



## "BE A LOCAL CHAMPION"

This platform is really helpful in understanding the importance of health & wellbeing.

It allows you to connect, reflect, and understand yourself and others which are the first steps in influencing change.

## ABOUT THE PROGRAMME

This programme is for you if you are a male aged 18-40 and from a BME community.

We'll have sessions involving the opportunity to learn about the link between physical and mental health in a relaxed and safe space.

Tea & snacks are provided!

## SIGN UP TODAY!

Please speak with the reception team at Thursby Surgery for further information.

Contact:  
2 Browhead Road,  
BB10 3BF, Burnley  
01282 911 430

# THURSBY TROOPERS

## MENS MINDS MATTER

Reducing the stigma & increasing awareness around mental health in BME communities.





## THE IMPORTANCE OF MENTAL HEALTH AWARENESS

Mental health includes our emotional, psychological, and social wellbeing. It affects how we think, feel, and act.

Mental Health has been stigmatised massively within the BME communities due to systemic factors including cultural differences, traditions, pride, and belief systems.

We provide a safe space for males aged 18-40 from disadvantages backgrounds to come together and learn more about physical & mental health.

An 8-week programme focussing on physical and mental health & wellbeing, in addition to building social connectedness through activities engagement and sharing experiences.

## WHAT WE CAN DO TO HELP

**Showing individuals respect and acceptance -**  
We provide a safe environment to have your stories heard in a non-judgemental way.

**Advocating within our circles of influence -**  
Normalising mental health by creating awareness and sharing tips and coping strategies.

**Bringing it all together**  
- Knowing the importance of linking physical exercise, managing mental health, and social engagement.



## Sessions

- Emotional Resilience
- Physical/mental health
- Relaxation/ Mindfulness
- Ambitions
- Coping mechanisms
- Accessing services