

POWER OF MEN

Men's Mental Health and Social Well-being

FREE MAGAZINE
2025 SEPTEMBER

**JAMIE CLARKE
EXCLUSIVE**

**WAYNE
LINEKER**
WORK/LIFE
BALANCE

METTLE
NEW MENTAL
HEALTH APP

**EXCLUSIVE
THIS IS ICON
LONDON FASHION WEEK
AWARDS GALA**

PLUS

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FITNESS, FOOD GUIDES
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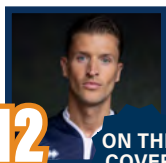
We are a peer to peer support group for men. Come have a brew and a chat!

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Ricky Hatton
1978 - 2025

The Power of Men team are deeply saddened by the news and send our heartfelt thoughts to Ricky's loved ones. He was a brave advocate for mental health, and his courage in sharing his struggles will never be forgotten.

FROM THE EDITOR

Four years ago, I launched Power of Women Magazine CIC to support female mental health. Since then, I've received countless messages from men asking, "What about us?" That question led me on a year-long journey of research into men's mental health - and what I discovered was staggering.

Suicide is the leading cause of death for men under 54. Rates of addiction, depression, homelessness, and untreated trauma continue to rise. But perhaps most shocking is the silence. Men are taught that vulnerability is weakness, when it's actually the greatest sign of strength.

This is why Power of Men Magazine (POM) was born. A free, non-profit publication, designed to provide tools, tips and resources. My mission is simple: to positively impact the mental wellbeing of one million men.

I would like thank some very special people for their support. My mentor, Paul Sanderson, for his daily calls and guidance, I'm so lucky to have you in my life. Darren and Leigh Gould, our distribution partners at Gould Barbers, for helping me put this magazine directly into men's hands. Eric and Martyn Lovemore for your love and support. To my partner Steve Thomas, thank you for your patience and for standing by me through the tears and worries whilst pouring my heart into making this magazine, Julie Bilboe for helping me and Becky Williams, my designer, for turning my vision into this beautiful creation. To all my contributors and columnists - thank you for trusting me. And to you, the readers: **thank you for picking this up**

With love

Claudine

Claudine Hope, Editor in Chief



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THE POWER OF ICON:

FASHION, MUSIC, AND MEN WHO INSPIRE

London Fashion Week always thrums with energy, but when This Is Icon takes over, that buzz turns electric. More than a runway, more than an afterparty, this is where fashion collides with music, culture, and purpose.

Celebrities from film, TV, music, and sport walk shoulder to shoulder with designers and models.



Hosted by international Drag Superstar Michael Marouli, the spectacular evening will see performances from So Solid Crew, Lois Winstone, actress & singer (Game of Thrones) and Maria Rubia, the iconic voice of Fragma's "Everytime You Need Me" Performing as Light Angels. Plus Lindsay Moore, BGTs MD Productions, upcoming star Billie Rekkie and Harrison James, all capturing the essence of the night.

The evening marks the launch of Power of Men magazine, alongside the prestigious This Is Icon Awards. Together, they set the stage for a night where glamour meets authenticity, and culture is celebrated at its highest level.

A Mission Beyond the Catwalk

Founded by Helen Georgio, CEO of This Is Icon and Buzz Talent, explains to Power of Men that This Is Icon was never about creating another glitzy party. From day one, it has been a platform for purpose as much as performance. Emerging designers share the stage with established names, while every ticket sold and every spotlight shone has one goal: to celebrate creativity while championing causes that change lives.

"Talent deserves a stage but so do stories. We celebrate not only the clothes and music, but the men and women whose journeys inspire others," says Georgio.

Now in its eighth year, This is Icon is a cornerstone of Fashion Week: a night of philanthropy, artistry, and resilience.

Celebrating Men Who Inspire:

David Haye Steps Beyond the Ring

Tonight, This Is Icon honours extraordinary individuals. And for Power of Men Magazine, our spotlight falls on the men whose stories ignite resilience, courage, and hope.

This year, one name stands tall: David Haye. Known to millions as a former heavyweight world boxing champion, Haye's fists and fire made him one of Britain's most recognisable sporting figures. But what makes him an icon isn't just the belts he's lifted, it's the battles he's fought once the lights dimmed and the crowd went home.

Haye has spoken openly about the strength it takes not just to step into a ring, but to face life beyond it. Retirement, reinvention, and the silent struggles no audience sees. These are the challenges that resonate deeply at a time when men across the UK are in crisis with their mental health.

True to form, Haye continues to break boundaries. Seven years after hanging up his gloves, he steps onto a new



stage, making his acting debut in *Under The Gun*, a gritty crime drama. And alongside his film career, Haye is launching a health and wellness programme to keep people accountable, helping motivate people to lose weight, rebuild confidence, and reconnect with the best version of themselves.

His journey shows us that real strength is more than titles or trophies. It's about rebuilding when one chapter ends, daring to follow new passions, and having the courage to keep moving forward when the world expects you to stop.

David Haye proves that being an icon isn't about the spotlight. It's about the



unseen battles, with doubt, with resilience, and with the will to rise again.

Power of Men Magazine brings you an exclusive interview with Stuart Trevor

Scottish-born designer Stuart Trevor has long been a trailblazer in fashion. The "rockstar of fashion" and ADHD ambassador made

his mark as the first head of menswear at Reiss, before founding AllSaints in 1994 - a brand whose name was inspired by Roger Moore's *The Saint*. In 2023, he returned with his namesake label STUART TREVOR, launched to huge acclaim and cementing his status as one of Britain's most influential designers.

Fashion weeks are high-pressure environments. How do you personally manage stress and protect your own mental health in such a demanding industry?

I have quite severe ADHD which for me is a superpower. This enables me to manage stress levels by focusing on life goals rather than worrying about them, making quick fire decisions and feeling confident about my life choices

If you could design one piece of clothing as a symbol of strength, resilience, or well-being for men, what would it be, and why?

Everything I design is about strength, resilience and wellbeing - STUART TREVOR produces amazing clothes that make a statement and can change your life forever, turn up at an event, make a positive impact, live an exciting life. As Vivienne Westwood once said "wear interesting clothes and you'll live an interesting life!"

How can the fashion industry collaborate with initiatives like Power of Men to raise awareness and give men tools to look after their mental health?

We love to invite people to join us at events in our design studio in Hoxton, we love to tell stories about strength and confidence- you are what you eat, you are what you wear, and how we're building the world's most

sustainable brand - "there's far too much clothing in the world already so what about a clothing company that doesn't produce any clothing?"

What advice would you give men who struggle with self-confidence or feel overlooked?

Come and meet the team at STUART TREVOR let us teach you about the future of fashion, transform your image and your life whilst making the planet a better place.
www.stuarttrevor.com

This Is Icon also celebrates a diverse group of men who have made a real difference.



Emmanuel Kelly: Turning Adversity Into Impact

Born with underdeveloped limbs from prenatal exposure to chemical warfare, Emmanuel was found as a baby on an Iraqi battlefield and raised in a Baghdad orphanage, his life changed when humanitarian Moira Kelly brought him to Australia for life-saving surgery. At 18, he captivated the world with his moving X Factor performance of Imagine. In 2024, he made

history as the first physically differently-abled artist to perform stadiums, opening for Coldplay's Music of the Spheres Tour - a true symbol of resilience and hope.

Elton Ilirjani - The Fearless Force Behind HANKO

Internationally recognised by his model name HANKO, Elton Ilirjani is a fearless trailblazer on and off the runway. An Albanian-American human rights activist and global fashion powerhouse, Elton commands a following of over 12 million on Instagram. He uses this influence to champion inclusion, celebrate cultural connection, and push for true gender freedom in fashion and beyond.

Pharaoh Farrukh: "Blending Hollywood Glamour with Sustainable Reinvention"

The founder of House of Aristocrats, is rewriting the rules of style. Through the label's Buy-Borrow-Bespoke model, timeless garments are reborn and reimaged, proving fashion can be both luxurious and circular.

Zekaryas Solomon: Bold Vision, Global Recognition

Zekaryas Solomon is a trailblazing, award-winning designer whose work has already secured him a place among Africa's finest. In 2012, he won the prestigious BEFFTA Award for Best Menswear Designer.



Tee Green: A Voice Behind the Legends

With a career spanning three decades and a vocal range of four and a half octaves. His voice features on over 130 albums, contributing to more than 170 million record sales. From Kylie Minogue and Will Young to Lulu and the Lighthouse Family.

Power of Men may put the spotlight on the achievements of incredible men, but the night wouldn't be complete without celebrating the amazing women honoured too.

Trailblazers whose stories continue to inspire. Among those in 2025 are:

- **Susan Boyle** - with an unforgettable voice and a remarkable life story, she remains a symbol of hope and inspiration to millions around the globe.
- **Christine McGuinness** - honoured for her powerful advocacy and tireless work raising awareness around autism.

