





Alex Dawson
Co-founder of The BroProject
Movember Ambassador

“What colour are the cupboard doors?”







The BroProject

Stronger Together

Our Vision:

- to create a time where men are not ashamed of struggle but will talk about it without fear of stigma and know where and how to reach out for help.



Our aims:

- To improve men's mental health
- To prevent suicide in men



Why these aims?

- Globally, one man dies by suicide every minute
- In the England, Scotland and Wales 12 men die by suicide each day. That is one every other hour.
- In the construction industry, 2 men take their lives each day.
 - 84% of men in the construction industry said they wanted to improve their mental health
- Only 30% of men in the construction industry said their workplace had meaningful well being initiatives.



BR PADDLE
FUN PADDLE BOARD SESSION



BR BOOTCAMP
FUN BEACH AND WATER



BR CREATE
LOWING SESSION



BR GOLF
FUN DRIVING RANGE SESSION



BR BREAKFAST
EAT - CHAT - LAUGH - GET TOGETHER



BR MOVE
FREE WALK - MOVE - RUN - SESSION



The Mo Bro Ball 2022





THE GREATEST BRO BALL



FRI 6TH OCT

FUNDRAISING FOR MENS MENTAL HEALTH



3 COURSE MEAL



LIVE BAND



GUEST SPEAKER



CHARITY AUCTION



EVENING GAMES



GREATEST SHOWMAN THEME

**AT SANDY PARK, EXETER FROM 18:00 - 00:30
TICKETS NOW AVAILABLE**

LIMITED TABLES AVAILABLE - BOOKING OPEN - ONLY £60 PER PERSON

Our first year:

- 1000 men have attended our sessions. These men are husbands, fathers, brothers, sons and friend.
- Employers have benefitted from improved mental health in these men.
- Trained 26 guys in mental health first aid.



The Future



- The Greatest Bro Ball October 2023
- MHFA Course in November
- June 2024 – Bro Grit and Gratitude festival, 3P challenge and Stover Golf Day
- July 2024 – Charity Football match v Spurs legends
- December 2024 BroAwards evening celebrating men and their families

Don't be an Abie Hearn

- Mental Health Strategy
- Suicide Strategy
- MHFA course
- Advice and support when there is a death by suicide



How can you help us?

- Train your employees in MHFA
- Transport
- Sponsorship
- Exposure

