulders” and that now the guys know about his cancer they see him in a different light as he was becoming more withdrawn at the group as he had not told anyone about his condition.

Matt thanked us for presenting him with an opportunity to share his health concerns.

A year later, in 2017, we met Matt again at his group for their 2nd annual MOT and he said that; “speaking out at the last MOT has increased my confidence and I have now registered with Prostate Cancer UK to become a Buddy and this will help fill my time now as I was forced to retire early, so thanks again guys.”

**“I’m only 28 but my dad has Prostate Cancer and this information is a life changer for me.” Student**



**Policeman - 38:**  
**“I was surprised when I took the model scrotum and found some lumps in them. I never really check mine but now I know how to and understand why I should, I will be checking them from now on.”**



**Lecturer - 49: “I knew I had a prostate, but that was about it, I learnt so much here and it was very enlightening.”**

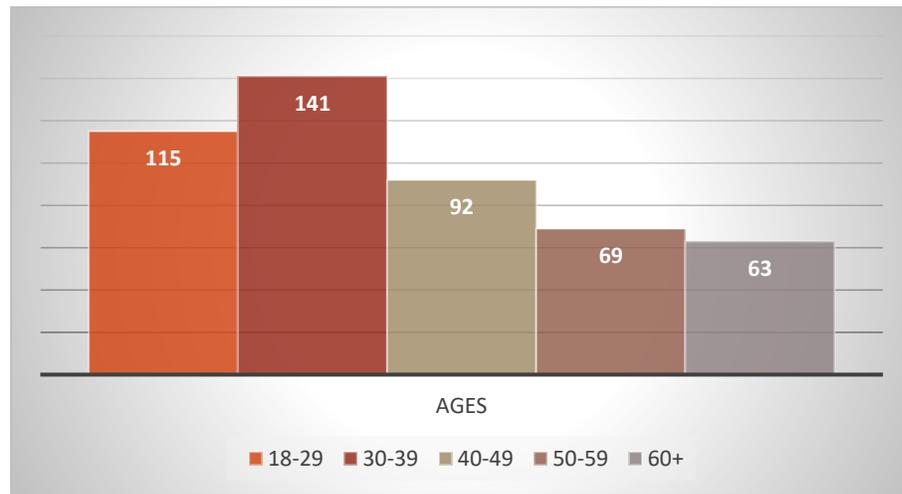
## Feedback

Results indicate that the programme is still proving to be an effective way to increase awareness of men's health issues and there are strong indications that we can expect continued success with **MOT 4 MEN** as comments we have collected suggests that men are thrilled by our approach and delivery methods.

**"Very good workshop it makes men more aware of things they put to the back of their minds."**

*"Very helpful, will look at smoking and drinking less."*

In 2017 we engaged with more community groups with MOT 4 MEN and the age groups that we worked are highlighted in the chart below.



These results have inspired us further as they indicate that the programme is indeed an effective way to increase awareness of men's health and wellbeing issues and participation levels in health promotion programmes.

## GROUP WORK - Who Said Its Easy Being a Guy?

After some consultation events, we delivered a Men's groupwork programme in the Whiterose Hall in Glasgow's East End, funded by Comic Relief, under the theme of "Who Said Its Easy Being A Guy."

The aim was to offer men an informal educational opportunity to, individually and as a group, explore a broad range of issues and interests aimed at challenging their attitudes and perceptions of how life is for a male in today's society whilst adopting a "non-deficit" approach.

This Project focused on Men's Health and Well-being by exploring topics such as.

- Love.
- Hope.
- Relationships.
- Relaxation & Stress Management.
- Social Connectedness.

### Our aims were to:

- Reduce isolation.
- Provide a forum for advocacy and promote peer support work.
- Offer men a safe and supported environment to encourage growth and creativity.
- Encourage individual empowerment.
- Link men to male health resources and events.



Set in a safe and supported environment, the programme provided interactive activities that used male orientated materials and resources to promote positive interactions between participants to encourage creativity.