- **Sam Bailey** - the X-Factor winner whose journey reflects perseverance, resilience, and talent.
- **Denise Welch** - actress, presenter, and outspoken mental health advocate who has helped countless people by sharing her own struggles.
- **Tamzin Outhwaite** - a much-loved actress and cultural figure whose career has flourished across both stage and screen.
- **Gillian Ashcroft** - award-winning entrepreneur celebrated for her dedication to driving meaningful change.

Why This is Icon Matters for Men

For all the flashbulbs and champagne flutes, the night's heartbeat is deeper: it is about recognition. Men like David Haye remind us that success often comes with invisible struggles. In the UK, suicide is the leading cause of death among men under 54. Millions battle with depression, addiction, or the silence of unspoken pain. celebrating men publicly, their achievements, their resilience, their humanity - This Is Icon helps break stigma. It reminds us that being iconic is not just about fame or fashion, but about survival, perseverance, and using influence for good.



"True style is using fashion to make a difference."

Helen Georgio

@thisisicon

www.thisisicon.co.uk



A NEW BLUEPRINT FOR YOUNG MEN?

In a world where young men are bombarded with mixed messages about what it means to be a man, many feel lost and unheard. Richard Pomfrett, founder of The Stay Safe Initiative and the driving force behind the Boyz-2-Men program, believes it's time to create a new blueprint for masculinity—one built on resilience, self-worth, and compassion.

With over 25 years of experience, Richard started his journey in martial arts, learning early on the importance of discipline and respect. Now, he's taking those lessons to schools, colleges, and sports clubs across the UK. He's tackling critical issues like online safety, bullying, and healthy relationships, creating safe spaces where boys can openly discuss manhood and challenge outdated stereotypes.

The need is urgent. With suicide being the leading cause of death for men under 50 in the UK, it's clear that many are struggling to navigate modern life. The Boyz-2-Men program is a lifeline, helping young people feel valued and build positive relationships. Time and again, participants say the program has "changed my life," proving that a listening ear can lead to profound transformation.

Richard's message isn't just for young men; it's for parents, too. He offers a simple but powerful framework: be open, be positive, and be curious. By encouraging honest conversations and showing genuine interest, we can all help young men become the positive role models of tomorrow.

Be Open

Encourage honest conversations, even about uncomfortable topics.

Be Positive

Focus on strengths and possibilities rather than just problems.

Be Curious

Show genuine interest in their world, from friends to online life.



boyz-2-men.org.uk



THE LINK BETWEEN SNORING AND MENTAL HEALTH

Snoring. It's the sound nobody wants to admit to, yet in the UK an estimated 10 million men snore every night.

While it might get brushed off as "just a noise," the science (and the bruises) tell a different story. Snoring doesn't just keep your partner awake it can wreck your physical, mental, and emotional health. For serious snorers, especially those with sleep apnoea, it can even be deadly.

Take our very own Paul Sanderson from the Power of Men team: "I remember going to my doctor and saying 'My wife is sick of me snoring, and I'm getting sick of her

complaining about it.'" The doctor laughed. 'Yep, I see this all the time. You're not the only one, mate. I get at least 10 others a week with the exact same complaint.'"

Funny? Maybe. But behind the comedy of "snore rage" is something much darker. Paul noticed he was constantly exhausted, even after what he thought was a decent night's sleep. His mood was sinking, his energy was shot, and both he and Mrs. S were struggling.

Determined to get answers, he did a sleep test. The results were jaw-dropping: in just 6.5 hours, Paul stopped breathing 38 times per hour. The longest pause? Over a minute. He was only getting 35% of the oxygen

his body needed. No wonder he was wiped out.

Sleep apnoea and chronic snoring can fuel depression, anxiety, irritability, exhaustion, and relationship breakdowns. In fact, more than 4 million couples in the UK sleep in separate beds, with 30% blaming snoring as the deal-breaker.

The silver lining? There are some great solutions and tech available to help. Companies like Zeus offer innovative anti snoring devices which are developed by the NHS and are recommended by leading sleep experts.

Paul recommends Zeus Sleeps - break through technology with 15 years of research and guaranteed to improve your sleep. Use POM10 at the check out for an exclusive discount for Power of Men Magazine readers: paul@powerofmenmagazine.co.uk.

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JAMIE CLARKE

POM EXCLUSIVE INTERVIEW



Claudine Hope
Editor at Power of Men

Can you tell us how your journey in football began, and when did you realise it was more than just a passion?

I wasn't interested in football at first, but around the age of six, I started kicking a ball around with friends in the garden - and it quickly became an obsession. My dad and grandfather began teaching me properly, and I joined my school and local teams. By 12,

I was playing at county level, and at 14, I joined the England and GB Deaf Football Teams.

That's when I realised it was more than just a passion - it became my purpose. Playing for my country, representing the deaf community, and leading the team out onto the pitch is a huge honour. There's no better feeling than putting on the England shirt. That's when you truly understand it's bigger than the game - it's



about pride, identity, and inspiring others.

What were some of the biggest challenges you faced growing up as a deaf footballer?

Growing up, I played in mainstream football and was often the only deaf player on the pitch. I didn't join the England Deaf Football Team until I was 17, so throughout my younger years, I faced many barriers, not just with communication, but with discrimination too.

I was subjected to a lot of discrimination: name-calling, shouting, and derogatory

insults from opponents. They tried every trick in the book to get into my head. It wasn't just poor sportsmanship, it was targeted and relentless, simply because I was different. Referees often ignored it,



and I had no support during those days. I had to deal with it myself, and that wasn't easy.

At times, it was deeply hurtful. But thankfully, I've always been quite resilient. I'm thick-skinned, and I focused all that energy on playing well and scoring goals. That became my way of silencing the noise, letting my performance speak for itself. And when those same players came to shake my hand after the match, I'd politely decline.

Things have improved slightly over the years, but unfortunately, discrimination still exists. Some people continue to be unkind, and

that's something no one should have to put up with. Deaf players don't want sympathy, we want fairness, respect, and a level playing field. We just want to enjoy the sport like everyone else.



You do have to be mentally strong, but it shouldn't be a requirement just to cope with abuse. Hopefully, with more awareness and continued conversation, we can eliminate this behaviour altogether. We have to do better - for the next generation.

What does it mean to you personally to captain the England Deaf Football Team?

Being named captain of the England and GB Deaf Football Teams was an incredibly proud and emotional moment for me, a dream come true! It's a rare honour, and while I felt fortunate, I also knew I had earned it and was ready to take on the responsibility.

I've now captained the teams since 2015, and every time I lead the squad onto the pitch, it still gives me goosebumps. It's more than just wearing the armband, it's about supporting the team, making sure everyone is prepared, focused, and united. I take great pride in the leadership role and everything it represents. It's a big responsibility, and I truly love every part of it.

Being a captain and role model can be demanding, how do you look after your own mental and emotional wellbeing?

My mental and emotional resilience has been shaped by life experiences. From a young age, I had a strong

circle of friends, a passion for football, and began modelling at 18, all of which helped me build confidence and prove that deaf people can achieve anything. Moving to America alone at 22 pushed me even further outside my comfort zone and strengthened that self-belief.

As a captain and role model, I regularly support teammates, parents, and others who reach out for advice. I don't find it overwhelming, I actually find it rewarding. Helping others gives me purpose.

I manage pressure by staying grounded, being myself, and offering support wherever I can. Even with a busy life, I make time to respond to messages and stay connected. For me, maintaining strong mental health is about staying true to who I am and knowing that I'm making a positive impact.

How did you get into modelling?

It all started when I attended a fashion show in Birmingham with my sister. Someone approached me and asked if I was a model - I wasn't, but they gave me details for the Alan Sharman Agency. I visited them, and they immediately put me on their books. I was amazed, suddenly I was a model.

After a couple of years, I wanted a bigger challenge and went to London to visit walk-in agencies. Most said no, but one said yes and that changed

everything. I signed with PRM Agency and began working on major campaigns.

Soon after, I set my sights on the U.S. An agency in New York, Soul Artist Management, flew over to London to meet me. The boss loved my look, called it “very British,” and after a full team vote, they signed me. That’s when my modelling career reached a whole new level.

You recently won UK Male Top Model title, which led you to the finals of Manhunt International in Thailand - how was the experience, and what challenges did you face?

Winning UK Male Top Model was a huge achievement, and representing the UK at Manhunt International in Thailand was incredible. I love travelling, and visiting such a vibrant country made it even more special.

Being the only deaf contestant, communication was a challenge, but interpreters made a big difference. Despite tough global competition, the contestants supported each other, and there was a real sense of family amongst the contestants. I didn’t win the overall title, but I was honoured to be named Best European Model and proud to represent my country on the world stage.

Do you see yourself staying involved in sport after you’re playing career ends - perhaps through coaching or advocacy?

