



MEN IN TOWER HAMLETS

TAKE PART IN OUR WELLBEING PROJECT

- Help us support wellbeing for men
- Create project ideas for new activities
- Find out more about social prescribing

RECEIVE
£25
PARTICIPATION
VOUCHER



**SESSION
DATES:
1ST, 3RD & 4TH
AUGUST**

WHAT WILL YOU DO?

You will work together with a group of men from Tower Hamlets to come up with project ideas for men's wellbeing activities.

There will be 3 x 2-hour sessions where you will talk and come up with ideas of wellbeing activities you would like to see in the future.

WHO CAN TAKE PART?

We are looking for men (including trans men) who are aged 18+ and living or working in Tower Hamlets. You should be interested in working in a group to develop project ideas.

**TO TAKE PART, CONTACT LAURA FURNER WITH YOUR
AVAILABILITY ON THE DATES LISTED ABOVE**

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