

Men's Group 4 Week Pilot (starting 17th June 2026) Information sheet

1) Who it's for

This is a group for men who are experiencing feeling under pressure perhaps through stress or circumstances, possibly feeling stuck, and are wanting to see a way through with small practical steps and direction.

2) What it is

Put simply it is a straightforward group, where you talk through issues, get clear, and move forward. This is done in a structured, solution-focused way, which means it will focus on your current situation and work towards finding practical next steps to the issues that you want to address. These may be based on your own or group peer experiences, or simple evidence-based practices

3) What you get

The aim is to give you:

- Clarity – get clear on what is actually going on, not just going round in your head
- Practical tools – simple, evidence-based ways to reduce stress and anxiety, and get your thinking back in control
- Direction – leave each session with one clear action for the week
- Shared space – be around other men dealing with similar pressures, no expectation to perform, with no fluff.

4) How it works

- Meets once a week online via Zoom for 4 weeks
- small group with no more than 6 men, plus the facilitator
- structured session flow allowing time facilitated for all to speak, identify issues and actions to implement

5) Details

- 4pm to 5.30pm
- Wednesday's 17th June, 14th June, 1st July, and 8th July.
- £25 per session, totalling £100 (payable in advance).