Over a 20-week period we had 14 men access the programme 102 times.

### Activities included:

- Setting ground rules.
- Walking Football.
- Relationship Poker.
- Discussions using photo cards of male role models.
- Groupwork exercises using a range of male orientated materials.
- Having a day out to help men bond in a different environment.
- Watching the movie "Men's Group" followed by a discussions and food.
- Evaluation exercises.



### Has coming to the group met your needs?

"To an extent."

"Yes, sometimes."

"Yes, and this is ongoing."

"Yes, for the time being, but can we continue."

"It has met some of my needs but not all of them."

## Financial Report 2016 – 2017

MENSELF + are both pleased and grateful for the donations we have received so far through Foundation Scotland's Express Grants programme as well as Comic Relief and ScotRail. The Big Lottery's Awards for All programme and the Robertson Trust have been a welcome boost also as their backing enabled us to create our first part-time position and we intend to develop this post into a full time position over the coming months as it is vital to our development plans.

This has given us increased confidence in going forward into our third year where we hope to continue to attract investment and generate income to enhance our development and growth.

MENSELF + have worked tirelessly over the past two years to ensure that we can meet our aims of providing mobile services for the benefit of men living in Scotland. It is therefore appropriate at this point to gain thank all the people who have volunteered their valuable time to develop policies and protocols and training people to deliver our **MOT 4 MEN** programme not to mention board meetings, event management and research roles.

We have used freelancers, who we recruited and trained, to enable us to deliver our services and this will continue this year or until we have the financial backing to employ full or part-time staff. This same pool of staff have also been used to deliver our Men's Groupwork programmes and we will continue to develop our organisation by making good use of the vast array of skills and experience that they possess and we aim to contribute to their own personal development by ensuring that we offer them access to up to date training in working with men.

MENSELF + will strive to generate income streams from businesses and we anticipate that 2018 will see us become less dependent on grants however, we will also continue to seek investment from funding bodies to enable our growth as we see ourselves playing an effective and vital part in increasing the levels of males participating in meaningful male health promotion programmes to work towards our aim of helping men become better men to enable them to live longer healthier lives.

A financial statement is provided which details our income and expenditure. This has not been audited as we had such a low turnover however all expenditure and income has been recorded appropriately and was reported at regular board meetings to our directors

*William Melville*

*Director/Treasurer*

## Financial Statement 2016 – 2017

### MENSELF + Community Interest Company Company Limited by Guarantee without share capital.

Notes – Detailed Profit and Loss Account  
Period from 1<sup>st</sup> January 2017 to 31st December 2017.

	Period from 1 <sup>st</sup> Jan to 31 Dec 17 (£)
<b>Property Costs</b>	
Insurance	<u>389.78</u>
	<b><u>389.78</u></b>
<b>Administration Costs</b>	
Stationery	615.98
Postage	0.98
Travel	<u>110.01</u>
	<b><u>726.97</u></b>
<b>Freelance/ Sessional Costs</b>	
Freelance/ Sessional Co-ordinator	4805.00
Freelance/Sessional Budget	8105.00
Part-time Coordinator	<u>868.50</u>
	<b><u>13,818.50</u></b>
<b>Other Costs</b>	
Event Fees	205.00
Uniforms	175.00
Legal Fees/Companies House	406.00
I.T. Website/Phone	199.37
Petty Cash	3869.13
Equipment	798.98
Mobile	12.00
Hospitality	<u>155.84</u>
	<b><u>5821.32</u></b>
<b>Total Expenses</b>	<b><u>20,756.57</u></b>

### Detailed Profit & Loss Account

Period from 1<sup>st</sup> January 2017 to 31st December 2017.

