

# POWER OF MEN

Men's Mental Health and Social Well-being

FREE MAGAZINE  
2026 FEBRUARY

**NEW MENTAL  
HEALTH KITCHEN**

**DEAN  
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WORK/LIFE  
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**BRO SCIENCE  
FIVE-MINUTE  
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## FROM THE EDITOR

I am absolutely thrilled to welcome you to the second edition of Power of Men magazine.

Gould Barbers are our official distribution partner, England's largest chain of barbershops located within Tesco Extra and Tesco Superstore. I'm incredibly proud to support Darren and Lee Gould as they launch their new Gould Barber franchise.

Our cover star, Tony Bellew, former professional world champion boxer; speaks exclusively to Power of Men, opening up about mental health, identity, and life after boxing. We are also honoured to feature a compelling interview with Assistant Manager of Hull City FC Dean Holden, who shares his heartbreaking story and insights into the realities of professional football.

This edition also features a powerful and heartwarming written piece by the Ricky Hutton Foundation called "When the Lights Went Out". There is also an impactful interview with bare-knuckle fighter Paul Venice, sharing his personal story and insights. Furthermore, you'll find contributions from our incredible expert columnists, offering advice, guidance and support on a range of important topics.

I would also like to thank and acknowledge DT Hughes Group, the official sponsor of Power of Men magazine, who are doing outstanding work supporting men's mental health within the construction industry.

My mission is simple but powerful: to raise awareness of men's mental health across England and the world, to impact one million men, and to help reduce suicide rates in England.

If you're reading this magazine, please take the time to explore it fully, and most importantly, pass it on. The more men who read Power of Men, the more men we can reach, support, and help.

Your support means more than you know.

With love

*Claudine*

Claudine Hope, Editor in Chief

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WHY THEY'RE UNPREDICTABLE  
AND HOW TO NAVIGATE THEM

# DADS AND THE FAMILY COURTS

Two experiences often go hand in hand, and together they can become a nightmare. First comes domestic abuse. Then, if you share children and the relationship ends, come the family courts.

I was a long-term victim of domestic abuse. Painful as it was, I eventually moved forward and can now speak about it without feeling triggered. The family courts, however, left deeper scars. In hindsight, that chapter was as traumatic, if not more so than the abuse itself.

If you are a father navigating the courts, or trying to avoid them by keeping the peace and swallowing resentment, you have my deepest sympathy. I endured two long, costly and emotionally draining court battles. Now on the other side, I hope my reflections help.

When my relationship ended, I quickly realised that unless I was careful, my ex could damage my relationship with our daughters. As the primary carer, she held the power. I adopted long-term appeasement. I asked for Christmas Eve or Christmas Day, I was refused, and accepted it quietly. Any challenge risked conflict and conflict would hurt the girls most.

For several years a fragile peace held. My daughters lived in Dorset while I lived in Birmingham. I had them every other weekend and half the holidays, driving all the distance myself. But when I met the woman who is now my wife, things deteriorated. Contact became difficult, control increased, and my eldest, just nine at the time, began asking to live with me.

Eventually, all contact was blocked. I was accused of harassment and even labelled a kidnapping risk. With no calls, letters or visits allowed, I had nothing left to lose. I went to court.

The first case lasted nine months, traumatic and expensive, but I secured custody. Years later, my ex returned to court seeking to reverse the decision. That second battle dragged on for 18 exhausting months. In the end, the original ruling stood, but the emotional toll was immense.



## Here's what I learned.

### **1. Use a local Solicitor.**

If you can afford representation, choose a solicitor close to the court handling your case. Each court operates differently, and local lawyers often understand how Solicitor's tend to steer cases. Local knowledge matters.

### **2. Keep communication spotless.**

Even if your ex is lying, provoking you or blocking contact, your responses must remain polite, reasonable and child-focused. No late-night messages. No emotional language. Anything that could be misinterpreted may be used against you.

### **3. Expect the process to be painfully slow.**

Family courts move at a glacial pace. Months can pass between hearings. Managing frustration is essential, because you won't speed it up.

### **4. Document everything - but manage expectations.**

Keep notes, screenshots and records organised for your Solicitor. But don't assume clear

evidence will carry the weight you expect. Judges are under-resourced and time-poor. In my experience, much of the detail was skim-read at best.

### **5. CAFCASS quality varies.**

CAFCASS advises judges and plays a crucial role. Some workers are outstanding; others are not. In my first case, the CAFCASS officer spent weeks getting to know the girls. In the second, the officer interviewed them once, made factual errors and missed key safeguarding history. Who you get can feel like luck.

### **6. Warn your employer.**

Family court battles drain time, energy, finances and mental health. You may need to take calls at short notice or attend meetings unexpectedly. Many employers underestimate the toll - be upfront if you can.

### **7. Be extremely careful what you say to your children.**

Children may ask painful questions. I was once asked by my nine-year-old, "Daddy, why does mummy always lie?"

Answering honestly but neutrally is incredibly difficult. Say too much and you risk accusations of parental alienation. Until your children are beyond family court age, caution is essential.

Finally, a word on new relationships. If your ex has moved on, don't assume they'll welcome you doing the same. If you find a new partner, delay introductions and keep everything off social media. Even a healthy relationship can become the trigger for renewed court action.

The family courts are unpredictable, exhausting and often deeply unfair. But preparation, restraint and patience can make the difference between survival and collapse.

**Andrew Pain**  
*Power of Men Columnist*  
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# THE POWER OF MEN 7-DAY POSITIVE MORNING HABITS

SMALL DAILY WINS FOR TIRED BUSY MEN.

NEW FEATURE!

Let's be honest, modern life asks a lot of men. Be strong, stay calm, earn money, show up, match your socks, feel zen... and somehow still remember bin day.

A lot of men are burnt out.

And the internet's solution?

- Wake up at 4am
- Journal for 90 minutes
- Train like a Navy SEAL
- Cold-plunge into the Arctic
- Meditate on a mountain.

At Power of Men Magazine, we live in the real world, and set our targets at a more achievable level.

## HOW IT WORKS

Focus on building small morning habits over the next three months. By our next edition, these foundations will be second nature, ready for us to introduce and include midday habits into your routine.

### The Rules of Engagement

Designed to be completed in mere minutes to kickstart your day in the best way.

### RULES:

Each morning, you will complete the habit listed for that day below. To help you remember which habit to

do, choose one of the following options:

- Take a photo of this page for easy reference
- Keep this page next to your bed
- Set a daily alarm on your phone and name it with the specific habit

Each habit must be completed on the exact day listed. Refer back to the magazine every morning to remind yourself which habit you are doing that day.

### Reset and Go

If the chain breaks, simply reset and start again.

## MONDAY

### 5-4-3-2-1 Get Up

**Alarm goes off.** Count backwards from 5 then get out of bed at 1.

**No snoozing, just get up.**

## TUESDAY

### 60-Second Gratitude

**Write down:**

- Something small (coffee, hot shower, nice office)
- Something about you (you showed up, didn't quit)
- Something awful that made you tougher.

## WEDNESDAY

### Box Breathing

**Breath ...**

- In for 4 seconds
- Hold for 4 seconds
- Out for 4 seconds
- hold for 4 seconds

**Do it ...**

- In the car
- In the kitchen



## THURSDAY

High-Five the Mirror  
High-five yourself and say,  
"You've got this."

Feels stupid.  
Works annoyingly well.  
Do not tell your mates.

## FRIDAY

Cold Splash

Cold water at the end  
of your shower.

Feels horrible, but makes you  
feel amazing afterwards.



## SATURDAY

Face to Face

10 minutes of face to face  
human contact

- Coffee with a Mate
- Walk with your partner
- Chat with the Barber

## SUNDAY

Today is for relaxation.

- Enjoy a roast dinner
- Spend time with family
- Watch television, read a book or simply rest.

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# THE SIGN LIFE

SIGN LANGUAGE SPECIALISTS

TheSignLife is a UK-based agency and academy led by a CODA (Child of Deaf Adults). The team brings authentic lived experience to break down barriers and promote genuine inclusion. Whether someone is looking for professional interpreting or wishes to learn at the BSL Academy, the focus remains on equality and respect.

- Certified BSL Training
- Access to Work Assistance
- Deaf Awareness Training



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*Meet Jamie Clarke - Team GB Deaf Football Captain, international model and mental-health advocate.*

“Touching Down in Japan, I still smile thinking about stepping off the plane in Tokyo last autumn. I was there captaining the GB football squad at the Deaflympics. People assume being Deaf means living in a smaller world, but landing in Japan felt like mine had just exploded open.



We were meant to sleep on the night flight, but I only managed two hours. I watched captioned films, stretched in the aisle and counted the hours until touchdown. Then came a four-hour coach ride and a nine-hour time difference.

THE CAPTAIN'S DIARY: JAMIE CLARKE

# FROM TOKYO TURF TO THE GLOBAL RUNWAY



THE SIGN LIFE  
SIGN LANGUAGE SPECIALISTS

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At our first team talk, I felt that surge of “we’re here for something bigger than ourselves.” I might not hear the roar of the room, but I read the energy better than most. You don’t need sound to feel excitement, nerves or focus.

### **Being Deaf doesn't hold me back for a second.**

Communication is part of our strategy. Our GB squad has two BSL interpreters working pitch-side and during meetings. Access isn't a favour, it's essential. On the pitch we rely on visual cues and hand signals; hearing players react to a shout, I react to a signal.

We were knocked out in the quarter-finals by Japan, but the experience was incredible, a huge honour and a reminder of why I love representing my country.

### **Home for the Holidays**

By Christmas, my body was ready for rest but my heart was full. After months of airports, stadiums and hotel rooms, being home with family was the best therapy imaginable. Catching up with friends is one of my goals this year, more quality time with the people who keep me balanced.

**I've completed a full year with no alcohol, purely for fitness, and the benefits have been huge - clearer thinking, better sleep and steadier emotions.**

My wife Gemma and I took a trip to Iceland where we rode snowmobiles, saw the Northern Lights and visited a cat café. (I'm obsessed with cats, we have two, Ronaldo and Amber.)

### **New Year, New Me**

New Year's Eve was quiet: close friends, good food and a promise to enter 2026 with a calmer mindset and more space for myself.

My mental-health routine is simple but non-negotiable: morning mobility work, weekly walks and switching my phone off by 9 p.m. Those small habits make a huge difference.

Modelling still feels surreal. One week I'm covered in mud on the pitch; the next I'm stepping onto a glossy set. The industry is finally evolving, recognising that disabled people belong in front of the camera. I use BSL interpreters at castings, captions on call sheets and clear communication boundaries on set.



### **Why Access Matters**

This goes far beyond sport or modelling. Around 40% of Deaf or hard-of-hearing people experience mental-health issues, compared with roughly 15% of hearing people. That gap exists because of poor access to services, communication barriers and a lack of Deaf awareness. That's why my routines, support systems and self-advocacy aren't optional, they're essential.

If you take one thing from this diary, let it be this: your difference is not your limitation. The world may try to label you as an exception, but you don't need to be exceptional to belong. You just need the right tools, the right habits and the right people around you.

#### **My daily reminders:**

- **I belong here.**
- **Exercise is non-negotiable.**
- **Sleep is powerful.**
- **Build relationships where you never have to explain your worth.**

The next few months are packed! More travel, more matches and new modelling campaigns that I can't share with you quite yet. But whatever comes next, I'll be taking you with me, every edition, right here in this diary.

Until next time,  
Jamie

**Jamie Clarke**

*Power of Men Columnist:*

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The Sign Life - Language Specialist

[www.TheSignLife.co.uk](http://www.TheSignLife.co.uk)



At Power of Men, we've always championed tools that help men protect and strengthen their mental health, but now, we're entering a bold new frontier: the kitchen.

Because here's the truth: what you eat doesn't just fuel your body. It fuels your brain, your mood, your focus, and your resilience. And that's why we're proud to launch:

## THE MH KITCHEN

### *The Power of Men Mental Health Kitchen*

A national movement designed to help men ditch ultra-processed foods, reclaim gut health, and learn simple, mood-boosting cooking techniques with no chef skills required. Welcome to your new mental health routine.

### *Why It Matters*

The modern man faces a hidden threat: over 50% of the average UK man's diet comes from ultra-processed foods. Chips, ready meals and sugary snacks. They may taste good, but they disrupt gut bacteria, spike blood

sugar, increase inflammation, and interfere with the gut-brain connection.

When your gut struggles, so does your mood, your energy dips, focus wavers and stress levels rise. But when your gut thrives, mental clarity, emotional stability, and resilience thrive too.

Studies show that improving gut health can reduce anxiety and depression symptoms by up to 40%, simply through better nutrition and digestion. That's a staggering difference, and it's completely within your control.

### *Why You'll Love It*

The MH Kitchen is a revolution for men's mental health. It shows that cooking can be confidence-building, eating can be empowering, and food can be fuel, not just for your body, but for your brain.

Think of it this way: better meals lead to better moods. Better moods lead to better focus. Better focus leads to stronger performance at work, at home, and in life.

## Eating Healthy Doesn't Have to Be Hard

Here's a myth we're busting right now: "Eating healthy is too complicated."

It's not hard it's just unfamiliar! That's where the MH Kitchen comes in, we give men a blueprint to take control, showing that healthy food can be:

- Quick - meals in 10-20 minutes
- Simple - short ingredient lists and easy swaps
- Affordable - supermarket-friendly options
- Effective - supporting gut health, mood, energy, and focus

No fancy jargon. No Michelin-star skills. Just practical, real-world strategies for men who want to feel better, think sharper, and live stronger.

