



# Man Down Bodmin

Man Down is a Cornwall based Non Profit Organisation. It runs safe talking and listening spaces to help meet the current emotional and mental health needs of men who struggle to cope with the pressures facing them in modern society.

## How the support has helped

Man Down has organised coastal, beach and moorland walks. The funding has added a new, social, activity-based dimension to how the group supports each other and overcomes the mental health pressures of isolation.

The Bodmin members are now meeting more often and have a positive focus to their interactions. They are motivated to plan and attend outdoor activities to improve their physical and mental health and wellbeing.

In addition, Man Down has subsidised gym and other sports club memberships for clients to increase their levels of physical activity, outside of the scheduled meetings.

The funding has also helped the wider community, not just the men taking part. It has helped partners, friends and families by relieving them of the stress of potential suicides, general bad health and relationships difficulties that cause, or are caused, by mental illness.

Man Down are also now better connected to other likeminded local organisations and social prescribing teams in the area.

For more information, please contact Active Cornwall: [info@activecornwall.org](mailto:info@activecornwall.org)



## Testimonials

**“Wanted to give a massive thank you to Man Down and Ati in particular, without whom I’m not sure I could have got through this year.”**

*A Man Down Member*

**“Ati you have always been there for me and I’ll always be there for you bruv, I and all the group appreciate you and all at Man Down immensely. Thank you.”**

