HOW CAN YOU HELP PUT MEN’S HEALTH INTO THE SPOTLIGHT?

A FRESH APPROACH TO MEN’S HEALTH

Dear Reader,

Men’s Health affects all of us, whether it is a loved one, a friend or yourself. Health and well being matter, and it’s never been more of an important time to ensure that the subject of men’s health is not overlooked. A fact that is particularly haunting about Men’s Health is that prostate cancer kills a man every 45 minutes in the U.K.

The subject of Mental Health in Men is also becoming ever more topical and is just as serious as physical health conditions with just one of the examples of this being the impact of severe depression being similar to that of a heroin overdose. Stresses of a 21st century world have lead to an increase of 66% in stress related absences in the public sector since 2015 as well as leading to other serious physical and mental health conditions. We feel these issues cannot and must not be overlooked.

ABOUT THE SHINE A LIGHT PROJECT

The Shine A Light Project is a Civil Service Academy Project which aims to not only raise awareness and increase the understanding of some of the most common men’s health issues both mental and physical, but to encourage men to break the stigma and to feel confident talking about their health and well being.

We will do this by holding events, campaigning via social media and a variety of other digital platforms as well as delivering high impact presentations and real life personal stories to get the message out about the crucial importance of men’s health. Seeking help or encouraging someone you know whether that is a loved one or a colleague to seek help is never wrong, by talking you might just save a life.

WHY WE WANT YOUR SUPPORT

The Shine A Light Project has no budget as such and instead we rely on engagement and support from charities, Civil Servants and other key stakeholders to bring this project to life and and to help us ensure that men’s health is always high on the agenda.

HOW YOU CAN GET INVOLVED

1. Follow us on social media: @ShineALightUK
   2. Share our content with people you know to help us get our message out about the importance of men's health.
   3. Attend Shine A Light Project events. We have a few very exciting events which will provide opportunities to share stories and listen to inspirational speakers so stay tuned to our social media or get in touch at: shinealightgb@gmail.com
   4. Share a story. Do you have a story about Men's Health that you think would help others? If so get in touch and a member of our project team will see if your story could be part of our campaign.

A Brilliant Civil Service

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