## Join the Movement

The MH Kitchen is more than a guide, it's a community. By joining (free!), you get:

- Monthly recipe inspiration
- Grocery lists and simple shopping tips
- Competitions and challenges
- Mood-boosting snack hacks
- The chance to see your recipes featured in Power of Men Magazine
- Gut health advice

Join the mailing list visit our website: [powerofmenmagazine.co.uk](http://powerofmenmagazine.co.uk)



*Healthy Hack: Snickers Bar. Find the hack recipe on the Power of Men website*

## BREAKFAST:

### *Brain-Boosting Power*

Prep: 7 mins

Cost: £1.40-£1.80



#### **Ingredients:**

- 2 eggs (boiled, poached, scrambled)
- ½ avocado
- Handful of spinach
- 1 tbsp mixed seeds (pumpkin, chia, sunflower)
- Drizzle of olive oil

#### **Why it works:**

Protein + healthy fats steady energy & mood

Avocado + seeds gut health + dopamine boost

**Tip:** Eat within 30 minutes of waking for maximum brain-fuel effect

## LUNCH:

### *Super Wrap*

Prep: 10 mins

Cost: £2-£3



#### **Ingredients:**

- Wholegrain or lettuce wrap
- Grilled chicken or tinned tuna
- Greek yoghurt (swap for mayo)
- Tomatoes, spinach, cucumber
- Black pepper & lemon

#### **Why it works:**

Balanced macros calm energy & serotonin support

Prevents afternoon energy slump + dopamine boost

**Tip:** Prep wraps the night before for stress-free mornings

## DINNER:

### *Stress-Less Stir Fry*

Prep: 20 mins

Cost: £2.50-£4



#### **Ingredients:**

- Lean beef, turkey, tofu
- Stir-fry vegetable mix
- Garlic & ginger
- Soy sauce
- Rice or cauliflower rice
- Optional: chilli

#### **Why it works:**

Micronutrient-dense supports brain chemistry

Garlic & ginger + anti-inflammatory

Veg variety + feeds gut

**Tip:** Cook extra rice and veg to save time for tomorrow's lunch microbes



# FROM HAIR LOSS TO HAIR SYSTEMS

RECLAIMING CONFIDENCE, IDENTITY AND WELLBEING

Hair loss affects millions of men across the UK, yet it remains one of the least openly discussed challenges impacting male confidence, identity and mental wellbeing.

Whether it's a receding hairline, thinning at the crown, or advanced balding, the emotional impact is often far greater than many men are willing to admit. In a world where appearance is closely tied to self-esteem, hair replacement systems

are emerging as a powerful, discreet and life-changing solution.

*Modern men's hair systems are far removed from the wigs of the past.*

They are advanced, bespoke solutions designed to integrate seamlessly with existing hair.

Using 100% real human hair, each system is custom-made to match natural colour, texture and density, creating a completely undetectable finish. The result is hair that not only looks real, but feels real, moves naturally and helps restore a sense of self many men feel they've lost.

Men who wear hair systems often report increased confidence, improved social interactions and greater willingness to engage in both professional and personal opportunities. When men feel good about how they look, it directly influences how they



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carry themselves, communicate and show up in the world with a positive knock-on effect on mental wellbeing.



Hair systems are suitable for men experiencing receding hairlines, thinning crowns, partial hair loss or significant balding. They are also ideal for those who are not suitable candidates for hair transplants, prefer a non-surgical option, or want immediate results without lengthy recovery times.

A professionally fitted hair system typically lasts between three and six months, depending on lifestyle and care. Maintenance appointments every three to four weeks ensure scalp health, secure adhesion and system longevity.

Client education is equally important. Men are shown how to wash, dry and style their system at home, and how to manage minor adjustments if needed. Professional-grade, medical-approved adhesives are used, with a skin patch test carried out prior to application to ensure safety and compatibility.

Ultimately, hair systems are not about vanity, they are about wellbeing. They offer men the chance to regain control, rebuild confidence and reconnect with a version of themselves they recognise. In the wider conversation around men's mental health, feeling comfortable in your own skin and hair, truly matters.

Enjoy seasonal British dishes, a vibrant bar, iconic views, plus The Keys Nightclub and Cabana Cocktail Lounge – all under one roof.



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Led by Angela Carney, we support businesses nationwide, offering health and safety services while championing mental health, youth, animal welfare, and homelessness initiatives.

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# BREATHWORK

## YOUR HIDDEN SUPERPOWER

Anthony Hutton shot to fame after winning Big Brother in 2005, later facing the highs and lows that often follow reality TV success. After struggling with depression and personal challenges postfame, he found purpose in helping others.

Why Breathwork Matters More Than You Think

In today's world, mental health challenges like anxiety and panic attacks are increasingly common across workplaces, schools and communities. Many men suffer in silence, unaware of simple tools that can help manage stress and improve overall wellbeing.

This is why I emphasise breathwork during my keynotes and workshops with "Never Throw in the Towel", whether I'm speaking at a construction site, a secondary school, or a

community retreat. Breathwork isn't just "woowoo"; it's a practical, evidence backed tool that affects your nervous system, stress levels and performance.

I'm passionate about teaching breathwork in schools and workplaces because our modern culture still treats emotional health as something separate from strength. But breathwork is for everyone, it's a skill, not a sensation.



Hutton recommends two primary techniques that are used by elite athletes and military units to enhance resilience and clarity.

# THE BREATHWORK TOOLKIT

## The Physiological Sigh: *The Immediate Reset*

This technique is best used when panic rises or when a person needs to steady their mind quickly before a meeting or a difficult conversation.



- **Inhale:** Through the nose until the lungs are nearly full.
- **Top Up:** Take a quick second inhale through the nose to fully expand the lungs.
- **Exhale:** Release the breath slowly and completely through the mouth.
- **Repetition:** Repeat 2–5 times to lower stress levels instantly.

## Box Breathing: *The Focus Builder*

Box breathing is ideal for improving concentration and reducing lingering anxiety. It is a favourite amongst high-pressure performers.



- **Inhale:** Through the nose for 4 seconds.
- **Hold:** Keep the breath in for 4 seconds.
- **Exhale:** Release through the mouth for 4 seconds.
- **Hold:** Stay empty for 4 seconds.
- **Repetition:** Repeat 4–6 cycles to steady the mind and sharpen focus.

### A Skill for Everyday Life

Hutton emphasises that breathwork is not a one-time “quick fix” but a skill that must be built through practice. Mental strength does not come from the absence of pressure; it comes from learning how to respond to it. The breath is the most accessible tool available to help men regain control of their internal world, allowing them to act with clarity in their external one.

## The Science Behind the Breath

Your breath is the bridge between the body and the mind. When you're stressed, your breathing becomes shallow and rapid, signalling to your nervous system that you're in danger. Simple breathwork techniques can switch your system back into calm, improve focus and reduce anxiety in minutes.

Even elite sports teams and military units use breathing to enhance performance and resilience. Learning to control your breath isn't about sitting still, it's about gaining control of your internal world so you can act with clarity in the external one.

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# THE ONLY ADULT AT THE TABLE:

## NAVIGATING SINGLE FATHERHOOD: 1 WEEK AT A TIME

The Office for National Statistics (ONS) estimates there are around 530,000 lone-father families in the UK: dads raising their children as the sole parent. If you're one of them, you may recognise the mixed relief of returning to work after the Christmas holidays, the joy and chaos of extended time with your children, the pressure of holding everything together, and, at times, the loneliness of being the only adult at the table.

Single dads are often viewed differently from single mums, sometimes with extra sympathy, sometimes with surprise, because many still assume mothers will be the default parent. Yet the reality is much the same: switching constantly between provider and carer, juggling time, money and energy, with demands that rarely pause.

If you share care and parent solo part of the week, much of this will still feel familiar. Even "only" half the time carries real strain. The challenges of holding everything together alone are valid, whether you're a lone parent or co-parenting across two homes.

This isn't a guide to being a superhero dad, or a list of mistakes. It's a look at what commonly strains single fathers, and a few practical ways to make the weeks more manageable.

### Structure and Planning

As a single parent, you're the only safety net, so structure matters. You don't need a colour-coded system, just something that reduces chaos. Plan for predictable pressure points: check school emails weekly, mark key dates on a calendar, and plan meals so teatime isn't a daily scramble. Join the parents' WhatsApp group, even if you're the only dad. The reminders alone can save you from missed forms or non-uniform days. Things will still go wrong, but structure helps you avoid being constantly blindsided.

### Self-Care as Maintenance

When you're raising children alone, your own needs often slip quietly to the bottom of the list. Skipped meals and broken sleep feel temporary, but over

time they make it harder to stay patient and present.

Self-care is maintenance, not indulgence. Prioritising the non-negotiables: a walk, regular meals, and a firm bedtime. This is capacity-building, not self-improvement. Without these foundations, patience fails by teatime. You are allowed to need space.

### Sacrifice and Balance

Single parenting comes with real trade-offs. Time for yourself shrinks, work must fit around school runs, and things like career progression, dating, or ambitious goals often get parked. It's important to acknowledge that loss.

But if every part of life becomes obligation, resentment builds. Protect one small thing that's yours: a regular gym session, a coffee with a mate, a walk with music in your ears. What matters is holding onto a part of yourself that isn't only defined by being a dad. It's the difference between enduring and sustaining.

## “Your Enough”

All parents worry if they're doing enough. As a single parent, without a partner to reassure you, that doubt can spiral. Missing sports day or the school nativity can cut deep.

*This is capacity-building, not self-improvement. Without these foundations, patience fails by teatime.*

But being a good parent isn't about never missing anything. It's about returning with steadiness. Name what you missed, apologise, and reconnect. You don't need to be perfect. You need to be consistent and kind to yourself.

## Moving Forward

Some weeks will run smoothly. Others will feel chaotic. That doesn't mean you're failing, it means you're doing what is usually a two-person job alone.

*Reducing last-minute chaos means you're less likely to be blindsided by forgotten events or teatime meltdowns.*

### The parents WhatsApp Group

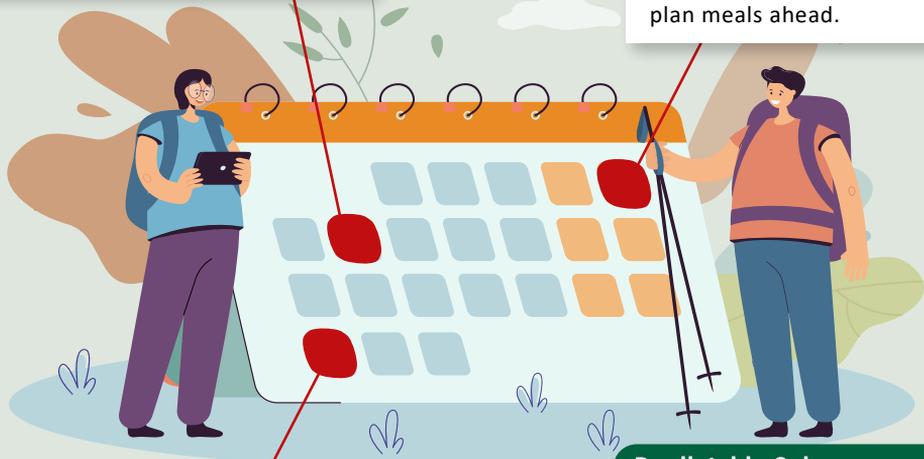
Join the group, even if you're the only dad.

### Prioritise the non-negotiables

Short daily walk, regular healthy meals, protect your bedtime.

### Sunday

Check school updates, mark key dates on a shared calendar, and plan meals ahead.



### Coffee with Mates

Protect at least one small thing that's important to you (Hobby, monthly coffee with a mate).

*Prevents resentment and keeps a part of yourself alive beyond just being a dad.*

### You're enough, leave the guilt

Replace all-or-nothing thinking with reconnection: "I'm gutted I can't make sports day. Let's go for pizza and you can tell me all about it".

*Consistency, not perfection; Acknowledge missed events without spiralling into shame.*

*Your children don't need a superhero. They need a dad who stays - That's you. Keep going.*

**Richard Spencer**  
Power of Men Columnist:  
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# 2024

## SUICIDE FIGURES FOR ENGLAND AND WALES

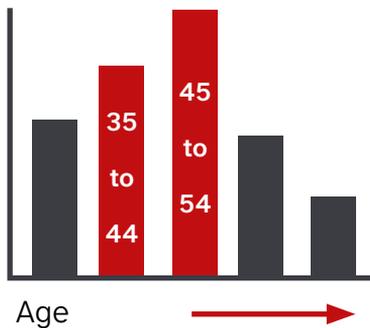
The Office for National Statistics (ONS)

# 6190

Suicide Deaths in England and Wales

**↑ INCREASED**  
Small rise since 2023

The bigger point is : suicide numbers are stubbornly steady. Despite years of campaigns, conversations and awareness days



Age matters more than people think: Working-age men have the highest suicide figures



The North East continues to have the highest suicide rates,

London has the lowest.

### What's changed from 2023 to 2024?

There's no dramatic rise. No sudden fall. No major shift in age, gender, or region. And that may be the most important takeaway.

The data suggests suicide in England and Wales is not a short-term crisis driven by one bad year. It's a long-standing issue that resists quick fixes.

### The bigger picture

If you step back, the 2024 figures tell a clear story:

- Suicide numbers remain high

- Men continue to account for most deaths
- Middle-aged men are most at risk
- Regional inequalities persist
- Year-on-year change is minimal but increasing

This isn't about panic. It's about persistence. The numbers are steady because the underlying pressures are steady.

Understanding that is key if we want to move beyond headlines and towards real change.

# FIND YOUR STRENGTH TOUGH TO TALK SUPPORT

Scan the code. This is what you'll find:

- **Straight answers, not slogans.**
  - No "it's ok not to be ok" posters. Clear options for real problems, stress, money, work, relationships, addiction, suicidal thoughts.
- **Support that actually fits you**
  - Different men need different help. We help you find the right route, not dump you in a generic support pile.
- **Action, not endless talking**
  - Practical steps, trusted services, and clear signposting you can use today, not "sometime".
- **You stay in control**
  - No judgement. No pressure. No boxes to tick. Just tools and support when you decide you're ready.

If something's weighing on you, don't carry it alone.  
Scan the code. Do something.



**TOUGH  
TALK**  
Break the Silence.

**Our mission;**  
**TO REDUCE MALE SUICIDE**

[WWW.TOUGHTOTALK.COM](http://WWW.TOUGHTOTALK.COM)

# BEYOND AWARENESS

## WHY HONEST CONVERSATION IS THE REAL CURE FOR MALE SUICIDE

**Power of Men Magazine chat to Steve Whittle, Founder of Tough To Talk.**

*Steve, Tough To Talk doesn't sound like a typical mental health charity. Why did you start it?*

Because most men don't fall apart overnight. They carry stuff quietly for years until one day it tips. By then everyone's asking "why didn't he say something?" when the real question is "why didn't anyone make it safe for him to speak?"

