

# ALL ABOUT MOVEMBER

## Changing the face of men's health

Movember is dedicated to raising awareness and funds for men's health issues, including mental health, suicide prevention, prostate cancer, and testicular cancer. It encourages people to participate by growing moustaches, moving for mental health, hosting events, or fundraising in their own way. The platform also shares personal stories and highlights Movember-funded research and initiatives that aim to improve men's health outcomes globally. Visitors can donate, sign up for challenges, or find support for men's health concerns.



## Know the Facts

### Prostate Cancer

- 1 in 8 men in the UK will be diagnosed with prostate cancer in their lifetime
- Globally, more than 1.4 million men are diagnosed with prostate cancer each year
- Across the country, there are more than 395,000 men living with and beyond the disease

### Mental Health & Suicide Prevention

- Globally, on average, 1 man dies by suicide every minute of every day
- The rate of male suicide is alarmingly high: 3 out of 4 suicides in the UK are by men
- The issue of suicide is incredibly complex. But we know this: improving overall mental health and helping men establish better social connections can reduce the risk of suicide

## Reach Out with ALEC



Start by **asking** how the person is feeling



Let them know you're **listening** and give them your full attention



Suggest helpful steps and **encourage action** like seeking professional support or engaging in positive activities



Follow up with a **check in** to show ongoing care and support

## How to Support

1. Grow a Mo: Grow a moustache during November to raise awareness and funds.
2. Move for Movember: Commit to walking or running 60 km throughout the month.
3. Host an Event: Organize a fundraising event with friends, family, or colleagues.
4. Donate: Contribute directly to Movember's initiatives.
5. Visit [Movember UK](#) for more details.

### Contact Us



[nnicb-nn.aspirehwbc2@nhs.net](mailto:nnicb-nn.aspirehwbc2@nhs.net)



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# CALENDAR

## OF EVENTS - NOVEMBER EDITION

ASPIRE  
PRIMARY CARE NETWORK

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>27</b></p> <p>12PM-10PM: BOARD GAMES &amp; WARGAMING @LEADBELT GAMES ARENA</p>	<p><b>28</b></p> <p>9:30AM-12PM: KNIT &amp; CROCHET @BILBOROUGH LIBRARY</p> <p>10:30AM: SHERWOOD PARK WALK @NG5 3FN</p>	<p><b>29</b></p> <p>9:30-10:30AM: SEATED EXERCISE CLASS @THE VINE COMMUNITY CENTER</p> <p>10:15AM: PARK WALK @FOREST REC TRAM STOP</p>	<p><b>30</b></p> <p>1PM-3PM: MEN'S GROUP @EVOLVE</p> <p>10:30AM - 12PM: MEMORY CAFE @EVOLVE</p>	<p><b>31</b></p> <p>10AM: WOVEN CAFE @ST MARGARET'S CHURCH</p> <p>6-9PM: DOMINOES @BEECHDALE PUB</p>	<p><b>1</b></p> <p>9:30AM: YOGA @BULWELL TESCO COMMUNITY ROOM</p> <p>11AM - 1PM: SFICE SUPPORT HUB @NG7 4DL</p>	<p><b>2</b></p> <p>11AM: CHESS CLUB @HYSON GREEN LIBRARY</p>
<p><b>3</b></p> <p>12PM-10PM: BOARD GAMES &amp; WARGAMING @LEADBELT GAMES ARENA</p>	<p><b>4</b></p> <p>10AM-12PM: KNIT &amp; NATTER @BASFORD LIBRARY</p> <p>10:30AM: SHERWOOD PARK WALK @NG5 3FN</p>	<p><b>5</b></p> <p>9:30-10:30AM: SEATED EXERCISE CLASS @THE VINE COMMUNITY CENTER</p> <p>10:15AM: PARK WALK @FOREST REC TRAM STOP</p>	<p><b>6</b></p> <p>1PM-3PM: MEN'S GROUP @EVOLVE</p> <p>10AM - 12PM: COMMUNITY CAFE @ST MARTHA'S CHURCH (NG8 6GR)</p>	<p><b>7</b></p> <p>10AM: COMMUNITY CAFE @ST AIDAN'S</p> <p>6-9PM: DOMINOES @BEECHDALE PUB</p>	<p><b>8</b></p> <p>10AM - 12PM: CRAFT &amp; CHAT @BILBOROUGH LIBRARY</p> <p>11AM - 1PM: SFICE SUPPORT HUB @NG7 4DL</p>	<p><b>9</b></p> <p>11AM: CHESS CLUB @HYSON GREEN LIBRARY</p>
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<p><b>17</b></p> <p>12PM-10PM: BOARD GAMES &amp; WARGAMING @LEADBELT GAMES ARENA</p>	<p><b>18</b></p> <p>10AM-12PM: KNIT &amp; NATTER @BASFORD LIBRARY</p> <p>3-4PM: HEALTH &amp; WELLBEING WORKSHOP</p>	<p><b>19</b></p> <p>9:30-10:30AM: SEATED EXERCISE CLASS @THE VINE COMMUNITY CENTER</p> <p>10:15AM: PARK WALK @FOREST REC TRAM STOP</p>	<p><b>20</b></p> <p>1PM-3PM: MEN'S GROUP @EVOLVE</p> <p>10AM - 12PM: COMMUNITY CAFE @ST MARTHA'S CHURCH (NG8 6GR)</p>	<p><b>21</b></p> <p>10AM: COMMUNITY CAFE @ST AIDAN'S</p> <p>6-9PM: DOMINOES @BEECHDALE PUB</p>	<p><b>22</b></p> <p>9:30AM: YOGA @BULWELL TESCO COMMUNITY ROOM</p> <p>10AM - 12PM: CRAFT &amp; CHAT @BILBOROUGH LIBRARY</p>	<p><b>23</b></p> <p>11AM: CHESS CLUB @HYSON GREEN LIBRARY</p>
<p><b>24</b></p> <p>12PM-10PM: BOARD GAMES &amp; WARGAMING @LEADBELT GAMES ARENA</p>	<p><b>25</b></p> <p>10AM-12PM: MEMORY GROUP @NG7 5QE</p> <p>3-4PM: HEALTH &amp; WELLBEING WORKSHOP</p>	<p><b>26</b></p> <p>9:30-10:30AM: SEATED EXERCISE CLASS @THE VINE COMMUNITY CENTER</p> <p>10:15AM: PARK WALK @FOREST REC TRAM STOP</p>	<p><b>27</b></p> <p>1PM-3PM: MEN'S GROUP @EVOLVE</p> <p>10AM - 12PM: COMMUNITY CAFE @ST MARTHA'S CHURCH (NG8 6GR)</p>	<p><b>28</b></p> <p>10AM: WOVEN CAFE @ST MARGARET'S CHURCH</p> <p>6-9PM: DOMINOES @BEECHDALE PUB</p>	<p><b>29</b></p> <p>9:30AM: YOGA @BULWELL TESCO COMMUNITY ROOM</p> <p>11AM - 1PM: SFICE SUPPORT HUB @NG7 4DL</p>	<p><b>30</b></p> <p>11AM: CHESS CLUB @HYSON GREEN LIBRARY</p>

\*ACTIVITIES PUT ON BY SPLW'S / HWBC'S

\*ACTIVITIES PUT ON BY COMMUNITY



SELF REFER INTO OUR HEALTH & WELLBEING COACHING SERVICE:  
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