Yes, absolutely. I’ve been asked this a lot recently. Football will always be a big part of my life, and while I still plan to play for a few more years, I’ve already been invited to join the England FA coaching team, which could open the door to a future in coaching. I’m naturally competitive and also enjoy other sports, so staying active, healthy, and being a positive role model for younger athletes is something I’m committed to continuing.

What are your hopes for the future of deaf football in the UK and around the world?

My biggest hope is for true equality and visibility in deaf football, both in the UK and globally. I want to see more coverage in mainstream media, more support from national football bodies, and real professional opportunities for deaf players. Too often, I’ve been overlooked by scouts purely because I’m deaf, even after scoring goals and giving standout performances. That kind of rejection needs to be a thing of the past.

Thankfully, representing England and Great Britain has allowed me to prove what’s possible. I’m proud of that, but we need to open more doors for the next generation. Deaf footballers deserve to be seen, supported, and celebrated, not just for what they overcome, but for what they bring to the game. It’s time the world recognised our talent, not our limitations.



To find out more about disability football

<https://www.EnglandFootball.com/play/disability-football>



Check out Jamie: Instagram @
jamieclarke_9



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STRONG IN MIND, STEADY IN HEART

INSIDE METTLE, THE GROUNDBREAKING MENTAL FITNESS APP BUILT BY A TOP TV EXECUTIVE AND BEAR GRYLLS.

Why Bear Grylls and I Built a Mental Fitness Lifeline for Men.

I never thought I'd be the one talking about mental health. Not in public. Not in print. Not in this magazine.

I was a top TV executive with a stable of shows including *The Apprentice*, *Grand Designs*

and *The Undateables*. My job was to make other people's stories shine - not my own. Like so many men, I wore the mask. The one that says "I'm fine" even when I wasn't.

The truth? I was running on fumes. The deadlines, the pressure, the grind - I told myself I could handle it. That's what we're taught, right? Push

through. Don't show weakness. Until one day, pushing through pushed me over.

The Moment Everything Changed

I remember it clearly. Sat at my desk, staring at a screen, I couldn't think straight. No dramatic collapse, just a fog. A heaviness. No feeling at all.

And for me, that was scarier than anything.

It was a wake-up call. I needed help. But I didn't know where to start. If I, with all my resources, didn't know... how was the average bloke supposed to?

Why Men Are Struggling

Here's the hard truth: suicide is the leading cause of death for men under 54 in the UK. More men die from it than from road accidents, cancer, or heart disease in that age group.

The problem isn't that men feel less pain, it's that we talk about it less, seek help less, and often don't have solutions built for us.

When men do reach out, it's often at crisis point. That's too late. We need ways to keep mentally fit before we get there.

From Idea to Action

That's when Mettle was born. I teamed up with Bear Grylls - yes, the guy who's eaten grubs on TV and climbed Everest. What people don't know is he's as passionate about mental resilience as physical adventure.

Together we asked: What if there was a place just for men? A toolkit to handle life's knocks before they flatten you?

We'd made TV shows together, but we were also fans of meditation, breathwork and mindset training. We saw

nothing out there designed for men, their needs, and their time pressures. So we built the first ever men-only toolkit for resilience - simple tools you can use in minutes a day.

Why Mettle Is Different

Mettle isn't just another wellbeing app.

- Clinically validated: First men's mental health product with early-stage NHS approval.
- Stigma-busting: No fluffy jargon, just straight talk and practical tools.
- Built for real life: Use it in the van before a shift, on your lunch break, or while waiting to pick up the kids.
- Proven results: Already used by men worldwide, including in the military and sports.

The Bigger Vision

The app is just the start. We're working on an AI companion that learns your needs, spots warning signs early, and guides you to the right support, whether that's self-guided tools, a therapist, or a local group.

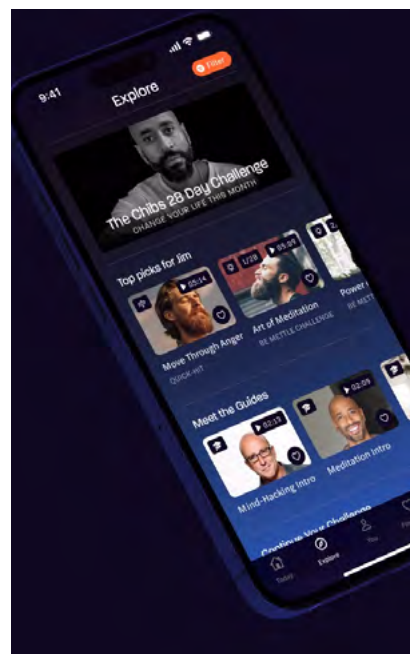
Our goal: no man slips through the cracks. And we want to take Mettle global, from the construction worker in Australia to the soldier in the US. Anywhere men are silently struggling, we want to be there.

Why This Matters to Me

This isn't business for me. It's personal. I've been that man

putting on a front, not knowing where to turn, and not wanting to talk even if I did.

If I'd had Mettle back then, maybe I'd have caught myself before I hit the wall. Maybe I'd have learned that looking after your head is no different than looking after your body.



“We don’t just want to fix men when they’re broken - we want to keep them mentally fit in the first place.”

Try Mettle and build the resilience to be the best version of you. Ready for whatever life throws your way, with a strong mind and a steady heart.

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ADULT COURSE GUIDE 2025/26



POM SPEAKS TO GARETH SUTTON

VICE PRINCIPAL OF WEST LANCASHIRE
COLLEGE, ON RESILIENCE AND WELLBEING



Gareth Sutton, West Lancashire College Vice Principal, is a leader who believes in shaping futures.

He's passionate about creating opportunities that matter, whether that's helping students build confidence, connecting education with

industry, or supporting staff. What stands out is his commitment to people. From championing community projects to encouraging students to speak openly, he understands education is about more than grades. It's about resilience, ambition, and wellbeing.

In this interview we asked Gareth to share his thoughts on men's mental health in education, offering a powerful perspective on challenges faced by teachers and students.

Many male teachers feel pressure to “stay strong” and not show vulnerability. How can colleges create a culture where asking for help is seen as a strength, not a weakness?

Colleges can lead by example. When senior staff openly share their own challenges and model reaching out for support, it sends a powerful message that vulnerability is part of strength. Building structured peer networks, wellbeing champions, and safe spaces for open conversations helps normalise support-seeking, making it part of everyday college culture rather than a last resort.

Do male teachers face unique mental health challenges, and what more can be done to support them?

Yes, particularly the pressure to be a “role model” while managing personal challenges. There can be fewer informal outlets for men to talk about feelings. Colleges can help by creating targeted men's wellbeing groups, offering male mentors, and challenging outdated stereotypes of masculinity in the workplace.

What common themes do you hear from male students when they open up about struggles, whether that's stress, anxiety, or life outside college?

Young men often talk about pressure to “succeed quickly,” whether academically, in sport, or financially. They also speak about isolation, uncertainty around their future, and difficulties balancing college with part-time jobs or family responsibilities.

What advice would you give to your students in this situation to help them feel less stressed and anxious?

I'd encourage them to break things down into small, manageable chunks rather than feeling overwhelmed by the bigger picture. Simple habits like getting enough sleep, exercising, and taking regular breaks can make a huge difference. Talking to someone they trust, a tutor, friend, or family member, is also key. Most importantly, I'd remind them that stress and anxiety are normal responses, not personal failings, and that seeking help is a sign of strength, not weakness.

What role do you think education leaders across the UK should play in tackling the national crisis in men's mental health?

Education leaders should treat male mental health as a

priority, not an add-on. That means embedding wellbeing into strategy, investing in staff and student mental health resources. We must also use their platforms to normalise conversations about vulnerability and resilience.

How has your own career journey - from apprenticeship to leadership - shaped your perspective on resilience and supporting others?

Coming through an apprenticeship gave me real insight into the pressures young men face around proving themselves. As I moved into leadership, I've learned that resilience isn't about “toughing it out” but about building networks of support, reflecting, and knowing when to step back. That perspective drives how I support colleagues and students today.

If you could give one piece of advice to male students about building a healthy mindset for their future, what would it be?

Don't confuse silence with strength. The strongest people I know are those who reach out, share, and learn from others. Invest in your mental wellbeing the same way you would your fitness or career - it's the foundation that everything else rests on.





DT HUGHES FOUNDATION IS

TACKLING MEN'S MENTAL HEALTH IN CONSTRUCTION INDUSTRY

The DT Hughes Family Group is a long-established, family run contracting business in Liverpool, founded in 1984 by Dave Timothy Hughes, CEO.

A leading service provider in the North West, specialising in civil engineering and construction, with core operations in the electric network, telecommunications, and domestic building.

The company prides itself on its family culture, long-term client relationships, and commitment to community and environmental impact.