Tough To Talk exists to stop silence turning into suicide. Not in a crisis room, but where men actually live and work.

*You're blunt about the fact that awareness alone isn't working. Why?*

Because posters don't change culture. Hashtags don't challenge peer pressure.

We've raised awareness for years. Meanwhile, suicide is still the biggest killer of men under 50 in the UK. That tells me men aren't broken. Systems are.

Men don't need more permission slips to be emotional. They need environments where talking doesn't cost them respect, work, or identity.

*So what does Tough To Talk actually do differently?*

We go upstream. We train Tough Talkers inside organisations. Not therapists. Not box-tickers. Influential people on the frontline who men already trust.

They spot issues early, start real

conversations, and log what's actually happening. That data then shapes training and culture change. It's proactive, not reactive. And yes, it saves lives.

*You work a lot in construction, manufacturing and uniformed services. Why male-centric spaces?*

Because that's where silence is often rewarded. "Crack on." "Man up." "Don't bring problems to work."

Those environments don't cause suicide, but they absolutely shape how men cope. Change the culture there and you change outcomes everywhere else.

We're not asking men to be different. We're asking organisations to stop pretending men don't struggle.





***Some people say men should just talk more. What do you say to that?***

I say that's lazy... Men talk when it's safe. When it won't be used against them. When someone actually knows what to do with what they say.

Telling men to "open up" without changing the culture around them is like telling someone to swim while tying weights to their ankles.

***You're also known for saying things charities usually don't. Why?***

Because men are dying and politeness hasn't helped.

I'll say what the data says, even if it makes people uncomfortable.

If a workplace says mental health matters but punishes vulnerability, I'll call that out. If support only kicks in at crisis point, I'll say that's too late.

Shock isn't the goal. Honesty is.

***What would you say directly to men reading this right now?***

If things feel heavy, you're not weak and you're not alone. You're human.

If you don't know where to turn, go to the Tough To Talk support pages. They're straight-talking, practical, and built for men like you.

And if you're coping but see others struggling, tell your boss about what we do. Culture only changes when ordinary men push for it.

***Final question. What does success look like for Tough To Talk?***

Fewer crisis calls. Fewer funerals. More men speaking up before things get dark.

If one day people say, "We don't need this as much anymore," that'll be the win. Until then, we keep breaking the silence where it actually starts.

Toughtotalk.com  
talk@toughtotalk.com

**Claudine Hope**  
*Power of Men Editor*  
powerofmenmagazine.co.uk



# Poetry Corner

## Powering Hearts

We are the hands that dig up your street,  
We will reinstate it, strong and neat.  
Through mud & wire, through storm & night,  
We bring the North West its needed light.

A family born of grit and care,  
With calloused palms yet hearts laid bare.  
Not giants tall, but strong in soul  
Each life we touch becomes their goal.

From homes to schools, from towns to trade,  
Our challenging work keeps futures made.  
Each spark they send, each lamp that gleams,  
Is powered by their people's dreams.

But real strength goes beyond the steel,  
Some fight battles we cannot feel.  
In our industry, too many fall  
Two lives lost each working day in all.

The DT Hughes Foundation stands,  
With open hearts and helping hands.  
To speak, to listen, to detend,  
To bring despair's long night to end.

We will fight the silence, end the shame,  
And light the world in every name.  
For power's more than volts or steel  
It's care, compassion, something real.

So here we stand, both proud and true,  
A company of heart, through and through.  
We will light the path, come rain or blue,  
For hope, for life, for me and you.

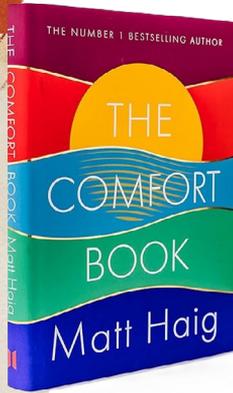
Reach out, connect, we're here to show,  
From our hearts to yours, together we grow.

#EMBRACEYOURWORTH



By David Hughes  
DT Hughes Group &  
Hughes Foundation

**NEW FEATURE!**



## BOOK:

### THE COMFORT BOOK

*Matt Haig*

A simple yet powerful read filled with hopeful reminders that emotions are temporary and better days do come. Ideal for men who may be struggling quietly and need reassurance, perspective, and encouragement.



## PODCAST

### THE POWER PODCAST

*Dr TJ Power*

Dr Power explains the science behind dopamine, oxytocin, serotonin, and endorphins, giving listeners clear, actionable tools to rebalance mood, motivation, confidence, and calm.



## AUDIOBOOK:

### THE 5 SECOND RULE

*Mel Robbins*

A globally recognised method that helps overcome anxiety and hesitation, using a simple behavioural tool. Scientifically backed and highly practical, it's perfect for building confidence and daily momentum.





For online Book Club members, we will host live Facebook conversations with selected authors or podcast creators. These sessions will include:

- Live Q&A
- Open discussions on men's mental health
- Practical tools and strategies
- Real-time audience engagement

Our aim is to build one of the UK's largest live conversations on men's mental wellbeing.

*Each edition of the Power of Men Mental Health Book Club highlights three carefully selected resources designed to support men's mental, physical, and social wellbeing:*

# MENTAL HEALTH BOOK CLUB

NEW FEATURE!

JOIN THE CLUB!

In a culture that often prizes stoicism, reading and audio books provide a vital, private space for men to decompress and rebuild. Beyond a simple hobby, engaging with new ideas is a strategic move for mental fortitude.

Research shows that regular reading can reduce stress by up to 68%, lowering the heart rate and easing tension in minutes. Whether through the focus of a physical book or the accessibility of audio, these tools build the emotional resilience needed to navigate modern pressures.

### Why audio matters for men:

For busy fathers, entrepreneurs, and shift workers, audio learning turns a commute or workout into a period of growth:

**Breaks Isolation:** Listening to relatable voices builds a sense of companionship.

**Sharpens Focus:** Structured content improves mental clarity and discipline.

**Improves Sleep:** Just 10 minutes of evening reading or listening can reduce anxiety and boost sleep quality.

**Builds Habits:** It seamlessly integrates personal development into a demanding daily routine.

### Where to Find the Books & Audio

- Waterstones or any leading bookstore
- Amazon Books - Paperback, Kindle and fast delivery options
- Audible - Free 30-day trial available
- Podcasts - Download your preferred Podcast App from your app store

## WIN MONTHLY PRIZES

Look out for & enter the "Read It / Listened To It" draw by sharing a book photo or an audio screenshot for a chance to win. Follow us for full details: @powerofmenmagazine

### Prizes Include:

- Signed books
- Audible vouchers.
- Amazon gift cards

# THE QUESTION EVERY MAN FACES

## WHO DECIDES THE MAN YOU BECOME?

At some point in life, a quiet inner voice breaks through the noise:

“Who am I, really?”

On the outside, your life may look steady - job, relationship, responsibilities.

But inside, something feels misaligned. A restlessness. A sense that the life you're living doesn't fully reflect the man you are. This inner tension is more common than most men admit.

### THE REAL ROOT OF MEN'S STRUGGLE

A lot of the anxiety, overwhelm and emotional fatigue men experience today doesn't come from failure. It comes

from misalignment living life according to expectations instead of authenticity.

Many men build identity around what they do:

- “I'm the provider.”
- “I'm the strong one.”
- “I don't struggle.”

These roles are rewarded... until life shifts. The job ends. The body slows. The kids grow. And when the role collapses, the identity collapses with it.

For many men, that's when anxiety or depression appears. Not because they're broken - but because they've outgrown the version of themselves they've been performing.

### WE INHERIT OUR START, BUT CHOOSE OUR DIRECTION

Every man inherits beliefs and expectations before he even knows they exist. But adulthood gives us the chance to ask a powerful question:

“Do these stories still fit me?”

Purpose isn't something you “discover” by accident - it's something you shape, through reflection, clarity and action aligned with your values.

Bridging the gap between who you “should” be and who you truly are begins with slowing down and asking questions:



- Which parts of my life feel authentic?
- Which parts feel performative?
- What expectations am I carrying out of fear rather than choice?
- If nobody was watching, what would actually matter to me?

### REDEFINING MASCULINITY

This work isn't about rejecting responsibility or burning your life down. It's about integration.

- It's allowing strength and vulnerability to co-exist.
- It's showing up with honesty in the roles you already hold.
- It's self-leadership, not self-suppression.

Identity becomes grounded when it's rooted in values, not performance.

Purpose grows when you take responsibility for your inner world, not only your external one.

### MEN DON'T NEED FIXING, THEY NEED SPACE!

The men I work with are not broken. What they lack is space: Space to pause, reflect, and reconnect with who they are beneath the weight of expectation.

When men are given permission to explore their inner truth without judgement, something powerful happens:

Clarity returns. Anxiety softens. Direction becomes internal.



### THE TRUTH

The gap between who you think you should be and who you truly are is not a flaw. It's an invitation. When answered honestly, that invitation can transform not just your mental health, but your entire life.

## TRY THIS RELECTION EXERCISE:

*A practical tool to help you reconnect with the man you truly are.*

*Complete the sentence - Write down the roles or traits you feel pressure to be: "I feel pressure to be the kind of man who is..."*

### 2. Who I Actually Am (Right Now)

*Complete the sentence - Notice where this differs from the expectations you listed above: "When I'm being honest with myself, the man I actually am is..."*

### 3. The Impact of the Gap

*Now reflect on the space between expectation and reality.*

*Ask yourself:*

- *What impact does living up to the man I think I should be, have on me?*
- *Where do I feel that impact most - mentally, emotionally, physically, or in my relationships?*

*Becoming aware of this gap is the first step toward real alignment.*

### 4. A Small Step Forward

*Ask yourself - It doesn't need to be dramatic or life-changing. Sometimes, one honest choice is enough to create real change: "What is one small, realistic step I can take to live more in line with who I truly am?"*

**Christian Chalfont**  
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# THE INVISIBLE BATTLE

## WHY DEAN DANIEL IS REDEFINING STRENGTH THROUGH RECOVERY

People see me and say, “You look great, Dean. You’re doing amazing things.”

And I am - but the truth is, what they see is only part of the story.

They don’t see the trauma a vasovagal episode can bring. They don’t see the panic it causes my loved ones, the ambulance rides, or the days lost to recovery.

A vasovagal episode happens when the vagus nerve is overstimulated, causing a sudden drop in heart rate and blood pressure. It leads to fainting, and in my case, it happens because of the constant, daily back pain I live with.

For a long time, I hated rest. I hated lying in bed and I felt like my body had failed me.

I was an athlete: Sport, movement, and training were my identity. Admitting I couldn’t

do what I once could made me want to give up. But I’ve learned something important:

Rest isn’t weakness.

Rest is recovery.

If I need three days in bed just to get one good day after, that’s okay. I’ve had to learn to be kinder to myself. Acceptance isn’t easy, but it’s necessary. You can’t heal if you’re constantly fighting yourself.

### The unseen reality of chronic pain and mental health

Living with chronic pain isn’t linear. It’s not something you “get over.” It’s something you learn to live with, one day at a time, one breath at a time.

Every day, I wake up and face two battles:

1. The physical pain.
2. The mental toll that follows.



My back pain is constant, sometimes sharp, sometimes dull, sometimes unbearable... but always there. It affects how I move, how I sleep, and what I can manage. It limits my life in ways most people never see. On good days, I can get up, stretch, maybe listen to music but on bad days, even with medication, I can’t get out of bed.

The truth is, physical pain doesn’t exist on its own. It feeds the mental struggle. Pain brings frustration. Frustration brings anxiety and suddenly you’re spiralling into dark places you’ve fought so hard to stay out of.

### Managing the pain and protecting my mind

I’ve had to find my own ways to cope, not the textbook stuff, but real day-to-day survival tools. Some days it’s medication, other days, it’s ice baths, meditation, music, or even complete silence.



Cold water therapy has become a big one for me. It's brutal, no point pretending otherwise. But when I step into freezing water, everything else switches off. My mind stops racing. I'm not thinking about the pain or the what-ifs. I'm just surviving the next minute and weirdly, that gives me strength.

Meditation helps me quiet the anxiety especially when I feel things spiralling or when the pain hits hard. It's not about pretending everything is fine but finding calm in the chaos. Music is also therapy for me. It reminds me there is still joy, still life, still something worth holding on to.

**The ripple effect:** One of the hardest things I've learned is just how deep the ripple effect of suicide goes.

When I was at my lowest, I didn't realise the choices I was considering could impact so many people.

But one death by suicide affects, on average, 135 people. And children who lose a parent to suicide are 3 times more likely to die by suicide themselves and twice as likely to attempt it.

That reality hits hard. I'm reminded every day that speaking up, staying, sharing my story matters.

**I'm not just protecting myself. I'm protecting my children and maybe someone else's too.**

**Finding purpose:** Now, my purpose is speaking in groups, recording podcasts, and running men's mental health sessions. I don't do it because I'm "fixed." I do it because I know what it's like to feel broken.

#### **Finding strength in sharing:**

If there's one message I want anyone reading this to take away, it's this:

- You don't have to be "cured" to make a difference.
- You don't have to be pain-free to find peace.
- You don't need all the answers to offer hope.

Talking helps me. Helping others helps me. Being honest about the dark days helps me, and if that honesty gives someone else a little courage to keep going, then every tough moment is worth it.

Because no matter what challenges come my way... I am - and always will be - **Unbeaten.**

**Dean Daniel**  
*Power of Men Columnist:*  
[www.unbeaten.org.uk](http://www.unbeaten.org.uk)



# THE SAUNA POD

Meet the 1st ever portable hot-air sauna

No one teaches men how to recover.  
You are just expected to keep going.

Work harder. Train through it. Sleep less. Carry it.  
Until your body pushes back. *That is where heat earns its place.*

The **Sauna Pod** is a portable hot air sauna designed to replicate authentic Finnish sauna heat, reimagined in a modern, collapsible form.

It uses hot air, not steam and not infrared, to create a dry, consistent heat environment that reaches up to 85°C.

Built to scale from your first session to daily use, it comfortably fits full-body recovery, including users up to 2.10 m tall.