	Period from 1 <sup>st</sup> Jan to 31 Dec 17 (£)
<b>Turnover</b>	
Grants receivable – Foundation Scotland (Comic Relief)	1000.00
Grants receivable – Foundation Scotland (The Champ Trust)	2000.00
Grants receivable – Awards for All Grant	6670.00
Grants receivable – The Robertson Trust	4306.00
Grants receivable – Foundation Scotland (ScotRail)	1700.00
Grants Carried forward	3411.00
Income	<u>1570.00</u>
	<b><u>20,757.00</u></b>
<b>Overheads</b>	
General Expenses	<b>20,757.00</b>
<b>Operating Profit</b>	<b>0.00</b>

## The Future

In our first two years, we have focused on our flagship programme **MOT 4 MEN** to expose us to large audiences of men, community groups and organisations and this has enabled us to develop a high profile and establish a reputation that is now enabling us to move into other service delivery areas which is aided by our commitment to fostering and developing partnership initiatives.

In 2018 we will deliver MOT 4 MEN at national festivals and events and in community group settings as well as in workplaces for the first time and thanks to our current funders, the funding for this is already in place. We are confident that through our involvement with workplaces our non-grant income will increase significantly as the year goes on however our challenge will be funding the Coordinators post to enable this to happen.

We are extremely happy to have delivered a Groupwork programme with men and we intend to develop this area of service delivery by continuing to support these men to secure funding to continue their programme.

2018 promises to be a very exciting year for as we are on the verge of expanding and this would not have been possible with the investment from our past and current investors. The work we have carried out with their funds has enabled us to develop our network connections and make inroads with the business sector and 2018 should see us finally start to generate non-grant income streams which will be re-invested into our development and growth.

Looking forward we are aiming to create a Men's Support Services Forum in 2018 and this will be helped when we establish our first physical office in Glasgow's East End as our workload has increased in this city.

Having a physical space will also enable us to create our first MR Centre where we aim to offer information services for men and increase volunteering opportunities, staffing posts, new groups and Drop In services and contribute to our theme of *"normalising services for men."* There are plans already in place to enable this expansion to our service provision and it will hopefully materialise around the middle of 2018.

MENSELF + will continue to seek growth and attract new members and volunteers and develop partnerships with community groups and organisations.

We will continue to develop our systems for monitoring and evaluation as we are committed to continuous improvement and this will enable us to identify the impact we make as a social enterprise. This is a key point for us as we aim to ensure we meet our social benefits aims and provide excellent value for money in relation to investments from funding bodies and donors.

**Jim Malcolmson**

**Programme Coordinator**

## Directors Comment's:

We wish to thank Foundation Scotland and the Champ Trust, Comic Relief, ScotRail, The Big Lottery's Awards for All fund and the Robertson Trust for their continued and new support of our organisation.

Without you all we could not do this work and we are confident that we will enhance your own brand with our efforts in this somewhat pioneering work with men in Scotland.

After delivering and evaluating the past year's events we are now more confident than ever that our venture will succeed in the long term, and it is our hope that funders continue to share our vision and acknowledge our success by continuing to support us in our early years as this will enable us to in turn develop a sustainable income that will help us to grow as an organisation well into the future.

So again many, many thanks to all our backers and we promise that we will endeavor to raise your profiles through our work by having a commitment to continuous improvement and by delivering high quality services that are backed by current research and modern-day practice methods.

And as always, we must thank the most important people of all who are the males who participated in the **MOT 4 MEN** programme and our Men's Group for all your fabulous comments, feedback, photos and videos for use in our reports, website, Facebook and Twitter pages.

Thanks to every one of you 480 guys because without you our efforts would have meant nothing, and it has been an absolute pleasure and privilege to share your experiences and hear your stories. Together we have now started to challenge the "*men don't talk about their health*" theory; so, in 2018 let's take it to another level and increase the numbers of men making positive changes to their help seeking behaviours.

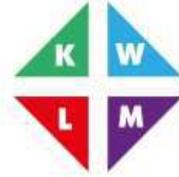
**HELPING MEN BECOME BETTER MEN.**

*Annemarie Malcolmson*

*Director/Chairperson*



# MENSELF



Men

Encouraging &

Nurturing

Self

Efficacy to

Live (life)

Fully

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