

The Vision & Aim

“To offer a safe space for men to speak openly and honestly about life, and to challenge stereotypes & discrimination found within us and society.”

Framework

For our sessions to run in a safe and organic way, we have developed a framework that we feel can create this. These are always open for discussion if you feel you would like to question or query their relevance.

Confidentiality - What is said in this space, stays in this space. Please talk about the group and what it offers, but the words, stories and experiences we hear about are for our ears only.

Listen & Respect - We are not here to judge another's story. Respect yourself, everyone's truth, boundaries, feelings, perspectives beyond judgement and projection. When someone speaks, give them their space to speak about it and learn from it.

Take Part — Authentically take part in the group with words and in silence. You are completely within your rights to “pass”, for whatever reason. Steer away from needing to resort to ‘banter,’ putting up a smokescreen, or other tactics to hide from what you might be feeling, thinking, or whatever might be triggered inside you.

This is not clinical therapy - We're here to heal and witness, not to fix. We're not here to pass on our advice to another's journey. We are here to learn from each other by speaking about ourselves in an open and honest way. We will offer the chance to ask for advice if anyone truly needs it, yet this is still done by talking about your own experiences.

Own what you say - Use “I” statements, rather than “you”, or “we”. What you say may not be true for another. Depersonalising avoids ownership of feelings, experiences, opinions and issues, making change an uphill battle.

Hold Space - For others, and with yourself. Your pain is not someone else's pain, and vice versa. All emotions are welcome, and take notice of how you respond and relate to someone else's words.