The construction industry is the backbone of Britain shaping our cities, building

homes, powering businesses and schools. But behind the high-visibility jackets lies a hidden crisis: men in construction face one of the highest suicide rates of any UK profession. Data shows they are three times more likely to take their own lives than the national average. According to the Office for National Statistics, two construction workers die by suicide every working day. Long hours, job insecurity, physical strain, and a "macho culture" that discourages openness all contribute to poor mental health.

A Foundation Born from Tragedy

David Hughes, COO of DT Hughes Group, and family were devastated after losing three members of his workforce to suicide. Determined to prevent further loss, he founded the DT Hughes Foundation a not-for-profit CIC dedicated to tackling the mental health crisis in civil engineering and construction. Its mission: to raise awareness, provide education, and encourage men to

#EMBRACEYOURWORTH.

Breaking the Stigma on Site
Construction culture has long



Power of Men Columnist

been dominated by phrases like “man up” or “crack on”. Workers often hide their struggles. David recognised that change had to begin on-site. The Foundation now delivers group sessions, workshops, and awareness training, proving that vulnerability is strength, not weakness.

The Foundation collaborates with organisations and individuals with lived experience and expertise, including those tackling addictions beyond drugs and alcohol, such as gambling, shopping, and digital dependence.

Practical, Life-Saving Support
The Foundation provides:

- On-site workshops to spot signs of stress, anxiety, and depression.
- Training for managers to handle sensitive conversations and signpost workers.
- Partnerships with mental health professionals who understand the industry.

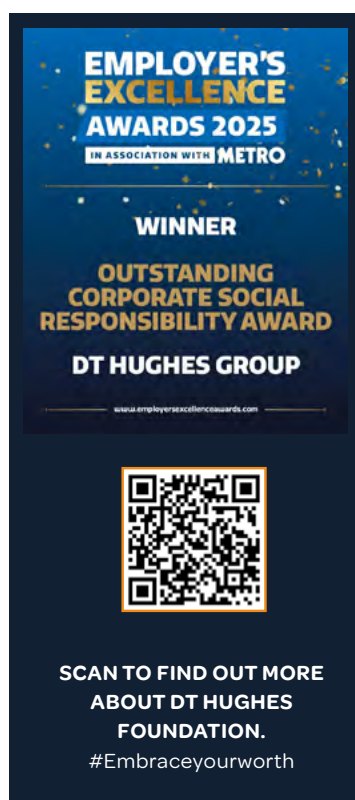
- Campaigns and events that encourage open discussion
- Guidance for staff who don't know where to seek help.

A Growing Movement

Construction is a tough industry, long hours, demanding work, and time away from family often fuel stress and isolation. The Foundation ensures workers no longer feel alone in these struggles.

Looking Ahead

David Hughes believes civil engineering and construction can lead the way in transforming how society addresses men's mental health. If one of the toughest industries can show compassion, it can inspire change everywhere. The DT Hughes Foundation reminds us that behind every hard hat is a human being, and behind every project is a life worth protecting.



David Thomas Hughes
Chief Operating Officer



THE SCARS YOU CHOOSE

STRENGTH BUILT THROUGH PAIN

Matthew's journey into tattooing began by chance. Originally a barber, he found himself working next door to a tattoo studio and was instantly drawn in.

That fascination took him all the way to Thailand, where he trained with a Buddhist monk - a master of the sacred hand-poked tattoo tradition. What he learned wasn't just art, but the healing and spiritual power tattoos can hold.

For Matthew, tattoos are more than pictures. They are scars you choose.

"Tattoos aren't just pictures on skin for me, they're tests," he says. "You sit in that chair, needle tearing into your skin, your head screaming to tap out... but you don't. Proof: You can handle

pressure when it hurts." For mental health, the lesson is powerful - tattoos remind men that pain can be faced, endured, and transformed into something permanent and meaningful.

"A lot of guys come in thinking they're just getting a design" Matthew says, "but really, they're proving to themselves they can get through the discomfort and that can carry over into how they face life."

Matthew explains that tattoos, aren't an escape but rather a reminder that strength, resilience, and healing are always possible.

Matthew Salvin
SKINS & NEEDLES



Tattoos & Men's Mental Health

Studies show tattoos can boost confidence, reduce anxiety, and create a sense of identity and resilience.

For many men, sitting through the pain of a tattoo becomes a form of therapy - a reminder that they can endure hardship and carry it with pride.

Chosen scars can become powerful symbols of survival.

Where to Find Skins and Needles

Studios in Middlesbrough
Durham, York, Ingleby Barwick.

www.skinsnneedles.co.uk



Skins and Needles



skinsnneedletattoo



ACHIEVE A MENTAL HEALTH CERTIFICATE

FOR JUST £25, THIS ONE-DAY COURSE OFFERS LIFELONG VALUE

In today's demanding world, taking care of your mental health is essential. The City & Guilds Certificate in Wellbeing and Mental Health of Self and Others is a one-day certified course designed to provide practical knowledge to help you and those around you.

The course is presented by Dr. Eric Way Lovemore, and is open to anyone aged 16+, costing just £25. Delivered online or in-person at Skins and Needles Academy

What You'll Learn

This program teaches mental health foundations, encouraging positive, stigma-free conversation:

- Recognizing common signs of poor mental health
- Practical self-care strategies like mindfulness and stress management
- Supporting others through effective listening and signposting help
- Building resilience to cope with everyday challenges

Who Is It For?

This course is suitable for everyone, including students, employees, managers, and those considering roles in health, social care, or education.

Benefits

This program helps participants gain self-awareness, improve communication, and earn a respected qualification. You'll also learn to care for your own wellbeing, support others, and reduce mental health stigma.



Dr Eric Way Lovemore

Director of Barbering & Academy Operations
eric@skinsneedles.co.uk

SKINS & NEEDLES
BARBERS & ACADEMY



WAYNE LINEKER

EXCLUSIVE INTERVIEW: WHY NO MAN SHOULD STRUGGLE ALONE



Wayne Lineker is known to many as the king of Ibiza nightlife, a successful businessman, and a familiar face on TV.

But behind the glitz of Ocean Beach parties and headlines about his famous family, Wayne has also faced the kind of challenges that many men quietly carry - the pressures of work, the struggles of home life, the strain of personal relationships, and the ongoing battle to protect his own mental health.

In this candid Power of Men interview, Wayne opens up about how he's navigated the darker moments, the lessons he's learned, and the advice he wants to pass on to men who may feel trapped in silence..

Men are often under pressure to look strong and in control. How have you personally coped with your own mental health challenges?

Men often feel like we have to put on a brave face and pretend everything's fine, especially in my world where the image is all about having fun, being confident, and living the dream. But the truth is, I've had times where I've really struggled inside. For me, coping has been about admitting that it's okay not to be okay. I've learned that speaking to people I trust makes a huge difference. I also try to take care of myself physically, because fitness and routine help my head massively. I've realised that being open and honest about how you're feeling is actually a sign of strength, not weakness.



@waynelineker



What have been the toughest moments for you, and how did you manage to get through them?

Some of the toughest moments for me were when my personal and business life collided. Building my business and running venues on my own was extremely high pressured, along with challenges of home life and raising young kids, it really took its toll on me. There were times I felt completely overwhelmed. I had to keep up the party image, be the dad cheering on my sons at football, then a businessman in the public eye. What's helped me is realising I don't have to carry it all on my own. Leaning on people I trust, staying committed to my fitness, and learning when to step back have been massive for me. Most importantly, I've accepted that it's okay to admit when you're struggling - once you do that, it feels like a weight is lifted and you can start moving forward again.

When the spotlight is on you, do you feel extra pressure to keep up appearances even when you're struggling inside?

Yes, in some ways I do feel that pressure. When you're in the spotlight, people expect you to always be on top form, smiling, confident, and living the life. But at the end of the day, we're all human. No one can be that person 24/7, and I've learned that it's okay to show a more real side of yourself. In fact, I think people

connect more when you're honest about your struggles, because it shows you're just like everyone else.

Away from work, how do you deal with the everyday pressures of home life, relationships, and family responsibilities?

I deal with the same pressures everyone else does - family, relationships, and trying to keep everything together. In the past, I probably didn't give enough time to those areas because I was so focused on business. Now I've realised that home life and relationships are just as important as work, if not more. Being a present father really helps me; my children are my world. My daughter recently got married, and seeing her marry the love of her life, with my three grandchildren their and being involved in her special day, motivated me even more to focus on what really matters. I try to be present, make time for the people I love, and not let business stress spill into my personal life. It's not always easy, but finding that balance has made me stronger. At the end of the day, success doesn't mean much if you don't have peace at home and the right people around you.

What would you say to men who feel they have to bottle things up rather than talk?

I'd say to any man who feels like he has to bottle things up - don't. I used to think that way too, that keeping it all

inside was a sign of strength. But the truth is, it only makes things harder. Talking to someone you trust, whether that's a mate, family, or even a professional, makes such a difference. You realise you're not alone, and that in itself is a relief.