Made from 100% natural cotton, with no plastics inside the cabin and no chemical odors, the experience stays clean, focused, and intentional.

Regular heat exposure is known to support cardiovascular function and circulation. It increases blood flow, helping deliver oxygen and nutrients while clearing metabolic waste.

This is why heat therapy has long been used to support recovery, mobility, and overall resilience. The benefits of heat are well established. *The challenge has always been access and consistency.* The **Sauna Pod** removes that friction.

No spa rituals to follow. No schedules to keep.  
No talking or instructions.

Recovery happens on your terms.



Scan the QR code or use the code **POWER-OF-MEN** to claim £50 off your Sauna Pod



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# COMMERCIAL CONSTRUCTION



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Mckel Construction specialises exclusively in commercial construction, delivering high-quality building solutions for businesses, developers, and property professionals across the country.

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# DEAN HOLDEN

POWER OF MEN CHATS FOOTBALL, RESILIENCE, AND THE POWER OF HEALING WITH DEAN

*Your career spanned 16 years across ten clubs, with 369 league appearances. What lessons did you take from that journey, and what was your highlight?*

"It was always my dream to be a professional footballer. Some of my best childhood memories are playing in the back garden with my dad and my brother Matt.

I made my debut at 19 for Bolton Wanderers in the Championship under Sam Allardyce, and five days before playing at Wembley in an FA Cup semi-final, Everton had put in a £500,000 bid for me, and shortly after, I broke my leg. I was out of the game for 15 months and later went on to break the same leg three times

on separate occasions. There were plenty of ups and downs.

I played until I was 35 and captained every club I played for. The standout moments have to be making my debut for Bolton away at Fulham, Craven Cottage, and winning promotion with Chesterfield."

*What was the biggest mental and emotional shift from player to coach?*

"I never really got to the end of a season and decided to hang my boots up. I turned 35 in September and then got the opportunity to become a first-team coach at Oldham Athletic. I never officially retired; I literally finished playing on the Tuesday and started coaching straight away.



Inside 24 hours, I went from being an older, senior player to being classed as a young coach. As a player, I'd reached the top of that ladder, senior player, captain and then suddenly I was starting again.

I'd already started my coaching badges, and passed my Pro Licence at the age of 34 - the highest coaching award in Europe which allows me to manage at Premier League level."

***Do players feel safe talking about their emotions, or is mental health still a taboo in the dressing room?***

"It's very much still a taboo in terms of where it ideally needs to get to, although over the last 30 years, it's evolved dramatically, as it should have, but there's still a long way to go. That said, there is much more openness now and more people out there to help you."

***Who was the most influential figure in your career, and why?***

"Sam Allardyce was a real pioneer in data, sports science and psychology. I was also lucky to play alongside some incredible players at the time - Jay-Jay Okocha, Youri Djorkaeff, Eidur Gudjohnsen and Ivan Campo.

Dean Smith was hugely influential for me on a personal level. He was the first manager to sign me in 2012, just weeks after my daughter CiCi died. I was out of contract, didn't have an agent and rang 72 managers outside the Premier League. I was 33, a defender with three broken legs, and didn't get many calls back. Dean was one of the few who did, and he became a fantastic mentor to me.

Stephen Gerrard deserves a mention. I worked with him in Saudi Arabia as his assistant manager for just under a year. He's an incredible person, kind and was so generous. Tactically, I learned more from him than anyone else in football."



***In 2012, you and your wife suffered the unimaginable loss of your youngest child Cici. How did you cope with that grief, and what helped your family find strength?***

"Our daughter Cici was 17 months old when she died from meningococcal sepsis while we were on holiday in Lanzarote in May 2012. She seemed fine the night before and we put her tiredness down to travel exhaustion. By the next morning, her condition worsened rapidly and, despite being rushed to intensive care, she died within hours. The infection spread incredibly quickly and her organs shut down. It was and still is incredibly hard, you learn to live with an empty feeling.

The PFA and the League Managers Association were fantastic. Gordon Taylor at the PFA was incredible and helped us access grief counselling with one of the best psychotherapists in the UK.

We also found huge support through a charity called Compassionate Friends, meeting other parents who had lost children. A group in Warrington run by Maureen and Dave genuinely saved us at that time.

The Wim Hof Method has also been a big part of our healing. Danielle and I use self-help therapies every day like ice baths, meditation, yoga, saunas and hypnotherapy."

***What would you say to fathers or men who are struggling with loss but feel pressured to stay silent?***

"You're not on your own and talking is the best therapy, you can feel very isolated and incredibly lonely. But as soon as you make that first step to talk, you won't look back."

Dean and Danielle have walked side by side through both life's greatest joys and its deepest heartbreaks. Their story is one of love tested by unimaginable loss and strengthened by it.

If you, or someone you know, is grieving the loss of a child, there are charities and support networks ready to help you and your family through the darkest moments. Reaching out is not a sign of weakness, it is an act of courage.



## Specialist Support

**JAAQ:**  
[jaaq.org](http://jaaq.org)

**The Compassionate Friends:**  
[tcf.org.uk](http://tcf.org.uk)

**Child Bereavement UK:**  
[childbereavementuk.org](http://childbereavementuk.org)

**SANDS:**  
[sands.org.uk](http://sands.org.uk)

**The Lullaby Trust:**  
[thelullabytrust.org.uk](http://thelullabytrust.org.uk)



# TONY BELLEW

THE FIGHT BEYOND THE RING



**Claudine Hope**

*Power of Men Editor*

[powerofmenmagazine.co.uk](http://powerofmenmagazine.co.uk)

Tony Bellew stands in a league of his own! Former WBC Cruiserweight World Champion, multiple-time titleholder and one of British boxing's most beloved warriors.

Tony built his reputation not only on devastating power and fierce determination, but on his refusal to shy away from vulnerability, a quality that has made him a national treasure and one of the most respected fighters of his era.

*We see the power and the titles, but the mental side of the sport is a different kind of fight. Beyond the ring, what was the toughest psychological battle you ever had to win?*

"The hardest mental battle I ever faced was the road back from defeat. Losing to Adonis Stevenson was more than a setback; it was soul-destroying. Coming back from that required a complete reinvention of who I was as a



man and a fighter. I moved up two stone, entered a new division, and committed to a total restart. It was a gruelling process that demanded a level of grit I didn't know I possessed."

*You only survive those dark times by pushing through them and trusting that the harder you work, the stronger you become.*

**How did you cope with the pressures; performing, fear of failure, and the expectation to always be strong?**

"The pressure was a pleasure; no one could ever put more pressure on me than I put on myself.

In boxing, you don't have ten teammates to hide behind. Which meant when I walked into an arena, I knew the hard work was done. I had exhausted myself through weeks of gruelling training camps and left absolutely nothing to chance. Because I had pushed my body to its limit, I could walk into the stadium on the night feeling happy and excited. I knew I had prepared as thoroughly as humanly possible.

I was only ever nervous for two fights: my first amateur fight at the hyton suite and the WBC world title fight at Goodison Park; purely because of the magnitude of the occasion.

A big thing for me was that my life outside the ring remained calm. I had a supportive wife, lovely kids, and total stability. My advice has always been to get your home life sorted first and then focus on your job and your training. Then the rest simply falls into place."

**Retirement can leave athletes feeling lost. How did stepping away from boxing affect your mental wellbeing?**

"I had an exit strategy after five years as a pro. Once I'd won the British, Commonwealth and European titles, I started putting that plan into gear. I invested in property and businesses because it gets very lonely when the phone stops ringing. You need something else to focus on.

I thought I'd enjoy getting fat! That lasted six months. I looked in the mirror and thought: nope, I need work and a bit of purpose. I'd spent my life being passionate about boxing and I needed something new to get stuck into. My biggest regret was never living in the moment; I was always chasing the next fight. I tell athletes now: stop, breathe and reflect. Appreciate it while you're in it."

### **Outside of the ring what has tested you the most?**

"Losing Rachel's brother Ashley. It was soul-destroying and it's still really hard now.

There's no easy way around grief. Time helps, but it never fully goes away. I've lost a number of people over the years, and it is lonely and hard.

However the people you've lost would never want you to stay in a dark place. You have to think about them and what they would want for you as a person."

### **How important has your partner, and family been for your emotional wellbeing?**

"Rachel is the reason for my wellbeing. She's a lunatic, but I adore her! I couldn't have achieved anything in my career without her. She is a massive factor in my life; I love and adore her very much. She's given me four brilliant kids and she's the best thing that ever happened to me."

### **How did your time on I'm a Celebrity Get Me Out of Here! affect your mental health, and what did you learn about yourself emotionally?**

"It's a good question. Having people around you and being able to talk really matters,

but it's an incredibly intense, condensed environment. You're living on top of each other and forming close bonds in just a couple of weeks. There were moments when I needed a bit of time alone just to process it all. Emotionally, I was okay; I just took it one day at a time, kept my mind occupied, and focused on what I could control."



### **Taking on an acting role in the movie Creed was very different from your boxing career. How did you approach it, and would you like to act more in the future?**

"Acting is definitely something I'd like to explore further. To be honest, they didn't ask me to play a character outside my world; I was cast as a world-class boxer at a time when I was a British champion chasing a world title myself.

Working alongside Sylvester Stallone and Michael B. Jordan was an incredible education. I'd turn up on set even when I wasn't needed, just to watch and learn. Seeing how they worked, day in and day out, and the advice they gave me is something I'll never forget.

It was an honour to be part of the film. And yes, I'd absolutely love to do more acting - taking pretend punches is a lot easier than taking real ones!"

### **If you could give one message to young boys growing up in challenging environments, what would it be?**

"That's a tough question, but it's a great one. I would tell them to stay as fit as they possibly can and always try to be positive, even when bad things happen.

Treat losses as lessons. Don't repeat mistakes, and try your best to learn from other people's errors too. That was one of my strengths—I was always willing to learn from mistakes."

### **What's the most important lesson you want men to take from your journey?**

"Resilience and repetition. Work hard, push through the pain, and you will get there in the end. You have to work at everything; there isn't anyone in the world who can't do what I have done. You just have to want it enough and be willing to push yourself to the limits."

### **What's your advice on men's mental health for men picking up this edition of Power of Men Magazine?**

"Take the time to read this properly - maybe twice - to really absorb it. Then, ask yourself:

- What are your dreams?
- What do you want out of life?

Write them down, plan them, and believe you can get there. It comes down to three steps:

**Write | Believe | Achieve**

**Strength isn't silence. Strength is honesty. Strength is staying in the fight.** Best of luck everyone."



# Franchise Opportunity



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# WHEN THE BANTER TURNS BRUTAL

THE KEYS  
RESTAURANT BAR & GARDEN  
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I've experienced bullying more times than I care to remember, as a child, as a teenager, and later as an adult in the workplace. You tell yourself it'll be different when you grow up. You think adults know better. But sometimes, they're worse.

I landed my first real job when I was in my late teens. It felt like a fresh start - a trade, a wage, and a future. I was hired by a company that supplied and fitted alarm systems around the country. The job came with travel, long hours, and a partner who was supposed to train me.

At first, it seemed fine. When you spend day after day in a van with someone, you get to know them - their habits, their moods, their morals. It didn't take long to realise I'd been paired with the wrong person.

He was loud, old-school, and proud of it. The kind of man who thought "banter" was an excuse for cruelty. Over time, his comments grew bolder. He knew I was gay, and he used it as ammunition. It started with 'jokes'. Then the names came. Then the pushing. He'd get others on site laughing too, tradesmen joining in because they thought it was funny. It wasn't. It was humiliating.

Every day, I hoped it would stop. Every day, it got worse.

I told him to cut it out. He smirked. I went to my manager and to the agency that hired me, and both shrugged it off as "just a bit of banter." That word - banter - has covered up more abuse than people realise.

What they didn't know was that bullying had nearly destroyed me as a child. I wasn't about to let it do the same again. But when you speak up and no one listens, the silence is deafening. You start to question yourself. Maybe I am the problem. Maybe I should toughen up.

That's the trap so many men fall into - believing that endurance equals strength. But silence isn't strength. It's surrender.

## *The Breaking Point*

One day we were sent to a site nearly two hours away. From the minute we left the yard, the insults started. By lunchtime, he'd involved half the site in mocking me. The laughs echoed. I can still hear them now.

Something in me snapped - not with anger, but clarity. I packed my tools, walked calmly to the van, and drove home. I left him there.

The next morning, I was called into the office. I explained exactly what had been happening.



**Richie Barlow**

*Power of Men Columnist:*

Linkedin richie-daiches-barlow

*Column Sponsored by:*

The Keys - Restaurant Bar & Garden

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*My boss barely looked at me before saying, "You're done here."*

That moment broke something in me, but it also woke something up. I realised that if a company tolerates abuse, then it's not a place worth giving your talent to. You don't owe loyalty to people who refuse to protect you.

That was my turning point. I promised myself I'd never again stay silent when someone crosses the line, not for a pay cheque, not for pride, not for anyone.

#### *What I Learned*

If you're being bullied at work, don't ignore it. You can't "laugh it off." It doesn't go away; it escalates. Here's what helped me:

**Be assertive.** Tell them to stop. Calmly. Firmly. You don't have to shout, your strength is in your composure.

**Keep a record.** Dates, comments, witnesses. Write it down. It gives you power when others try to deny it.

**Speak up.** Again and again if needed. If managers don't listen, go higher. If no one acts, walk away. Your wellbeing matters more than any wage packet.

And for those who witness it - you hold more power than you think. Over half of bullying incidents stop when a bystander intervenes. So be an upstander, not a bystander. A simple "That's not okay" can change everything.

No one should have to endure what makes them feel small. Bullying is not banter. It's not "just a laugh." It's a wound that eats away at confidence, self-worth and mental health.

I walked away from that job with nothing. No money, no security, but for the first time in a long time, I walked away with self-respect. And that was worth more than any paycheque.

