



## ANDY'S MAN CLUB E3R's Charity Partner 2022

Andy's Man Club is a men's mental health charity which offers free-to-attend talking groups for men, challenging the stigmas around male mental health.

Founded in 2016, Andy's Man Clubs now have over 102 Andy's Man Clubs nationwide, from Plymouth to Aberdeen, that open their doors to men every Monday at 7pm.



As a donation led charity, Andy's Man Club has already saved over 800 men throughout the UK and they have big plans to open up more clubs up and down the country, with additional plans for a women-only club in the pipeline.

Lucas Whitehead from Andy's Man Club says "Through kind donations, we can provide training for our 500 volunteers, facilitator kits, refreshments, rent, and raise awareness of the groups through campaigns and merchandise. Our slogan is #ItsOkayToTalk, and donations make this happen so we can run our clubs, helping hundreds of men through difficult times in their lives and coming out stronger."

### Our why

Across many industries within the UK, there has been a huge push to prioritise mental health in the workplace, accelerated by the impact the Covid pandemic placed on countless individuals and organisations. Within the manufacturing and engineering industries we serve, we have seen multiple organisations taking the opportunity to re-evaluate how they can better support their employees.

Over the last year, we've been focused on building on our strengths, empowering our employees, and continuously improving how we can support our clients and candidates. Knowing the impact mental health has on both employees, candidates, and organisations, is the reason we have chosen Andy's Man Club as our Charity Partner for 2022.

### Participating Companies



### Get Involved

To ensure the continued success of Andy's Man Club, E3R is hosting and participating in a number of events this year, with more to follow in 2023. If you would like to get involved in the Andy's Man Club Talk, E3R's BIG Ride & Run Fundraiser or Bradford Dragon Boat Race, please email [marketing@e3recruitment.com](mailto:marketing@e3recruitment.com).

## 2022 EVENTS PROGRAMME

To raise awareness for Andy's Man Club, we're opening our doors to clients and partners to participate in.

### E3R host Andy's Man Club

5th May | 1pm

Andrew Greenway will be delivering a talk for Andy's Man Club that showcases the charity, the work they do and how they are working towards destigmatising mens mental health

Location: E3R Head Office, Elland

### E3R's BIG 24-Hour Ride & Run Fundraiser

13th May-14th May | 7am-7am

Manufacturing leaders come together to participate in a 24-Hour non-stop ride & run fundraiser by keeping the bike and treadmill going in our onsite gym

Location: E3R Gym, Elland

### Bradford Dragon Boat Race

3rd July | 9:30am-5:00pm

E3R Warriors will be participating in the Multi Charity Championship Dragon Boat Race at Roberts Park in Bradford.

With over 40,000 due to be in attendance, our team of 20 will be racing against 40+ other teams along the River Aire in several races

Location: Roberts Park, Bradford



To support our efforts to raise awareness and funds for Andy's Man Club, please scan the QR Code to donate.