Is there one piece of advice or a mindset that's helped you most in difficult times that you'd share with our readers?

One piece of advice that's helped me most, it's this: no matter how bad a situation feels, it will pass. You've got to remind yourself that nothing stays the same forever. On top of that, look after the basics - your health, your routine, the people you surround yourself with. Those things are your foundation, and they'll help carry you through the difficult times.



Wayne Lineker's story is proof that even those who appear to be living the dream face struggles behind the scenes. His message is clear: no man should have to carry life's pressures alone.



Power of Men Columnist

SHARING THE WEIGHT OF INFERTILITY AND LIFE'S STRUGGLES

ANDY BAINES VOSPER'S JOURNEY



Andy Baines Vosper

@sharetheweight247

I'm Andy Baines Vosper husband, father, Samaritans listening volunteer, and founder of Share the Weight, a mental health and suicide prevention campaign that encourages people to open up about the invisible burdens they carry.

That weight is represented by my Bag of Worries a 24.7kg pack that symbolises the struggles so many of us shoulder: stress, relationship issues, money worries, loneliness, health battles, and even suicidal thoughts. I carry it everywhere to show that our

burdens weigh on us 24/7 but so does the support that can help us.

The campaign began in 2024, when I carried the bag through the London Marathon to raise funds for Samaritans. My plan was to finish, then leave it behind. But during the race a security guard asked to try the bag, then opened up about his own struggles. That moment showed me how natural conversations about mental health can be when judgement is stripped away. Share the Weight was born, and since then more than 1,700 people have carried the bag in schools, workplaces, marathons, and community events sparking conversations that often run far deeper than the weight itself.

For me, the Bag of Worries is personal. I've carried addiction, debt, depression, burnout, suicidal thoughts and one burden that men rarely talk about: infertility.

I discovered I was infertile in my mid-20s, and it floored me. Nobody prepares men for that possibility. It consumed my identity, leaving me ashamed, angry, and jealous. I felt powerless watching my wife endure treatments, guilty that it was "my fault," and crushed when IVF failed. It was awkward explaining time off work to bosses, humiliating navigating the endless cycle of tests and disappointments, and exhausting dealing



with the toll it took on our relationship, finances, and mental health.

Infertility left me feeling worthless, embarrassed, and utterly alone. Even though the problem was mine, I often felt like a bystander. To this day, I don't know the cause, and I wish I had understood the tests and support available for men back then.

That chapter is now behind me. I'm blessed with a family, and I've had the privilege of supporting other men through their own fertility journeys as a facilitator of the HIM Fertility support group. But I will never forget how heavy that particular weight was and how little space there is for men to talk about it.

And that's exactly why I started Share the Weight.

Carrying the bag has led me to strangers whose honesty has left me humbled. It's shown me how invisible most struggles are, how close so many of us come to breaking, and how powerful it is to simply ask for help.

We all carry something infertility, debt, addiction, stress, or trauma. The details may differ, but the feelings are the same: shame, pressure, fear, isolation. Too often, men tell themselves they're fine and keep pushing, unaware of how close they are to being crushed.

I've made that mistake too many times. Through Share the Weight, I want men to know life's burdens are too heavy to carry alone. Asking for help is never weakness. The truth is simple: the more we share, the further we can go.

ASK ANDY

Send your questions in and see his reply featured in the next edition of POM Magazine: info@powerofmenmagazine.co.uk

THE LIFE-CHANGING IMPACT OF MEN'S RETREATS



In a world where men are often expected to keep going no matter what, there's a quiet crisis happening. Too many of us carry the weight of stress, isolation, and unspoken struggles alone.

I created Core Five Coaching because I know that men need spaces where they can take off the armour, connect deeply with themselves and others, and rediscover the clarity and strength that modern life often erodes.

Over the past two and a half years, I've run 14 retreats for more than 170 men from all walks of life: company directors, tradesmen, teachers, healthcare workers, fathers, sons, and grandfathers. They come with different stories, but there's a common thread - they want something to change.

Some arrive burnt out from high-pressure jobs. Others are navigating the wreckage of a divorce, struggling with fatherhood, or questioning the direction of their life. Some are battling hidden addictions or the slow creep of disconnection from their health, partners, or purpose. Many are simply tired of feeling alone in their challenges.

Our retreats are not about "fixing" men or telling them who they should be. They're about creating a space where men can stop, breathe, and see themselves clearly. Over one to three days, we explore

physical wellbeing, emotional resilience, relationships, and purpose. We use a blend of coaching, group dialogue, physical activity and time in nature to strip away the noise and reconnect with what really matters.

One of the most powerful aspects of the work is the brotherhood that forms. Men often come in as strangers but leave as friends who have shared some of the most honest conversations of their lives. There's no judgement, no pretence - just the shared understanding that we all face challenges, and we're stronger when we face them together.

The transformation I witness is remarkable. Men who arrive with tense shoulders and guarded eyes often leave lighter, more open, and more confident in who they are. They walk away with practical tools to manage stress, improve relationships, and make aligned life decisions - but more importantly, they leave with a renewed sense of self and a support network they can lean on long after the retreat ends.



In today's hyper digital world, it's easy to forget that we are hard-wired for community! Men's retreats offer the perfect opportunity to step away from the daily grind of life and reconnect with other men.

Christian Chalfont MBACP
Founder & Counsellor

This work is powerful because it breaks a cycle. Too many men have been taught that asking for help is weakness, that emotions are something to suppress, and that they must shoulder every burden alone. A retreat offers a reset - a chance to reclaim their health, their clarity, and their connection to others.

Here's what one attendee had to say:

"Sometimes, as a man, you can feel lost and don't know why. You can have a great family and a successful career, but not feel at peace with yourself. You're told as a man to be strong and silent, but that doesn't help you find yourself. This retreat provided the opportunity to be honest with myself and to open up to other people in a similar situation. The team were fantastic- respectful and sympathetic. They provided a special environment for me to find myself."

Nathan



Box breathing for stress relief

This is a simple yet powerful breathwork technique that helps calm the mind, regulate the nervous system, and restore focus. (Do not do this whilst driving or operating machinery.)

Here's how:

- Sit comfortably with your back straight and shoulders relaxed.
- Inhale slowly through your nose for a count of 4.
- Hold your breath gently for a count of 4.
- Exhale slowly through your mouth for a count of 4.
- Hold again for a count of 4 before starting the next breath

Repeat this cycle for 4-6 rounds, focusing on the steady rhythm of your breath and allowing your body to release tension with each exhale.



CORE FIVE COACH

christianchalfont.co.uk
corefivecoaching.com



THE POWER OF A SMILE

HOW “NEW LOOK SMILE” CLINICS IN MANCHESTER AND TURKEY ARE CHANGING MEN’S CONFIDENCE AND MENTAL HEALTH

For decades, cosmetic dentistry was often perceived as something reserved for women, celebrities, or high-profile individuals in the public eye.

A bright, perfect smile was seen as a luxury, an accessory for those in the limelight. But in recent years, something has shifted. Men are increasingly

recognising that a confident smile is not simply about appearance. It’s about self-esteem, mental wellbeing, and the way you present yourself in both professional and personal settings.

A genuine smile can open doors, make first impressions warmer, and boost inner confidence. For many men, it’s

also a way to finally break free from years of insecurity about their teeth.

The British Man Behind New Look Smile, is Christopher Byrne, who has operated dental clinics in Turkey for over 15 years. With his flagship clinics in Antalya Turkey and Manchester, Byrne’s approach combines cutting-edge dental



**175 CLIENTS
EVERY MONTH**

**SMILE
MAKEOVERS
FROM £3,150**

*(INCLUDING HOTEL AND
TRANSFERS)*

TREATMENTS
ZIRCONIUM CROWNS,
VENEERS DENTAL
IMPLANTS

**UK SCANS &
CONSULTATIONS**

technology, a luxury travel experience, and a personal, ethical touch. His name and reputation are on the line with every single patient.

"I've seen clinics push patients into unnecessary treatments or carry out aggressive procedures that cause long-term issues. That's not what we do here. Our patients are treated like family, and our aim is to enhance their smile safely and naturally."

Christopher's deep commitment to ethics has become a cornerstone of the clinic's reputation. He insists on medically appropriate treatments and will turn

patients away if a procedure isn't in their best interest.

"The transformations go far beyond physical appearance. Patients consistently report increased self-confidence, improved first impressions, and in some cases, better opportunities in both career and personal life."

Breaking Down the Barriers

For some men, the idea of travelling abroad for dental work can feel daunting. Concerns about navigating an unfamiliar country, language barriers, and uncertainty over the quality of care can put

people off. New Look Smile has addressed every one of these concerns head on.