# ALPHA 21: PRO FORMULA FOR PEAK MALE PERFORMANCE

## MEN'S METABOLIC OPTIMISATION

*Age isn't the problem. Your systems are!*

## 5 PILLARS TO RECLAIM YOUR METABOLISM

- **Preserve** *Lift weights*
- **Fuel** *1g protein / lb bodyweight*
- **Track** *Regular blood work*
- **Recover** *7-9 hours sleep*
- **Move** *Daily Steps*

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GENETICS. THEY'RE  
BIOLOGY. WE HELP YOU  
ALIGN WITH YOURS**

**READY TO  
LOOK, FEEL,  
AND OPERATE  
BETTER**



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# WINTER WELLNESS



## YOUR INDOOR GARDEN SUPERPOWER

When the winter months arrive, it is not just the temperature that drops; motivation to leave the house often vanishes too. However, improving mental health does not always require venturing outdoors. The secret

may lie in a simple, green addition to the home: indoor gardening.

Indoor plants are more than just aesthetic windowsill decorations. Extensive research, including

studies by the University of Exeter and NASA, confirms that keeping 'green pals' inside the home provides significant psychological and physical benefits.

## TOP 5 MENTAL HEALTH PLANTS (THAT ARE HARD TO KILL!)

Peace Lily: Ideal for creating a calm workspace. It thrives in low light and is known for reducing environmental anxiety.

Snake Plant (Sansevieria): The ultimate bedroom plant. It releases oxygen at night and requires very little water.

Aloe Vera: Practical and sturdy. It improves air quality and offers healing properties for minor skin irritations.



Indoor Herbs (Rosemary & Mint): The bridge between mental health and nutrition. Rosemary is linked to improved memory, while Mint supports calm and digestion.

Spider Plant: Forgiving and fast-growing. It is excellent for building confidence in new gardeners as it shows visible progress quickly.

# WORKING TOWARDS A BETTER YOU

Here's the deal: You don't need to be a horticulturist to get started. We're talking low-maintenance, beginner-friendly plants that are just as good for your mood as they are for your Instagram aesthetic.

1

## Aloe Vera

Best for: Routine, purpose, practicality

- Not only looks good but also soothes skin (for when you burn your dinner).
- Easy to maintain (even the busiest guys can handle this).

Improves air quality and has healing properties.

Perfect for: The no-nonsense man who wants a plant that does something.

2

## Peace Lily

Best for: Stress reduction, calm, focus

- Known for reducing anxiety and creating a calm environment.
- Thrives in low light (perfect for that dark corner you've been ignoring).
- Helps regulate indoor humidity (because, why not?). Perfect for: Living rooms and workspaces (because calm is key).

3

## Snake Plant

Best for: Sleep, air quality, low maintenance

- Releases oxygen at night, helping you breathe easy while you sleep.
- Very low-maintenance (even you could keep it alive).
- Requires very little water, just enough to make it look like you're trying. Ideal for: Bedrooms and places you definitely want to sleep well.

4

## Indoor Herbs

(Rosemary, Basil, Mint)  
Best for: Mood, memory, routine

- Rosemary improves focus (perfect for when you're really trying to remember where you left your keys).
- Basil is mood-stabilizing (because sometimes you just need to chill).
- Mint supports calm and digestion (perfect after one

too many beers).

The perfect bridge between mental health and food.

5

## Spider Plant

Best for: Confidence building, beginners

- Removes common indoor pollutants (aka it's basically doing the cleaning for you).
- Grows quickly and visibly (you'll actually see progress).
- Extremely forgiving if neglected (ideal for forgetful men).

Great for: Anyone looking to start their gardening journey without fear of failure.



## £20 INDOOR PLANT STARTER GUIDE: EVERYTHING YOU NEED TO GET GROWING!

Where to Shop: Lidl, Aldi, Tesco, B&M, Home Bargains, B&Q or your local garden center.

Remember, growing food with your own hands isn't just about feeding your body; it's about nourishing your soul and mind too. So, let's plant some positivity, one leaf at a time.

- 2-3 small houseplants or herb pots (£3-£5 each)
- Multi-purpose compost (£5)
- Basic pots or reused containers (£5)
- Small watering jug (£4)



# SETTING YOURSELF UP FOR SUCCESS IN 2026

Dan Meredith is an internationally best-selling author, coach, and speaker in entrepreneurship and mindset. Over the past decade, he has helped more than 5,000 clients and businesses unlock their potential and achieve lasting growth. Here, he shares a no-nonsense guide to taking control of your life.

---

Most of us make success way harder than it needs to be. We try to change everything at once: new diet, new routine, new business goals, new habits, new mindset... and then life happens: kid gets sick, work explodes, something breaks... or motivation simply evaporates, and BAM - back to old habits we go.

So, what do we do about it?



## 1. Strip It Down

Before you pile on anything new, get rid of everything that makes change harder or doesn't serve you:

- Clear out foods that derail your health goals.
- Remove distractions stealing your attention at work.
- Block time in your diary for the things that actually matter, and don't let anyone steal it. IT'S YOUR TIME.
- Distance yourself from people or habits that do more harm than good (hard, but huge impact).

Ask yourself: "How could I fail so badly at my goals that success is impossible?"

Write that down. Then do the exact opposite. That's your to-do list/strategy/plan. Focus first on what's most important or causing the most pain, and take consistent daily action.

50 FREE 15-minute  
'Turbo-Calls'



POWER OF MEN  
SPECIAL OFFER

Need clarity on your business, your life, or just someone to help you make sense of your thoughts? Scan the QR code and grab a spot, make 2026 your year.

## 2. Face Your Uncomfortable Truths

Here's the blunt reality: where you are now - business, money, body, relationships, happiness, mindset, is on you. But:

- You're not stuck.
- You're not finished.
- You're not defined by last year.

Unless you do nothing... Stop waiting for motivation, the "perfect moment," or next Monday. The winners know this: consistent action beats mood every time.

## 3. Four Areas To Focus On.

**Physical Health** - Move your body. Eat right. Sleep. Hydrate. Simple, not complicated. When your health improves, everything else becomes easier.

**Your Mental Diet** - What you consume shapes your thoughts. Stop doomscrolling. Read, listen, and learn things that make you better instead of more miserable. Quit comparing yourself to other people's highlight reels.

**Connection** - Men often isolate themselves without realising it. Prioritise genuine relationships, friends, family, colleagues and spend actual, in-person time with them. It's worth it.

**Purpose** - Men need a reason to get out of bed and show up. Family, work, money, body,

whatever purpose keeps you moving. Men without it drift; men with it are magnetic.

## 4. A Simple Daily System to Keep You Going & Growing

At the end of each day, ask yourself:

1. **Body** - Did I move, train, rest, fuel myself?
2. **Mind** - Did I read, learn, reflect, or talk about ideas that matter?
3. **Impact** - Did I help someone, support someone, or make a positive difference?
4. **Business/Work** - Did I move my projects forward, make a connection, generate revenue, or tick off my to-do list?
5. **Connect** - Did I connect with someone properly; have a real conversation, or a moment of presence.

If you can answer "yes" to all five every day? Congratulations, you've had a good day.

## One Final Reminder for 2026

You get one life. So do me a favour: stop waiting for permission to live it properly. Show up every day, even on the days you don't want to. Future you will thank you.

Dan Meredith

Power of Men Columnist:  
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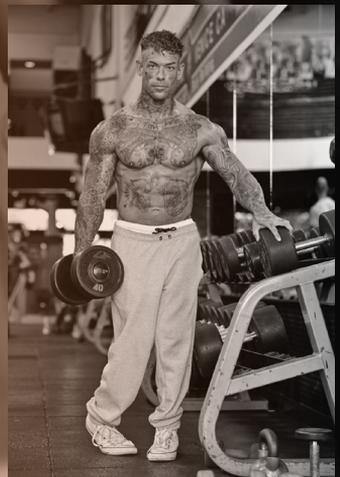
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# THEY SAID HE WOULD NEVER WALK.

HE BECAME A BRITISH POWERLIFTING RECORD HOLDER.

**Editor's Note:**

Power of Men Magazine presents an extraordinary true story of resilience and raw determination, told in Ricky Mac's own words - a man who turned pain into purpose and pressure into power.



I was born fighting for my life. I came into this world at just 31 weeks, weighing barely two pounds - less than a bag of sugar. Too small to survive on my own. I couldn't even breathe without a machine keeping me alive.

After a week, doctors told my parents I was strong enough to go home. But they were wrong. On my very first day at home, I stopped breathing in my brother's arms. My dad ran next door, where a nurse lived, and kicked her door clean off its hinges.

That nurse saved me and gave me my second chance at life.

Because of those five minutes without oxygen, I was diagnosed with cerebral palsy. I didn't walk until I was five. I wore splints on my legs just to stand. Until then, I crawled everywhere I went.

My family never made me feel different. I grew up before social media, when life lessons came from respect, discipline, and getting up when you fall. That mindset built me.

### *Homeless at Fifteen*

When I was fifteen, my parents moved to Spain and I stayed behind. Alone. No safety net, no money, no plan.

I lived in freezing flats with no gas or electric. I ate out of bins. To wash, I'd boil a kettle in the hallway. That's not something you forget.

Then I lost both my parents. I spiralled. I made bad choices. I turned to drugs. I was fighting an illness I didn't understand.

Doctors said it would only get worse - collapsed bones in both feet, arthritis in my knees and hips, no cartilage left.

They said by thirty I'd be wheelchair-bound.

### *Breaking the Odds*

I'm forty now. Still walking. Still training. Still proving everyone wrong.

The pain never leaves, but I've learned to turn it into fuel. Every ache reminds me I'm alive. Every challenge pushes me further.

### **Here's what I've achieved so far:**

- Won my first bodybuilding show - Hercules Olympia, WABBA
- Set two British Powerlifting Records in two different weight divisions against abled - body men! (and aiming for a third)
- GB Invited me to represent Great Britain at the 2026 Commonwealth Games
- Modelled in Los Angeles at the world-famous Gold's Gym - shot by @perc alongside legends like Arnold Schwarzenegger, The Rock and 50 Cent
- Built my own clothing brand: No Pressure No Diamond

That brand name says everything about my life. Diamonds don't just appear; they're created when ordinary carbon is crushed under unimaginable heat and pressure. That's how I see people too. Pressure doesn't destroy you, - it reveals you.

### *The Man I've Become*

I've fallen. I've failed. But I've also rebuilt myself one rep, one breath, one day at a time.

There are people worse off than me, and that keeps me grateful. I wouldn't change a thing, because every scar, every setback, every sleepless night has shaped who I am today.

I'm not perfect, I'm real. I'm trying every day to be a better man, a stronger example, and make my parents proud.

So, if you've ever been told you can't, prove them wrong. If life's crushed you, get back up. If people doubt you, let your success make the noise.

They said I'd never walk.  
never lift.  
never live a normal life.

They were wrong.

Without immense pressure, a piece of coal can never become a diamond. And I am living proof of that.

**Ricky Mac**

*Power of Men Columnist  
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No Pressure No Diamond  
[nopressurenodiamond.co.uk](http://nopressurenodiamond.co.uk)





**NO PRESSURE, NO DIAMOND**  
ISN'T JUST A CLOTHING BRAND... IT'S A MINDSET.



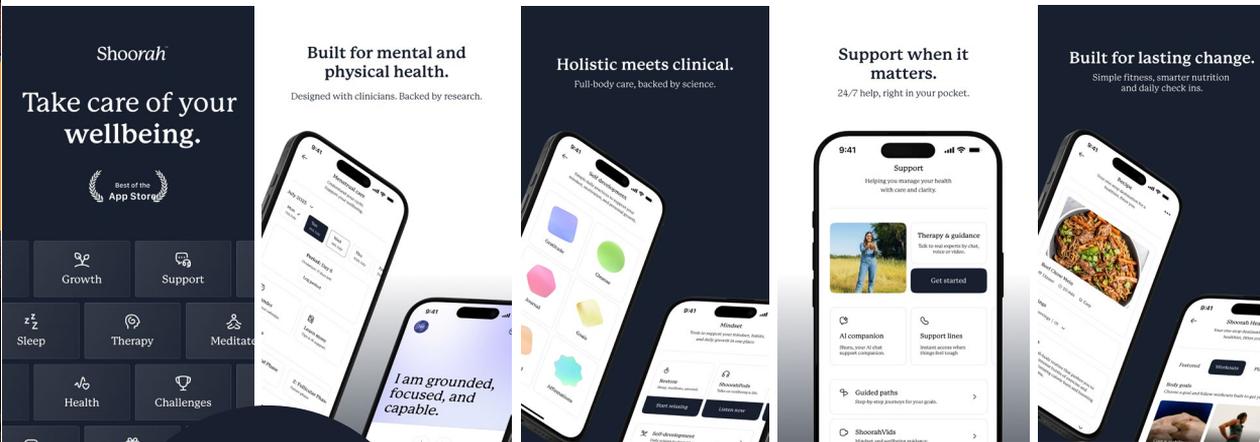
**Pressure breaks some people. Others turn it into power.**

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Shoorah is a modern wellbeing and benefits platform designed to support people in everyday life. We help organisations deliver meaningful mental health, wellbeing, and lifestyle benefits through one connected mobile experience.

Shoorah brings together everyday wellbeing tools with real-world perks employees actually use. From retail and restaurant discounts to rewards, digital gift cards, and gamified challenges, the platform adds value to daily life while driving engagement.

*Wellbeing that goes beyond mental health*

Shoorah supports whole-person care, combining mindfulness, journaling, mood check-ins, health testing, and preventative tools that help people build healthier habits and feel supported without complexity.

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# WHEN THE LIGHTS WENT OUT.

AN EMOTIONAL STORY  
FROM THE RICKY HATTON  
FOUNDATION.

Photography by: Ringwalk Media 12

The night Ricky Hatton fought Kostya Tszyu felt like the top of the world.

Manchester wasn't watching from home - it was inside the arena. The noise didn't rise when Ricky walked out; it rolled, like the building itself was alive. This was his Everest. Undefeated. Unified. The man nobody was supposed to beat. And yet from the first bell, Ricky made it his kind of fight - relentless, chaotic, uncomfortable. By the end of the eleventh round, Tszyu stayed on his stool and the place erupted.

*It wasn't just a win.  
It was confirmation.  
Ricky Hatton, the  
lad from Hattersley,  
was the best in the  
world.*

Moments like that don't just crown champions; they hardwire identity. Everything in life makes sense when you're climbing towards a night like that. The camps, the sacrifice, the tunnel vision, the pain - every ounce of suffering has a payoff.

