



Men's project (Tower Hamlets) (SPIP16) - Sahdia Warriach, Ceri Durham (SP manager, CEO – social action)

AIM: To engage men of all ages in Tower Hamlets and find out from them directly how we can increase their engagement in social prescribing

Target goals/outcomes:

- 1. To **work with local men to co-create project ideas** that they would actually like to see and link this with social prescribing
- 2. To **deliver 4 planning/training sessions with the team:** St Margaret's House, TH GP Care Group, Social Action for Health and Voicebox Theatre
- 3. To **deliver 8 sessions with local men** to find out the above

Findings:

- > 68% of respondents did not know how to access social prescribing
- 52% felt loneliness currently has a negative impact on their health / wellbeing
- 70% chose work as the reason they might not be able to do things they enjoy
- > 79 % would choose to do physical activities if offered by social prescribing

To see full survey results, and slides summarising male social prescriber's reflections and the results from our consultations with men's groups, please use the link: *shorturl.at/mAVX9*

Highlights:

- Good communication across all partners on the project
- Good structure for delivery of the projects was agreed



Word cloud representing responses of 5 men's groups to the question: 'What social prescribing activities would you like to engage in?'