From the moment you land in Antalya, you're met at the airport by a friendly member of the team, transferred to a comfortable 4-star hotel, and guided through every step of your treatment. Every detail, transfers, accommodation and appointments are pre-arranged by the clinic. Patients never have to wonder where they're supposed to be or who they'll be dealing with. It's a concierge-style dental experience that prioritises peace of mind.



UK Consultations for Peace of Mind

For those hesitant about travelling without knowing exactly what to expect, New Look Smile offers consultations at its UK office. Patients can undergo a full dental scan, meet a member of the patient coordination team, and receive a clear, detailed treatment plan with exact costs before booking a single flight.

This upfront transparency removes the fear of hidden costs or surprise treatments. Patients know their options, their costs, and their exact timeline before they even step on the plane.

Why Turkey?

Turkey has become a global hub for high-quality, affordable dental care. Competitive pricing, rapid treatment times, and access to the same premium materials used in the UK make it an attractive option.

But New Look Smile offers something extra - the chance to combine treatment with a luxury break. In Antalya, downtime can be spent exploring the old town, relaxing on the beach, or enjoying fine dining. It's dentistry without the stress.

World-Class Standards

Every dentist at New Look Smile is fully licensed, trained to international standards, and supported by a multidisciplinary team.

The clinic itself is a registered polyclinic, equipped with the latest dental technology and operating under strict compliance with health regulations.

Hygiene is non-negotiable. The clinic uses hospital-grade sterilisation, undergoes regular audits, and treats infection control as a central pillar of every procedure.

Aftercare Without the Worry

One of the most overlooked aspects of dental tourism is aftercare. New Look Smile ensures patients are never left stranded. Immediate follow-up is available in Turkey, and ongoing support is provided through its UK office. Whether you need a minor adjustment or just reassurance, help is always available.

Follow-up protocols include scheduled review calls, remote check-ins, and the option to book in-person appointments in either the UK or Turkey.

The Patient-First Philosophy

The clinic's approach can be summed up simply:

- No unnecessary procedures
- Treatment plans explained in plain English
- Only proven, safe techniques used

This philosophy ensures



that patients receive care tailored to their needs, without being pressured into costly or invasive work they don't require.

The Bigger Picture

A confident smile can do more than change how others see you - it can transform how you see yourself. For men in particular, who are often reluctant to address appearance-related insecurities, the decision to invest in dental care can be the first step toward improved mental health and self-

esteem. From business owners to professional athletes, the clientele is diverse but united by a common goal: to look and feel their best. Some patients even describe the change as life-altering, helping them smile freely for the first time in years.

By combining ethics, luxury, transparency, and world-class dentistry, New Look Smile is setting a new standard, proving that dental tourism, when done right, can be a safe, life-enhancing experience.



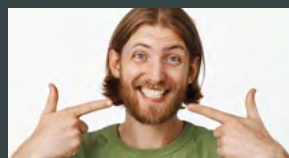
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newlookdentalclinic



Top Tips: Looking After Your Smile

Christopher Byrne believes prevention is just as important as treatment.

- Brush twice daily with fluoride toothpaste.
- Limit sugary drinks - they're a direct path to decay.
- Visit a hygienist twice a year for professional cleaning.
- Wear a night guard if you grind your teeth.
- Use a mouthguard during contact sports.





MINDSET + NUTRITION = LIMITLESS

POWER OF MEN EXCLUSIVE

What if you could perform at your very best, not just sometimes, but consistently in every area of your life?

What if you could tap into the same mindset and nutritional strategies used by world champions, Olympians, and elite professionals? That's the vision behind The Limitless Movement, a groundbreaking initiative designed to help anyone regardless of background, become the strongest version of themselves, both mentally and physically.

The philosophy is simple but powerful:

Mindset + Nutrition = Limitless

The Limitless Movement is a safe space where people can access world-class mindset coaching and nutritional programs that have already transformed the lives of top athletes, global business leaders, and high performers. The idea is clear: human potential is limitless, but it requires the right tools, the right strategies, and the right support.

Meet the Minds Behind the Movement

Chris Larsen: The Master of Mindset

Chris Larsen is not just a coach; he's one of the world's most respected mindset experts. With an MBA, FOL (Fellow of Leadership), and as an accomplished author and keynote speaker, Chris has made it his life's mission to help people break through their mental barriers.

His reputation speaks for itself:



Power of Men Columnist



THE LIMITLESS MOVEMENT

- Coached 15 world champions across multiple disciplines.
- Supported Premier League football clubs and Olympians.
- Delivered his program to over 1,200 UK schools, inspiring the next generation.
- Creator of the UK's No.1 Leadership Program.

Chris knows that the way we think, shapes the way we live. By teaching people to reframe limiting beliefs, take daily positive actions, and develop self-awareness, he equips them with the tools to perform under pressure and succeed in every part of life.

Greg Marriott: The Nutrition Architect

Standing alongside Chris is Greg Marriott, one of the world's leading performance nutritionists. If Chris takes care of your mind, Greg takes care of your body, ensuring you fuel yourself like the champions.

Greg has designed nutrition programs for some of the biggest names on the planet, including:

- Tyson Fury
- Olly Murs
- Kell Brook
- Plus multiple Premier League football players and other sporting superstars.

Greg's approach goes far beyond calorie counting. He teaches people how to fuel their bodies for maximum energy, focus, and long-term health. By working at the cutting edge of nutritional science, Greg empowers people to make smarter choices that sustain them not just through the big moments, but through everyday life.

The Limitless Movement is more than a program; it's a community for everyone.

For readers of Power of Men Magazine, this is an invitation to take control of your health and wellbeing with guidance from two world-class experts.



Top Tip: *Make another person's day! Giving someone a compliment. This feels amazing for you and them.*

Try These Limitless Daily Tips...

Mindset Tips

Take positive actions so you can high-five yourself three times a day. It is important to recognise your victories every day.

Before bed for 1 week, write down five positive words each day about yourself. For example, I am kind, I am strong etc. This helps you to see your value and build your confidence.



Nutrition Tips

Stay hydrated: In the UK, it is generally recommended that men drink around 2 to 2.5 litres of water per day (about 6–8 glasses) to stay healthy and hydrated. However, individual needs can vary depending on age, weight, activity level, and medical conditions. This information is for general guidance only and should not replace medical advice.

Eat slowly: it takes your brain 20 minutes to register fullness, so eating slowly can prevent overeating.

Eat smarter with Food Pairing: Pair carbs with protein and fibre to slow digestion, preventing sugar crashes and increased hunger strikes.

These small changes may seem simple, but when done consistently, they can transform your life.

COMPETITION

Winners will spend Two days with the founders of The Limitless Movement learning to overcome perceived limitations and adjust their mindset

Power of Men Magazine is offering an exclusive chance to win a two-day Limitless experience with founders Chris and Greg. You'll learn the mindset and nutritional secrets of top performers, leaving with a personal plan to overcome your own limitations. Winners will be announced on Instagram.

How to Enter:

1. Scan the QR code and watch the video on Instagram.
2. FOLLOW @the_limitlessmovement on Instagram
3. Tag and nominate three people in the comments section under the video and add a bunch of flowers emoji and explain why you have nominated them.



@the_limitlessmovement



STRONG IN 10

FOUR SIMPLE WORKOUTS EVERY
MAN CAN DO ANYWHERE



Press Ups 10–15 reps x 3 sets

From plank, lower chest toward the floor, elbows at 45°. Push back up strong. Try closer hands for a harder variation.

Mountain Climbers 15 each leg (30 total) x 3 sets

Start in a plank. Drive one knee forward, then switch quickly like you're "running in place." Keep hips steady, core engaged.



Squats 15–20 reps x 3 sets

Feet shoulder-width, chest up, core tight. Lower hips back until thighs are parallel (or as low as feels right). Push through heels to stand tall.



Leg Raises 10–15 reps x 3 sets

Lie flat, arms by your sides or on your chest. Lift legs together to vertical, then lower slowly without heels touching the floor. Keep your back pressed down.



Think you need a gym membership or hours of free time to get fit? Think again. Just 10 minutes a day is enough to boost strength, energy, and mental wellbeing, with these four simple moves.

You can do in your living room, hotel room, or even the office. The key is consistency: stick these movements into your daily routine and you'll feel stronger, sharper, and more confident in no time.

And remember: you're on your own journey. No matter where you start, doing something is always better than doing nothing - because **YOU ARE GOOD ENOUGH!**

FROM PAIN TO POWER

LIVING UNBEATEN



My name is Dean Daniel, and I am a passionate mental health advocate, my mission is to raise awareness and remind men everywhere that they are not alone.

I know what it feels like to fight battles no one else can see. My battle began with chronic pain that didn't just affect my body, it chipped away at my confidence, my mental health, and, at times, my will to go on. There were days I felt invisible, but I learned something vital: recovery isn't a straight line. Strength isn't about never falling; it's about getting back up, again and again, no matter how hard the fall.