You know who you are, where you're going, and why it hurts.

Las Vegas, bright lights and Mayweather. The spectacle at its absolute peak. The attention is global, the pressure immense, the margin for error microscopic. Win or lose, nights like that leave marks. The world moves on quickly, but the body and mind don't always catch up.

And eventually, the climb stops.

Not with one fight, not with one result, but with the slow realisation that there is no next

mountain waiting in quite the same way. No training camp that organises your life, and no singular focus that makes everything else fade into the background.

*That's when the lights go out - not in the arena, but in the quiet.*

Ricky has spoken honestly about how difficult that period was. The loss of structure, the shift in identity, and the pressure of expectation without an outlet. When you've spent your life being defined by discipline, intensity and purpose, the absence of those things can feel heavier than any opponent you ever faced.

What people forget is that elite sport trains men to endure, not to transition. That's where Ricky's story becomes far bigger than boxing.



*Because most men have their own Everest - A career they build their identity around, a business, and a role as provider.*

A version of themselves that exists only because life has structure, pressure, and direction. When that structure shifts, through change, loss, stress, or time - the same thing happens.

*The lights don't go out instantly. They dim.*

Sleep suffers, training slips, and routine erodes. You still function, still perform, and still tell yourself it's fine. From the outside, nothing looks wrong. But on the inside, something feels unsteady - but you don't have the language for it - so you ignore it.

**Men are taught to do that.**

To push through, to wait until things break before paying attention. To believe that unless you're in crisis, you don't need support.

*The Ricky Hatton Foundation exists to challenge that belief.*

We didn't create it to react to breakdown; we created it to prevent it. To bring men's mental wellbeing into everyday life, not as a weakness or a diagnosis, but as part of general health. To help men recognise the early signs when their own lights begin to dim, and to feel able to act before they're forced to.

The foundation focuses on awareness, education, and connection. On normalising conversations around stress, sleep, pressure, identity, and



balance. On meeting men where they already are - in sport, workplaces, gyms, and communities, reminding them that looking after your head is not optional maintenance, it's essential.

Ricky's story matters because it strips away the myth that success protects you. If anything, it shows how tightly identity and structure are woven into wellbeing and how vulnerable any man can be when those things disappear.

If we do this right, fewer men will ever have to discover what it feels like when the lights go out - because they'll have learned how to keep them on.

[rickyhattonfoundation.com](http://rickyhattonfoundation.com)  
[@rickyhattonfoundation](https://www.instagram.com/rickyhattonfoundation)



# BLUEPRINT FOR WELLBEING

## RESHAPING MENTAL HEALTH IN CONSTRUCTION

I'm David Hughes. I've worked for many years on the tools and now lead and create businesses while managing teams. I've seen the pride and resilience in this industry, but I've also seen the cost on men's mental health.

In civil engineering and construction, there's no easing in. You turn up, get on with it, and are expected to be back on your 'A game', no matter what's going on in your head or at home.

In 2023, we lost our first friend and colleague to mental health – an inspirational man and one I truly respected. Within twelve months, two more men from our teams were gone. Talented workmen, close friends to many of us and dedicated. These men showed up every day and gave their all, until they couldn't. Losing them hurt so badly.

### Why Our Industry Is High-Risk

Civil engineering and construction is demanding. Long hours, physical exhaustion, time away from home, job insecurity, and the expectation to "just crack on" all combine to make it high-risk. The industry has one of the highest suicide rates among men. At DT Hughes Group, the losses are a constant reminder: culture matters.



*Watching a group of men open up, support each other, and speak honestly is inspiring, uplifting, and life-saving.*

### Health, Money, and Mental Wellbeing

Mental health challenges often intersect with other pressures, and in civil engineering and

construction, these pressures can be magnified. People with physical health conditions are at higher risk: around one in three people with a condition

that limits their activities also experience a common mental health problem, compared with one in eight people without such conditions.

Financial stress is another major factor. People experiencing problem debt are more than twice as likely to face a mental health problem - 39% compared with 18% of those without debt. Money worries, especially in an industry where many men live week to week, compound the strain of long hours, physical demands, and time away from home.

## Changing How We Start Conversations

In our meetings, we've replaced the usual safety or customer briefing with a "Mental Fitness Contact." One person sharing: "I'm struggling..." or "I've been attending therapy sessions..." sets the tone.

Seeing men genuinely upset, open up, listen, and support each other is powerful. This simple act has the potential to save lives. Leadership isn't just about top-down decisions, it's about creating safe spaces for people to speak.

## Coping Habits

In this industry it is often cope, rather than to address problems. On-site diets are often rushed and low in nutrition. Energy drinks and caffeine push us through long days. Alcohol helps switch off and in some areas, drugs are used to manage fatigue or pain.

These habits are about survival, not weakness. But they come at a cost: poor sleep, low

focus, and increased injury risk. Understanding this helps leaders support, not judge, their teams.

## *Breaking the Silence*

Masculinity in civil engineering and construction is both a strength and a barrier. Men fear being seen as weak or vulnerable. Many don't have the language to describe what they're feeling. And the culture reinforces that silence is normal.

Leadership sets the tone. If managers don't talk, no one does, silence costs lives. By modelling openness and care, leaders make it safe for men to speak.

# *DT Hughes Foundation: Action That Saves Lives*

Losing three men made it clear: doing nothing was not an option. That's why we created the DT Hughes Foundation.

### **Our approach is straightforward:**

support the whole person, not just productivity. We provide resources, normalise asking for help, and remove stigma. This is leadership in action, and it saves lives.

We not only work within our Group, but also with other businesses, offering support, and advice. The industry must come together to make mental fitness a positive, proactive outcome rather than a source of worry.

## Industry Action

- Open conversations and check-ins
- Provide access to support services
- Train managers to recognise warning signs
- Model behaviour from the top

"It only takes one person, in an open forum to start: 'I'm struggling...,' and the impact is immediate."

## Looking Forward

Mental health in the workplace doesn't improve by accident. It improves when

leaders act consistently and visibly.

We must protect the people who build this industry. Leadership, dialogue, and collective responsibility will make it stronger, and save lives.

To men in civil engineering and construction: speaking up is strength. Carrying silence is dangerous.

**To leaders:** listening is leadership. The way you act, talk, and support people sets the tone for every site, every team, every life. We have the tools, knowledge, and responsibility. Together, we can save lives.

**David Hughes**  
*Power of Men Columnist*  
Column Sponsored by:  
[dthughes.co.uk](http://dthughes.co.uk)



## MY MEETING WITH TEMPLE PERSHING MINING

# DIAMONDS, GOLD, OIL & DINNER

The City of London has a way of putting you on edge - in the best possible way. Everything moves faster, the suits are sharper, and everyone walks like they're either closing a huge deal... or simply born to look like they are.

I'd come to interview Simon Robinson and Kenneth Roberts to find out more about their company, Temple Pershing

Mining, and the world of oil and diamonds.

As I walked into the swanky restaurant, I spotted them straight away - no show, no fuss, just warm smiles that instantly made the whole meeting feel less intimidating.

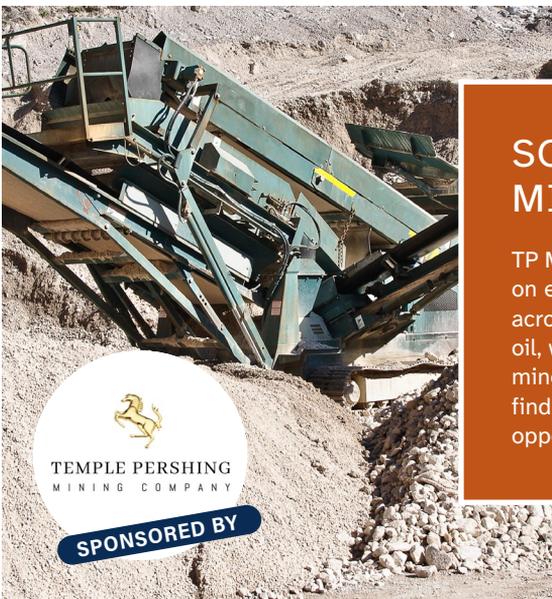
I'll admit, for a split second I thought: If these guys have brought diamond samples...

I might need to locate the nearest exit and make a dash for it. Not because I'm untrustworthy, obviously!

Just because I'm human, and diamonds have a way of making even the most respectable people suddenly feel like they belong in a Netflix thriller.

Sadly, the only thing that hit the table was the menu.

*“If these guys have brought diamond samples... I might need to locate the nearest exit and make a dash for it.”*



## SO, WHAT DOES TP MINING ACTUALLY DO?

TP Mining is a resource company focused on exploration and development, working across sectors including gold, diamonds, and oil, while also expanding into other valuable minerals used in the modern world. They find value, develop it responsibly, and build opportunities around it.

TP Mining has introduced something called the Temple Token - a blockchain-issued digital token collateralised by verified in-ground gold resources.

And before anyone panics at the word "blockchain," let me translate it into normal-person language:

The Temple Token gives investors fractional exposure to gold-linked value, without the usual hassle of physical gold - meaning no storage, no transport, and no custody costs

like you'd get with traditional bullion.

So, it's basically: gold... without needing a safe, a vault, or a suspiciously heavy bag.

The Part That Matters Most: They Give Back.

Here's what really stayed with me.

Simon and Kenneth aren't just building a business; they're helping build communities. TP Mining is involved in charity and development work in Africa,

supporting real projects that improve lives, including helping with housing and schools for children.

And it doesn't feel like a PR line. It feels personal. Because when you sit across from two men who could easily talk only about deals and numbers, but choose to talk about people and impact, you realise this isn't just business. It's legacy.

[www.tpminingco.com](http://www.tpminingco.com)



## SIMON ROBINSON

The Man Who Makes Global Business Look Effortless

If mining CEOs were a cocktail, Simon would be the perfect balance of smooth confidence and quiet strength. He's sharp, composed, and has that rare ability to make serious business sound not only understandable, but genuinely interesting.

Simon brings strategic vision and real-world experience to TP Mining, helping drive the company's growth across international markets. Under his leadership, TP Mining has expanded beyond the traditional expectations of mining, building a portfolio that spans gold, diamonds, oil, and wider mineral interests, with a modern, forward-thinking approach that feels very "future-proof." And the best part? He does it without the ego.



## KENNETH ROBERTS

The Chairman With Real-World Grit (and a Big Heart)

Kenneth has the kind of presence that instantly makes you think: this is a man who has seen things. The sort of experience you don't learn in a boardroom - you earn it over time, in real conditions, in real places, with real people.

As Chairman, Kenneth plays a major role in shaping the company's direction, but what stands out most is how grounded he is in the bigger picture. He understands that mining isn't only about what's under the ground; it's about what's happening above it too.

His leadership reflects TP Mining's belief in building long-term value - not just for investors, but for communities as well. He speaks with genuine care, and it's clear he sees responsibility as part of the job, not an optional extra.

# SHARING THE WEIGHT

The turn of a calendar page often promises a fresh start, yet for many, the reality is far more complex. A new year brings different emotions for people - pressure, financial strain, and the quiet fear of more loneliness. Each adds to the weight we already carry.

Unlike the 24.7kg bag of worries one might carry on their shoulders while running marathons, emotional weight is hidden behind a smile, a joke, or a casual "I'm fine." This invisible burden is a physiological reality; when the mind is overwhelmed, the body remains in a state of high alert, impacting heart rate, sleep patterns, and long-term resilience.

## The Mask of Strength

In a society where men are often conditioned to project an image of stoic invulnerability, the struggle remains internalised. The more I listen, whether as a Samaritan or through Share the

Weight, the clearer it becomes how many people are silently struggling. We've just become very good at hiding it. Even when pain is masked, the signs are often there if you look closely.

## The Mechanics of Connection

If you're worried about someone, reaching out matters. You don't need perfect words, just genuine care and space for them to talk. It can feel daunting. Many fear saying the wrong thing or making it worse, and knowing how to begin isn't always easy. This is where listening is powerful.

True listening is not a passive act; it is the creation of a sanctuary. When a person feels heard, their nervous system begins to regulate. The cortisol levels that drive anxiety begin to dip, and the isolation that fuels depression starts to fracture. You do not need to be a qualified therapist to make a difference; you simply need to listen.

**Listening is enough.  
Not fixing.  
Not advising.  
Just listening.**

## *When the Weight Gets Heavier*



## Signs someone may be struggling:

- Increased anger, irritability, or frustration over small things
- Ongoing exhaustion or very low energy
- Withdrawing, cancelling plans, or becoming distant
- Losing interest in hobbies, routines, or daily tasks
- Using alcohol, drugs, or constant distraction to cope
- Talking with hopeless or trapped language
- Saying they can't see a way out

*Not All signs mean serious distress,  
but they can suggest the weight of  
life is becoming too much.*

Samaritans have compiled a simple but effective set of listening tips called SHUSH.

## S

### Show you care

Give them your full attention. Make eye contact. Put your phone away. Let them feel seen and valued.

## H

### Have patience

It may take time for someone to open up. Don't rush them or fill the silence. Sometimes quiet moments are where trust is built.

## U

### Use open questions

Move beyond yes-or-no questions. Instead of "Are you alright?" try "How have you been feeling lately?"

## S

### Say it back

Reflect what you've heard to check understanding, without interrupting or offering solutions.

## H

### Have courage

Listening to someone's pain can feel uncomfortable. Sometimes they won't be ready to talk. Letting them know you're there, still matters more than you might realise.

## Being Heard Matters More Than Being Fixed

One thing I've learned as a Samaritan, through Share the Weight, and the hard way as a husband and a dad, is that most of us don't want advice.

These small actions can make a real, and sometimes life-saving difference.

**Andy Baines Vosper**  
*Power of Men Columnist:*  
Linkedin andyvosper





# ROMA REFUGEE TO MBE

## HOW CAN I BE KIND?

*“How can I be kind? Because I know the cost of cruelty.”*

Toby Gorniak was born Roma in Poland and grew up facing violence, racism and humiliation. Teachers beat and mocked him, and at eleven he was attacked by a racist group and left in a coma. Instead of breaking him, those experiences ignited a determination to turn pain into purpose.

