



# MEN'S SOCIAL GROUP PROJECT REPORT



## HOLLOWAY NEIGHBOURHOOD GROUP OCTOBER 2024

**Aim: Improve the health & wellbeing of men over 55 and reduce their social isolation**

### INTRODUCTION:

This report explores how the HNG Older Men's Social Group has actively contributed to improving the health and wellbeing of men over fifty-five from June 2019 to October 2024. By fostering a supportive community and encouraging participation, the group has made a measurable impact on reducing social isolation among its members, helping them build connections and enhance their overall quality of life.



### WHAT WE DO:

In November 2017, we launched the HNG Older Men's Social Group to address the underrepresentation of men in our activities. Research shows that men are traditionally less likely than women to have strong social networks, often reluctant to admit feelings of loneliness or seek help.



*"I was feeling quite lonely and a bit down and wanted to get involved because I thought it would be nice to meet other men and share experiences and maybe even make some new friends."*

- Geoff

Islington faces serious mental health challenges, with the highest rates of depression and psychotic disorders in London, as well as the ninth lowest male healthy life expectancy. Yet, the majority of activities available in north Islington are either exclusively for women or for both genders, with many, like bingo and sewing, attracting primarily female participants.



The members of our group play an essential role in shaping the project. They have the autonomy to determine the activities and outings, invite guest speakers, and assume volunteer positions within the organisation.

*"I've made some good friends here. The activities have kept me more active and I feel better physically and mentally. I also picked up some useful tips from our sessions."* - Christopher

Old Fire Station Community Centre, 84 Mayton Street, London, N7 6QT

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The activities are designed to be educational, healthy, and enjoyable, featuring options such as board games, darts, dominoes, and gardening. The guest speakers discussed topics including prostate cancer risk and prevention, hearing loss, and cost of living financial hardship support and advice.

We actively encourage men to develop new skills; for instance, in response to their requests, we organised an Islington Fixers Repair Event in collaboration with the Islington Climate Centre, where the focus was on sharing skills with the participants so they could play an active role in repairing their broken electrical and electronic devices.



***"The group has been a blessing. Everyone is friendly, and we share stories that make me feel like I belong. I appreciate the discussions we have and laughter we share because it brings me joy." - James***

We encourage men to participate in community competitions; our Men's Group won a London-wide dominoes competition and took part in a local community darts competition.



We also promote engagement with local services, facilities, and peer support by accompanying individuals and small groups on outings. Outings included the Michelangelo Exhibition at the British Museum, the Royal Botanic Gardens, Kew, and the Windrush Day Event at Brickworks Community Centre.



***"Since joining the group, I've started attending the Tai Chi sessions. They help me to relax and improve my balance. I'm also thinking about trying the creative writing classes as it sounds interesting and I'd like to express myself more." - Brendan***

Collaborating with organisations such as the Royal Albert Hall and the Sadler's Wells engagement team, we strive to tailor their outreach services to better serve this hard-to-reach group.



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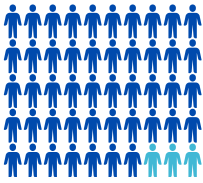


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OCTOBER 2024**

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**OUR IMPACT:**



Men Attended  
**47**



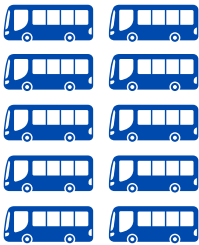
Number of Sessions  
**179**



% of Men Attending Other HNG Activities  
**62%**



% of Men Using Local Services Outside of HNG  
**43%**



Number of Trips Out  
**10**



London-wide Men's Group Competitions Entered  
**2**



**2**



Number of Workshops  
**3**



Number of Guest Speakers  
**1**

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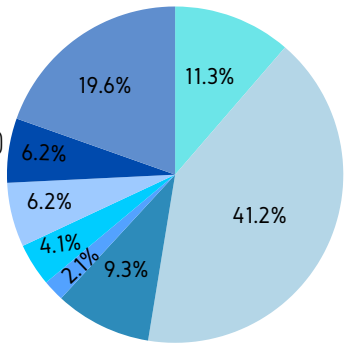
## HOLLOWAY NEIGHBOURHOOD GROUP OCTOBER 2024

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### DEMOGRAPHICS:

The percentage (%) breakdown of our men by ethnicity.

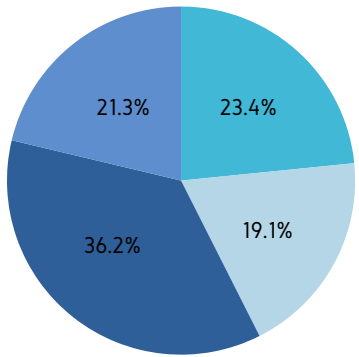
- Black UK (11.3%)
- White English/Scottish/Welsh/Northern Irish/UK (41.2%)
- Any other White background (9.3%)
- Mixed ethnic background (2.1%)
- Indian (4.1%)
- White Irish (6.2%)
- Black Caribbean (6.2%)
- Did Not Answer (19.6%)



Ethnicity

The percentage (%) breakdown of our men by age.

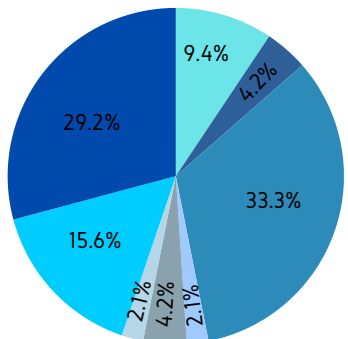
- 45-64 years (23.4%)
- 65-75 years (19.1%)
- 75+ years (36.2%)
- Did not answer (21.3%)



Age

The percentage (%) breakdown of our men by how they heard about our organisation.

- Referral (9.4%)
- Website (4.2%)
- Word of Mouth (33.3%)
- Flyer (2.1%)
- GP (4.2%)
- Social Media (2.1%)
- Other (15.6%)
- Did not answer (29.2%)



How they heard about our organisation

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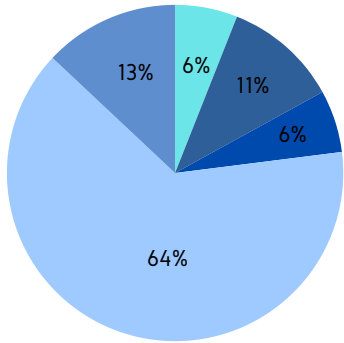


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The percentage (%) breakdown of our men by Borough of London

- Camden (6%)
- Hackney (11%)
- Haringey (6%)
- Islington (64%)
- Did not answer (13%)



### Want to join our Men's Group?

**Mondays 14:00 - 16:00 FREE at the Old Fire Station**

Our friendly Men's Social Group meets every Monday - everyone is welcome, come and join us!

We offer social activities, information and support and occasionally go on trips out. Please feel free to pop in for a chat!

Contact us for more info on 020 7607 9794 or scan the QR code below and complete our registration form.



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