That's why I started Unbeaten, a clothing brand that is a movement. Every piece carries the message From Pain to Power, a reminder that while our struggles shape us, they don't have to define us. Proceeds from Unbeaten help fund mental health charities, turning hope into action.

My Story: From Track to Trauma

I was once on the cusp of becoming an Olympic sprinter, competing internationally over 200 metres. My life revolved around speed, strength, and pushing my body to the limit. But one car accident ended

my athletics career. I turned to personal training, determined to help others achieve their dreams even if mine had been cut short.

Then, in 2017, I went to A&E with severe back pain. That visit set off a chain of failed surgeries, mistakes, and delays that changed everything. I left hospital not with relief but with disability, reliant on pain medication, and facing a life I hadn't chosen.

From 2019 to 2021, I lived in pain clinics and had a spinal cord stimulator fitted, but my condition worsened. Falls became common, my

mobility declined, and despite repeated MRIs, doctors insisted nothing had changed. By late 2022, I underwent spinal fusion surgery. I woke up in agony. The pain was worse than before, but no one listened.

The Mental Health Fallout

Chronic pain doesn't just wear down your body. It invades your mind, drains your hope, and fractures relationships. By December 2023, I was at breaking point. I didn't want to be alive. The crisis team was called in. My wife became my carer as well as my partner. My children grew up in the shadow of constant emergencies.

Even as my body failed, my mind suffered more. I collapsed repeatedly. I survived terrifying episodes, CPR from my wife, and vasovagal syncope attacks that slowed my breathing. In my darkest moments, I attempted to end my life. Once, I jumped from a second-floor window, believing my family would be better off without me. Miraculously, I survived.

And in surviving, I realised I couldn't keep putting them through this.

Living With Consequences

Today, my life looks nothing like the one I imagined as a young sprinter. I live with chronic pain, mobility restrictions, and the

emotional scars of a long medical battle. But I also live with purpose.

My children, aged 9 and 18, have seen my weakest moments. My daughter once asked if I was "going to Heaven" after watching me collapse. That broke me but it also fuelled me to fight harder.

The financial, emotional, and personal cost has been staggering. We've lost jobs, faced mounting debt from private surgeries, and carried trauma as a family. Yet through all of this, I've chosen not to hide. Instead, I share my story to show others that even in the darkest moments, there is hope.

I don't share this story for pity. I share it because silence kills. Men are still too often told to "man up," to hide pain, to bottle it up. But bottling up pain, whether physical or emotional can be deadly. Honest conversations, compassion, and community save lives.

I will continue to remind anyone listening: you are not alone, your story matters, and no matter how hard life hits, you can keep fighting.

"I will stumble, I will fall, but I will always get back up and keep fighting."



WIN EXCLUSIVE GEAR FROM UNBEATEN

Unbeaten: Dean Daniel's new clothing line for men who keep fighting.

The brand's powerful motto is, "I will stumble, I will fall, but I will always get back up and keep fighting."

Power of Men readers have the chance to win exclusive Unbeaten apparel. We're giving away a top to four lucky winners each month from October to January - that's 16 chances to win!

To Enter:

- Click the QR code.



- Enter your name and email.
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ANTHONY HUTTON

BIG BROTHER WINNER AND CEO & FOUNDER
OF THE “NEVER THROW IN THE TOWEL”
PROJECT TALKS TO POWER OF MEN



Power of Men Columnist

Anthony Hutton is perhaps best known for winning Big Brother in 2005, but over the years, he's quietly transformed his life in a way that's far more meaningful than reality TV fame.

Today, Anthony is the driving force behind the Never Throw in the Towel Project, a bold and heartfelt movement focused on tackling one of the most urgent mental health crises we face today - suicide, particularly among men. Anthony's message is simple, yet incredibly powerful: talking and showing vulnerability is a strength, not a weakness. Through his personal journey, he has built a community that encourages openness, empathy, and the courage to face life's darkest moments together.

Why Did I Start This Project?

As Anthony explains, the Never Throw in the Towel Project was born out of three deeply personal chapters in his life, each one shaping his understanding of mental health, masculinity, and human resilience. The first chapter came after his meteoric rise to fame as the winner of Big Brother. "While it was an incredible moment in my life," Anthony reflects, "returning to everyday life was far more difficult than I ever imagined." Like many who achieve

sudden fame, Anthony faced emotional turbulence and a lack of direction once the cameras stopped rolling. He eventually found solace and stability by returning to the hair industry, becoming a barber, as he had been before his TV days.

That led to the second chapter. As a barber, Anthony quickly realised the unique environment the barbershop created. "I was having countless 'unofficial therapy sessions' with men in my chair," he recalls. "There was something about that one-on-one space that made men open up." These everyday conversations became life-changing moments, both for his clients and for Anthony himself. He began to see just how powerful listening and empathy could be, and how much pain many men carry silently.

The third chapter and perhaps the most emotional came with the passing of his grandmother. During her eulogy, Anthony described her unwavering spirit, saying she "never threw in the towel," even while battling stage 4 cancer. After the service, a man approached him in tears, thanking him for his words. Later that night, he messaged Anthony to say he had been in a dark place, and that hearing about Anthony's grandmother had given him hope. "That moment hit me like a freight train," Anthony says.

"It showed me the real power of words and the impact our stories can have on others. The Never Throw in the Towel Project had to happen."

What the Project Looks Like Today

Since its launch, the Never Throw in the Towel Project has grown far beyond Anthony's expectations. The initiative now runs monthly free retreats focused on mental health and wellness, hosts a podcast that dives into real conversations with men from all walks of life, and provides keynote talks across the UK. Perhaps most powerfully, the barbershop remains at the heart of it all - a safe, welcoming place where conversations can lead to healing.

Looking Ahead

Anthony knows the scale of the challenge is enormous, but he's unwavering in his mission. "We're determined to be part of the solution," he says. "We want to create a cultural shift - one where men feel safe to talk, to cry, to ask for help, and to know they are not alone." His message to men everywhere is clear: Never throw in the towel. Life is worth fighting for. And together, by opening up and supporting one another, we can save lives.



To find out more or get involved, visit:
neverthrowinthetowel.website
Instagram: @neverthrowinthetowelproject



NEVER THROW IN THE TOWEL PROJECT
KEEP ON LIVING

ANDREW PAIN

DOMESTIC ABUSE: WHY PEOPLE GET STUCK AND 4 CLASSIC RED FLAGS TO LOOK OUT FOR:



Power of Men Columnist



Andrew Pain
Speaker & POM Columnist

Andrew Pain Column- Andrew is a TEDx and CPD accredited speaker, podcaster, award-winning campaigner for men and boys and soon-to-be author! Leading in his work on men's mental health, domestic abuse, wellbeing and burnout, Andrew serves diverse organisations, from Specsavers to National Highways, HSBC to University

of Liverpool. Andrew is on a mission to break down the barriers which prevent communities from thriving and to help create workplace cultures rooted in psychological safety, where everyone feels that they belong, are valued and where people feel safe to talk openly about sensitive topics.

With over 2 million reported cases of domestic abuse every year in the UK, even if you've not been personally affected (yet) by domestic abuse, you most likely know someone who has been. From heterosexual relationships involving men and women as victims and perpetrators, to the LGBT community and parents abused by their children, domestic abuse is horrifically common in the UK and as a male survivor of domestic abuse in a former marriage (1/3 of victims of domestic abuse are men) I speak up for all survivors of domestic abuse. I know at first hand, just how hard it is as a man to both recognise that it's happening to you and then seek help. I also know how tough it is to rebuild, although the journey out the other side is worth the pain: I'm now blissfully remarried!

- So, what should we look out for in our relationships?
- Are there any common signs for men and women to be aware of?

Yes! Whether you're a man, woman, person: there are 4 classic red flags to look out for.

Treading on eggshells

If my wife today, bought a dress online which she was excited about, and five minutes later, she swept down the stairs wearing her new purchase and asked that potentially explosive question:

How do I look?

If I didn't think the dress looked good, it would be less

of a walk in a minefield and more of a walk in the park! I'd just tell her, without fear of repercussions. I wouldn't be insensitive because I love my wife. But I would express my reservations directly and compassionately. Replay the same scenario in my former marriage and I would either have just said that the dress looked amazing (regardless of what I really thought) or I'd try to rapidly assess what I felt my wife wanted me to say and make sure I got it right, because if I got it wrong, all hell would break loose.

In my former marriage, I trod on eggshells every day in scenarios like this, forever trying to anticipate what might 'upset' my wife and taking action early to avoid her triggers being pulled. This led to obsessive planning on my part: always on edge and never at peace. It's a classic red flag. In healthy relationships, you should feel comfortable to voice your opinions without fear.