Arriving in the UK as a teenage refugee, he made a vow: to be the person he once needed - not a hero, just a good human who stands beside the unseen. He found direction through Hip Hop culture and dance, discovering a space where outsiders belonged and potential could be unlocked.

Over twenty years ago, Toby and his wife Jo started a free Saturday dance class in a small church hall with one rule: no one gets left out. Within weeks, hundreds attended. Beneath the music they recognised deeper struggles, trauma, poverty, low confidence and dance became a gateway to belonging and growth.

This work evolved into The Gorniak Method, built on respect, peace, love, unity and fun. It supports children, adults and executives alike, especially those labelled “unreachable.” Toby learned Makaton, adapted music for the deaf community, and stood beside young people until they rediscovered their worth. Many went on to universities, careers in the arts and lives of purpose.

Recognition followed from schools, police, universities and government bodies, along with over fifty awards, including an MBE at Buckingham Palace. Media features and academic research further validated the impact.

At its heart, Toby's story is simple: a boy once told he was nothing chose kindness over cruelty and action over anger. Today he works with people of all ages, reminding them that brilliance exists in everyone and that his journey is only just beginning.

Peace & love,  
Toby



*To connect or book a session, follow @tobygorniakmbe on Instagram, TikTok, Facebook and LinkedIn.*

# The Beard Care Men Settle On.



Used by Jesse Leach  
of Killswitch Engage

**Softens the beard. Calms the skin. No nonsense.**

**Handcrafted in Scotland since 2012.  
Trusted worldwide by thousands of men.**



*Braw Beard*  
[www.brawbeard.com](http://www.brawbeard.com)

Start Your Beard Properly



Use code POM10 for  
10% off your first order



# PAUL VENIS

THE FIGHT THAT  
SAVED MY LIFE

*Power of Men speaks with Paul Venis* - A feared bare-knuckle fighter with over 30 K1 kickboxing bouts and almost as many knockouts. He has been crowned British, European and World Champion across combat sports. But behind the titles is a story far more brutal than anything he's faced in the ring.

"Wherever I am today is because of what I've overcome," Venis says. "The trauma, the mental health problems, the stuff that nearly killed me or put me in prison. I overcame that with determination, drive and having a strong personality."

## *A Childhood Shaped by Violence and Loss*

"I was badly beaten as a kid by older lads and people bigger than me. I also found my auntie dead from a heroin overdose when I was a young child. That left a scar on me that never went away.

"By secondary school, I realised I was big, strong and capable. But because of everything I'd

been through, I'd lost touch with my conscience. I became ruthless in my thinking.

"In my head, I thought I was taking control. I wasn't going to be bullied or laughed at anymore. So, I became the bully. I'd attack people, bash people, and I wouldn't think twice.

That path led to crime, power and ego. By 16 years old, I was heavily involved in criminality - violence, control and reputation. I had a strong hold on my area; it changed my heart and turned me into someone dangerous and unstable."

## *Addiction, Mental Illness and Losing Reality*

"I'd always struggled with mental health - obsessive, addictive thinking. Then the drugs came: cocaine, crack, weed, tablets, amphetamines. By the time I was 19 years old, I was using constantly - every day, every hour.

"Everything I'd buried with control and violence came to the front of my mind. I was losing touch with reality. I wasn't afraid of dying, I wasn't afraid of dying, I wasn't afraid of prison, and I was being sectioned."



At 21, Venis reached breaking point.

"I took around 70 sleeping tablets with a cheap bottle of wine and went into an abandoned house to die. I felt myself dying: I was sick of hurting everyone. I thought ending it was the only way out. I woke up 14 or 15 hours later after vomiting most of it up. I still don't know how I survived. God chose a different path for me."

## *Prison: The Turning Point*

"Not long after that, I went to prison for firearms offences. I got just under five years. Prison is what turned my life around.

"I had time to think about who I was and who I'd become. I didn't like myself. I was ashamed. But I realised I wasn't a bad person; I was struggling with mental health and addiction.

"In prison, I joined Narcotics Anonymous and worked a 12-step programme. I asked to go on a therapeutic wing. There are more drugs in prison than on the outside, but I chose recovery.

"For someone like me, big, known and not afraid - prison was easy - that scared me. I had a wife and kids on the outside. I could've stayed in there forever, and that terrified me!"

*After release, Venis turned to combat sports with a clear head for the first time.*

"I walked into a gym clean, sober, no ego, different mind and a different heart. I realised I was made to be a fighter, but now I could control it and harness it. Fighting gave me structure, purpose and discipline - It saved my life."

Venis is clear that fighting is misunderstood. "Street toughness is a fantasy, real fighting is skill, repetition and intelligence - it's controlled chaos."

*Despite the success, the mental battle never disappears.*

"After fights, the adrenaline wears off, I crash, I feel low and I second-guess myself.

I still struggle with that, but the difference now is control. The madness I live in now is positive, before, it would've killed me."

Venis doesn't talk about "suffering" anymore. Every morning, he works on his mind.

"I pray, meditate and write a gratitude list. Ten things I'm grateful for, including things about myself. Mental health destroys self-worth. Gratitude equals peace and peace equals humility. That routine saves me every day."



## GIVING BACK

Now, he's focused on helping others. "Too many lads come out of prison with £90 and nowhere to go. We want to offer structure, gyms, talks and accountability, not handouts. I've been addicted, sectioned and imprisoned. I know what it takes to survive."

Today, life is simple. "I do my routine, drink coffee, eat, mess about on YouTube, then family life takes over. That's the win. I can look in the mirror now and know I'm a good man. Fighting didn't just make me a champion. It set me free."

@paulvenisofficial22

HOW ONLINE FITNESS CULTURE  
IS SHAPING YOUNG MEN

# BRO SCIENCE, FIVE-MINUTE ABS & STEROIDS





Social Media feeds overflow with “New Year, New Me” transformations, extreme challenges, and miracle shortcuts. For young men already struggling with confidence and identity, this noise often fuels insecurity rather than motivation. While attention usually lands on toxic influencers, the deeper issue is online fitness culture and how it shapes body image, self-worth, and expectations of health.

Even after decades in health and wellbeing, separating real science from “bro science” can be difficult. If it’s confusing at 52, imagine being 16, where the line between healthy interest and harmful obsession easily blurs.

Young men are surrounded by images of shredded physiques and permanent six-packs - bodies often genetically rare, chemically enhanced, or digitally edited, yet presented as normal. The message is subtle but powerful: this is what a man should look like. For developing boys, that comparison can be brutal. Confidence drops, anxiety rises, and for some, the pursuit of the “perfect” body becomes relentless.

## Training Without a Brake Pedal

Social media promotes punishing workouts, double sessions, and advanced training methods sold to beginners. Young men feel pressure to go harder, train longer, and ignore fatigue, often without coaching or recovery.

The result? Injuries, burnout, and a warped idea of what “being fit” actually means. Progress takes time. Strength is built gradually. Rest isn’t weakness, it’s part of the process.

## Steroids & PEDs

One of the most worrying trends is the normalisation of performance-enhancing drugs. Many influencers hide steroid use, creating the illusion that extreme physiques are natural. Young men chasing unrealistic results often turn to dangerous shortcuts.

Steroids don’t just build muscle, they can cause heart damage, infertility, liver disease, hormonal disruption, aggression, and long-term mental health issues. For developing bodies, the risks are even greater.

## You Are What You Eat... Or Are You?

Nutrition online has become extreme. One influencer swears by carnivore. Another demonises carbs. Another pushes detoxes, fasting, or “anabolic” meal plans.

What’s missing? Context, balance, and individual needs.

Young men copying rigid diets without guidance risk nutrient deficiencies, hormone disruption, poor energy levels, and the early signs of disordered eating, all in the name of getting leaner, faster.

Real health doesn’t come from extremes. It comes from consistency, variety, and understanding your body, something no algorithm can teach.

## The Mental Health Cost

Muscle dysmorphia - the feeling of never being “big enough” - is rising rapidly. When identity becomes tied to appearance, anxiety, depression, obsession, and isolation can follow.

Fitness should build confidence, not destroy it.

## Parents matter more than algorithms.

Talk openly about fitness content. Watch for warning signs - extreme dieting, obsessive training, secrecy, rapid changes. Encourage balance, rest, and self-worth beyond appearance.

Most importantly, remind boys that insecurity is normal and talking about it is strength, not weakness. Real fitness builds bodies. Healthy fitness builds lives.

**And young men deserve both.**



**Richard Pomfrett**  
Power of Men Columnist:  
boyz-2-men.org.uk





# THE CUT ABOVE

## WHY GOULD BARBERS IS DEFINING THE FUTURE OF UK GROOMING

The UK's male grooming market has an exciting new franchise opportunity, but standing out requires more than just a great haircut - it demands strategic location and operational scale. Enter Gould Barbers: the largest barber brand in the UK and the exclusive in-store Barber of retail giant Tesco. With over 50 barbershops nationwide and more than a decade of proven success, Gould has masterfully combined the artistry of traditional barbering with the unparalleled convenience and footfall of modern retail. This is not just a shop; it's a high-performance business model built on trust and partnership.

The core of the Gould Franchise advantage lies in its unique retail collaboration. Their flagship "Inside Tesco" model offers access to unrivalled daily footfall, loyal weekly shoppers, and high-visibility locations - eliminating the guesswork of site selection. The numbers speak for themselves: over 55,000 monthly clients, 70% returning customers, and robust 20% year-on-year growth driving £10 million in annual sales. Top locations even boast monthly revenues exceeding £60,000. For ambitious entrepreneurs, this is a ready-made formula for high return on investment.



## OUR FRANCHISE PARTNERS

Gould Barbers understands that one size doesn't fit all.

Franchise partners can choose from multiple flexible models: the high-visibility Pod Shop, a classic Traditional High Street presence, the elevated Premium Concept, or the Fully Managed Solution for hands-off investors. Crucially, you don't need to be a barber to join.

Gould provides comprehensive, full-spectrum support, covering everything from site selection and a fast, turnkey fit-out to staff recruitment, technical training, and ongoing marketing. With potential access to over 50% funding through trusted finance partners, there's never been a better time to invest in the cutting edge of British barbering.



[gouldbarbers.co.uk/franchise](http://gouldbarbers.co.uk/franchise)



# THE SLICKEST FRANCHISE

JOIN THE CUTTING  
EDGE OF BRITISH  
BARBERING

REGISTER YOUR INTEREST TODAY:  
[GOULDBARBERS.CO.UK/FRANCHISE](https://gouldbarbers.co.uk/franchise)





# FROM SERVICE TO SACRIFICE

## SUPPORT BEYOND THE UNIFORM

For many men, joining the Armed Forces is one of the proudest decisions they'll ever make. It's about duty, brotherhood, purpose and identity. You learn to stand tall, to be disciplined, to look out for the man beside you.

But what happens when the uniform comes off?

The day a veteran leaves service, the world changes overnight. Structure disappears, routine fades, and the tight-knit community that once felt unbreakable is suddenly miles away. For some men, that transition feels harder than any battlefield they've ever faced.

At Power of Men magazine, we believe veterans deserve more than a handshake and a thank you. They deserve real understanding, real opportunity and real, lasting support.

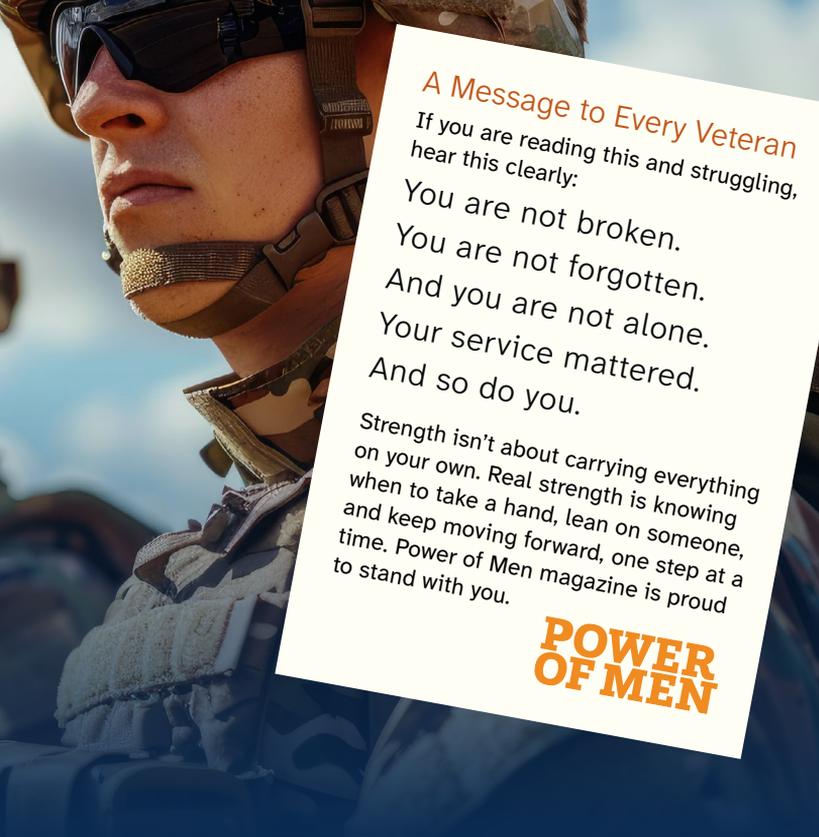


### The Hidden Battles

*The struggles veterans face are invisible:*

- Post-traumatic stress and trauma
- Anxiety, depression and sleepless nights
- Physical injuries
- Loss of purpose and identity
- Financial and employment struggles
- Relationship breakdowns
- Isolation and loneliness

For years, many veterans were told to “crack on,” to keep quiet, to be tough. In service, that mindset can save lives. In civilian life, it can trap men in silence, and silence is dangerous.



### A Message to Every Veteran

If you are reading this and struggling, hear this clearly:

- You are not broken.
- You are not forgotten.
- And you are not alone.
- Your service mattered.
- And so do you.

Strength isn't about carrying everything on your own. Real strength is knowing when to take a hand, lean on someone, and keep moving forward, one step at a time. Power of Men magazine is proud to stand with you.

**POWER OF MEN**

## HELP IS HERE

### SUPPORT FOR VETERANS

If you or someone you know needs help, these services are available right now:

**Veterans' Gateway** – first point of contact for all UK veterans' services  
Call: 0808 802 1212  
[www.veteransgateway.org.uk](http://www.veteransgateway.org.uk)

**Combat Stress** – specialist mental health support for veterans  
Call: 0800 138 1619 (24/7)  
[www.combatstress.org.uk](http://www.combatstress.org.uk)

**The Royal British Legion** – financial, emotional and practical support  
Call: 0808 802 8080  
[www.britishlegion.org.uk](http://www.britishlegion.org.uk)

**SSAFA** – The Armed Forces Charity – welfare and family support  
Call: 0800 260 6767  
[www.ssafo.org.uk](http://www.ssafo.org.uk)

**Veterans Aid** – support for homeless and at-risk veterans  
Call: 020 7828 2468  
[www.veterans-aid.net](http://www.veterans-aid.net)

**NHS Veterans' Mental Health Services**

## Medical Care and Rehabilitation

The NHS offers treatment for service-related conditions. Specialist programmes provide:

- Prosthetics and mobility rehabilitation
- Pain management services
- Trauma-informed mental health treatment
- Drug and alcohol recovery support

## Counselling and Mental Health

Talking isn't easy for men trained to be strong and self-reliant. But reaching out is one of the bravest things a veteran can do.

Organisations such as The Royal British Legion, SSAFA and Combat Stress exist to make sure no veteran has to fight their battles alone.

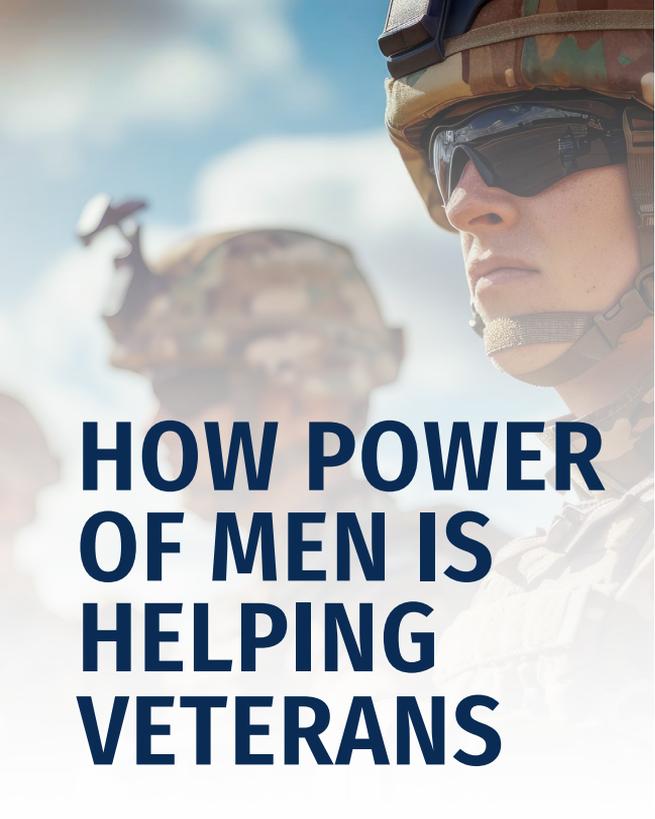
## Homeless and At-Risk Veterans

No man who served his country should ever sleep on the streets yet too many do. Across England, dedicated services offer:

- Emergency accommodation
- Supported housing
- Help with benefits and rent
- Outreach teams for rough sleepers
- Pathways back into employment

Charities like Veterans Aid, Stoll and Alabaré are there to catch men before they fall, and to help them stand again.





# HOW POWER OF MEN IS HELPING VETERANS

Power of Men magazine is committed to standing shoulder to shoulder with veterans.

## We aim to:

- Break the stigma around veterans' mental health
- Share honest stories that inspire hope
- Highlight real services available across England
- Encourage men to reach out before crisis point
- Connect veterans with practical support
- Work with employers to create opportunities
- Champion community projects that support ex-service men
- Develop and deliver a tailored Power of Men programme specifically for veterans – providing tools, guidance and access to the right services at the right time

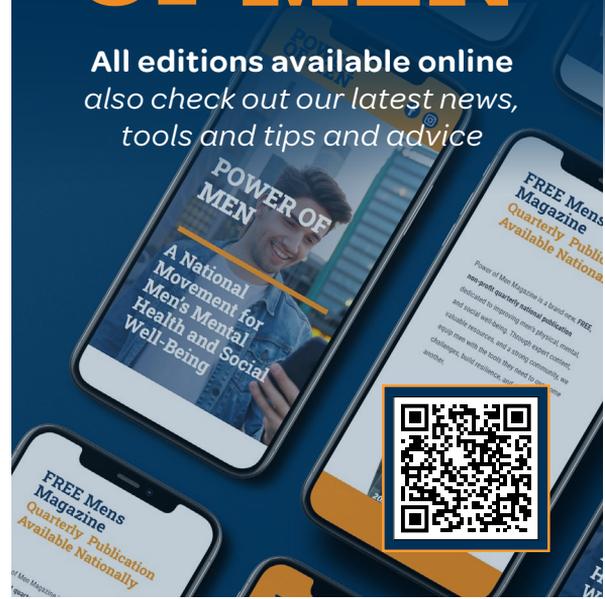


**Our mission is simple:**  
To make sure that when the uniform comes off, the support never does.

**POWER OF MEN**

# POWER OF MEN

All editions available online  
also check out our latest news,  
tools and tips and advice



## LOCAL PROJECTS LOCAL MEN

### KEEPING BUSY IN RETIREMENT!



Lancashire friends Steve and Mark are proving retirement is the perfect time for a new gear!

Trading quiet afternoons for a garage full of grease, as they build their first kit car from the ground up. Beyond the mechanics, they are also navigating social media to share every trial, error, and triumph.



salty\_dog\_outlaws

### ARE YOU WORKING ON A PROJECT?

Share your journey and experiences  
Local@PowerOfMenMagazine.co.uk



# INVISIBLE BATTLES: LGBTQ+ MEN & MENTAL HEALTH

BECAUSE BEING YOURSELF SHOULD NEVER  
COST YOUR WELLBEING.

Many men hide mental health struggles behind silence or pride. For LGBTQ+ men, those struggles are often intensified by stigma, rejection, and years of feeling unsafe or misunderstood. Progress has been made, but many still live without full acceptance. This isn't politics - it's people, mental health, and lives.

## The Hidden Weight

Research shows LGBTQ+ men experience higher rates of anxiety, depression, PTSD, substance misuse, self-harm, and suicidal thoughts. Much of this stems from minority stress - the constant pressure of discrimination, fear of rejection, and the need to hide identity. Over time, this can lead to isolation, low self-worth, and emotional numbness. Many simply assume it's "normal life."

## Knowing the Impact

Mental health challenges are not caused by identity, but by how society responds to it. Common difficulties include anxiety, depression, trauma, body image issues, and relationship strain.



## Where We Stand

Power of Men stands for inclusion, dignity, and accessible support. Mental health has no sexuality, and strength has no single identity.

**You are not broken.  
You belong. Help is here.**

## Finding Support

Healing begins with safe spaces and connection:

- **Talking** to someone trustworthy
- Building a "chosen family"
- Reducing harmful coping habits
- Staying active and grounded
- Accessing professional support

## UK Support

- Switchboard LGBTQ+ 0800 0119 100
- MindOut 0300 772 9855
- LGBT Foundation 0345 330 3030
- Galop (abuse & hate crime support) 0800 999 5428

# YOU'RE NOT ALONE

## SERVICES & SUPPORT

### IN AN IMMEDIATE EMERGENCY: CALL 999

If you are unable to speak when you call 999 from a mobile, listen to the operator's questions and if prompted, press 55. This lets them know it's an emergency and you aren't safe to speak.

### OR TEXT 999 (after you have registered):

#### Text 999.

In your text, state:

- Who? (Police, Ambulance, Fire and Rescue, or Coastguard)
- What? (Briefly describe the emergency)
- Where? (Give the exact location, including road name, house number, postcode, or nearby landmark if possible).

Wait for a reply. The emergency service will either ask for more information or tell you that help is on the way. Do not assume your message has been received until you get a reply.



### REGISTER 999 TEXT

- Text the word “register” to 999.
- You will receive an automatic text reply
- Reply to this message by texting “yes” to confirm registration
- You will then receive a text confirming your successful registration

### NHS & Professional Help

**NHS 111 (Mental Health): Call 111 and press “Option 2: (24/7 FREE) urgent mental health support and crisis intervention.**  
[www.nhs.uk](http://www.nhs.uk)

**NHS Talking Therapies: (IAPT)** Free counselling and CBT – self-referral available via.  
[www.nhs.uk](http://www.nhs.uk)

**Samaritans: 116 123 (24/7 FREE)** confidential emotional support [www.samaritans.org](http://www.samaritans.org)

**Shout Crisis Text Line: Text “SHOUT” to 85258 (24/7 FREE)** Confidential text support service for anyone experiencing a mental health crisis. [www.giveusashout.org](http://www.giveusashout.org)

#### Mind: 0300 123 3393

For advice and information on local services.  
[www.mind.org.uk](http://www.mind.org.uk)

**Calm: 0800 58 58 58** Helpline & webchat for men. Open daily 5pm–midnight.  
[www.thecalmzone.net](http://www.thecalmzone.net)

#### Rethink Mental Illness: 0808 801 0525

Advice line and support groups for people living with mental illness. [www.rethink.org](http://www.rethink.org)

**SANEline: 0300 304 7000 (4pm to 10pm daily) or text 07984 967 708** support and information for anyone affected by mental illness.

### Age Specific

**Childline: 0800 1111 (24/7 FREE)**, For children and young people under 19. The number won't show on your phone bill.

**PAPYRUS HOPELineUK: 0800 068 4141 or Text: 0786 0039 967 (24/7 FREE)** Under 35's: having thoughts of suicide, or for anyone concerned about a young person.

**The Silver Line: 0800 4 70 80 90 (24/7 FREE)**, Confidential helpline for older people providing friendship, conversation, and support.

## NON EMERGENCY NUMBERS

101 - Police Non-Emergency | 105 - National Power Cut | 111 - Medical Advice Non-Emergency

## Veterans & PTSD

**Combat Stress: 0800 138 1619 (24/7 FREE)** Specialist support for veterans with PTSD, anxiety, or depression.  
[www.combatstress.org.uk](http://www.combatstress.org.uk)

### Help for Heroes:

Wellbeing and mental health support for veterans and families.  
[www.helpforheroes.org.uk](http://www.helpforheroes.org.uk)

### PTSD UK:

Information and resources for anyone affected by post-traumatic stress.  
[www.ptsduk.org](http://www.ptsduk.org)

## Domestic Violence Support for Men

### Men's Advice Line: (Respect UK) - 0808 801 0327

Confidential helpline for male victims of domestic abuse.  
[www.mensadvice.org.uk](http://www.mensadvice.org.uk)

### Mankind Initiative: 01823 334244

Support for male victims of domestic abuse.  
[www.mankind.org.uk](http://www.mankind.org.uk)

### Survivors UK: 0203 598 3898

Support those affected by sexual abuse or violence.  
[www.survivorsuk.org](http://www.survivorsuk.org)

## Crime & Victims

### Victim Support: 08 08 16 89 111 (24/7 FREE)

For victims and survivors of any crime, regardless of when it occurred or if reported to the police.

### Crimestoppers: 0800 555 111

To report a crime anonymously.

### Action Fraud: 0300 123 2040

(Mon, Fri) To report fraud or cybercrime.

## Addiction & Recovery

### Narcotics Anonymous UK:

**0300 999 1212**  
Support for recovery from drug addiction.  
[www.ukna.org](http://www.ukna.org)

### GamCare: 0808 8020 133

**(24/7 FREE)** Support and helpline for gambling problems.  
[www.gamcare.org.uk](http://www.gamcare.org.uk)

### Gamblers Anonymous (GA):

**0330 094 0322**  
12-step programme to recover from a gambling problem.

### Alcoholics Anonymous UK:

**0800 9177 650 - (24/7 FREE)**  
support for anyone struggling with alcohol.  
[alcoholics-anonymous.org.uk](http://alcoholics-anonymous.org.uk)

## Fatherhood & Family

### Dad Matters UK:

Support for dads' mental health, bonding, and parenting.  
[www.dadmatters.org.uk](http://www.dadmatters.org.uk)

### Family Lives: 0808 800 2222

Helpline for parenting, relationships, and family stress.  
[www.familylives.org.uk](http://www.familylives.org.uk)

### HIMfertility: (Fertility Network UK)

Support for men experiencing infertility.  
[www.fertilitynetworkuk.org](http://www.fertilitynetworkuk.org)

## Men-Specific Groups

### Andy's Man Club:

Free peer support groups for men every Monday night.  
[www.andysmanclub.co.uk](http://www.andysmanclub.co.uk)

### Men's Sheds Association:

Community workshops where men connect, share skills, and talk.  
[www.menssheds.org.uk](http://www.menssheds.org.uk)

## Campaigns & Online Resources

### Men's Network Global: A

directory to find in person and online men's groups.  
[www.mensnetwork.global](http://www.mensnetwork.global)

### Movember UK:

Projects supporting men's mental health  
[www.uk.movember.com](http://www.uk.movember.com)

### HeadsUpGuys:

Online tools and strategies for men's mental health.  
[www.headsupguys.org](http://www.headsupguys.org)

### Mental Health Foundation:

Research, advice, and UK-based support.  
[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

## Housing

### Shelter: 0808 800 4444

(Mon to Fri, 8am to 6pm) Free emergency helpline for anyone struggling with homelessness, risk of abuse at home, or are being forced from your home.

## Charity Spotlight

 brook



Your free & confidential sexual health & wellbeing experts

[www.brook.org.uk](http://www.brook.org.uk)

## Information Accuracy Notice

Contact details were accurate at the time of publication. Please verify details before use.

Remember: Reaching out isn't weakness it's strength. Whether it's a call, a group, or a text, support is always there.



# DOMINIC WENNER

## Founder of Alpha21 -

The UK's leading Men's  
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