Your choices, skills, hobbies, family and friends are the source of criticism and mockery:

My wife today is not a keen football fan, but she takes an interest because she knows how important it is to me. I play football with my mates every Friday and have Friday evening beers after the game. I do pull out of footy if she's unwell, or we have an issue with one of the kids, but I play most Fridays of the year and she fully endorses it.





An abusive person will mock or criticise the aspects of your life which characterise who you are, and who you were before you met your now abusive partner. You'll actually come to feel guilty about trying to make time for your hobbies, so you stop doing them to please your partner, and then the abusive partner will make you feel inadequate for not having any hobbies! It's lose-lose-lose. That's the dynamic of an abusive relationship.

They'll see the life you had before, as a threat, something which makes them feel uncomfortable because they not only want to be at the centre of your world ... they want to be the only and all-consuming centre of your world!

Tricky family members?
Do not expect an abusive

person to make any effort to get on with them.

Tricky friends or dear close friends? Forget seeing them ... in time, the abusive person will wear down your relationships with those former friends.

If someone loves you, they'll have their own boundaries, but they won't try to erase your former life, your former hobbies and relationships. It's a classic red flag when someone erodes the person you used to be, but when you're in it, it's just so hard to see the red flag flapping in the wind.

It's all your fault:

You might be clumsy, you might be grumpy when tired, you might struggle to maintain healthy boundaries with that family member you treasure (but who can also be a bit of a pain) but frankly, it can't always be all your fault! If you find yourself in a romantic relationship where you are blamed for everything and yet your partner is not prepared to take some responsibility, the chances are that this will become an abusive relationship or at best, you're a poor match!

Abusive people will lead you to blame yourself for their poor behaviour.

That time they bit you? You asked for it!

- If you hadn't have provoked them, they wouldn't have got so mad.

- If you had't been so immature the other night, they wouldn't have lost the plot.
- Maybe you need to go to counselling to become a better person and find out who you are.

These are the kind of narratives an abusive person plays with, to ensure that you doubt yourself and that you truly see anything which goes wrong as your fault, so when it does go wrong, you don't walk out of the relationship, you simply trudge on, trying to improve yourself!

In my relationship today, we don't 'blame' each other, but when things go wrong, we generally accept joint responsibility and if I felt I was being unfairly blamed, I'd challenge it with confidence because I don't fear my wife.



Gaslighting:

Your abuser will deliberately wrestle to take control of your every thought by pouring doubt into your mind, about:

- What they said
- What your mum said
- What your friends think / thought
- Events in the past - No it didn't happen like that, it was like this.

Bit by bit, the onslaught wears you down and the stories your abuser spins in your mind have three purposes: (1) To ensure you doubt yourself. (2) That you trust your abuser 100%. (3) That you dismiss any nagging doubts/valid concerns you may have about the abuser, telling yourself instead that you're being stupid again, you're over-reacting as you always do, you're over-sensitive and getting bogged down in trivial tittle-tattle.

If for example, you felt your partner flirted outrageously and you tried to have a sensible conversation about it because it was upsetting you, your gaslighting partner would ensure that you'd walk away from the conversation, apologising for being so possessive, jealous and frankly weird. The next time you'd see your partner flirting, deep down, you still feel uncomfortable on one level, but you'd quickly reassure yourself that you're just being silly again, that it's fine and you need to grow up.



Four classic red flags:

- Treading on eggshells
- Your choices, skills, hobbies, family and friends are the source of criticism and mockery.
- It's all your fault
- Gaslighting

If you feel that these flags are flying in your relationship, seek help outside the relationship. Ask yourself: who do you know, who you trust to offer wise judgement?

And my final bit of advice?

Once abusive people get a sense that you're waking up to reality, their efforts to keep the status quo will go into overdrive. Either their behaviour towards you will get worse and intensify, and/or they'll go down the peacemaking route: lots of apologies and promises to change. But let me save you from a lot of potential heartache and wasted time. There are 3 certainties in life: Death, Taxes, Abusive people don't change!



REWILD YOUR MIND

THE OUTDOOR ADVANTAGE FOR MEN'S MENTAL HEALTH

When life gets full-on, one of the most powerful ways I've learned to reset my head and find breathing space is surprisingly simple: step outside.

Nature doesn't judge, rush, or cost a thing. Whether it's walking through the woods; hiking in the mountains; or plunging into cold water, getting outdoors clears my mind and reconnects me with what really matters.

Why Nature Works

Spending time in nature feels good - and that's supported by science. Being outdoors lowers stress, lifts mood, and sharpens focus. Around trees, water, and open spaces, our heart rate slows, stress hormones drop, and we naturally relax.

Experts talk about 'forest bathing': slowing down; switching off your phone and taking in the sights, sounds, and smells. It might sound niche, but research shows it reduces anxiety and boosts wellbeing.

Nature often helps us process what we're carrying without forcing conversation. Sometimes it's the stillness; sometimes it's the rhythm of walking. Being outside gives us space to reflect and reset.

Practical Ways to Bring Nature Into Your Life

You don't need to overhaul your life - just weave nature into your routine.

- **Mindful Morning Walks:**

Start your day with 10–20 minutes outside. Feel the

cold air hit your face and notice how the light changes as the sun rises over the rooftops. Morning sunlight resets your body clock, boosts mood and focus and supports Vitamin D production.

- **Lunchtime Nature Break:**
Swap desk-scrolling for a short walk. 20 minutes in a park can ease stress and improve your afternoon energy.
- **Weekend Digital Detox:**
Block out a few hours each weekend to unplug completely. Whatever the activity - let your nervous system reset.

The Power of Green and Blue Spaces

Green spaces - whether hills, woodland, or local parks get you moving; shift your outlook and lift your mood. Even on tough days, stepping into nature can shift how you feel.

Blue spaces - lakes, rivers and seas can be equally transformative. Watching waves, listening to rivers, or immersing your feet in a stream eases stress; quiets a busy mind, and can improve sleep. Being near water slows us down and grounds us - helps us to escape the noise and reconnect with something simpler.

Redefining Strength

The outdoors invites a healthier kind of strength. Tackling a tough hike, braving a cold-water dip, or opening up

to a mate on a walk reminds us resilience isn't about bottling things up - it's about showing up.

Nature strips away distractions and expectations. It's where men can be real - with themselves and each other. That honesty builds trust, connection, and a deeper sense of who we are.

Strength in Connection

Nature's benefits multiply when shared. Once you start looking, across the UK, you'll find men's specific:

- **Walking Groups:**
Safe, supportive spaces to walk, talk, and connect.
- **Sports and Fitness Clubs:**
Combining movement with social connection.
- **Cold Water Swim Groups:**
Offering the buzz of cold-water immersion alongside community support.

These aren't just hobbies - they're lifelines for building resilience and belonging - and if you can't find anything near you, reach out to a couple of mates and get something going. It's how most of the groups I've been involved with have started. The key to making it stick is consistency.

Take the First Step

Every step outdoors is a step towards better mental health. Start small but notice how your energy, clarity, and mood shift when you make nature part of your week.



Sometimes, the most powerful move a man can make... is simply to step outside...



*Stand Tall
Walk and Talk Therapy*
Stephen Hall

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GOULD BARBERS

THE BROTHERHOOD BEHIND THE BLADES

**Meet Darran and Lee Gould
The Founders Shaping the
Future of Men's Mental
Health, One Haircut at a Time**



What started as a single barbershop in King's Lynn has grown into one of the UK's most respected barbering brands and at the heart of it are two brothers, Darran and Lee Gould.

Gould Barbers, now with 50 locations across the UK, is more than just a place to get a trim. It's become a movement. A community. A safe space. And it's all thanks to the vision and values instilled by Darran and Lee, two brothers who built a business rooted in people, purpose, and passion.

From Clippers to Connection

Growing up in a working-class family, Darran and Lee always understood the importance of hard work and loyalty. They started cutting hair at a young age, quickly realising

that barbering was about far more than appearances. In the barber chair, real conversations happened. Men opened up. Walls came down.

That understanding laid the foundation for Gould Barbers' mission: to create spaces where men could not only look good, but feel heard.

A Platform for Change

Both brothers are passionate advocates for mental health, particularly men's mental wellbeing. They've proudly partnered with campaigns like Movember and now support the launch and distribution

of Power of Men Magazine, offering it free in every Gould Barbers location.

"Barbering is about trust," says Lee. "We hear things most people don't. If we can use that connection to make even one man feel less alone, it's worth everything."

Darran adds: "We've built more than a business, we've built a family. We want our customers and our team to know they matter. Always."

The Future of Gould Barbers

Today, Gould Barbers is not only a booming national brand, it's also a model of how businesses can be a force for good. The brothers remain hands-on, investing in training, team development, and mental health awareness across all locations.

Their dream? To continue expanding while staying rooted in their core values: community, honesty, and care.

So, next time you walk into a Gould Barbershop, know that you're stepping into something bigger. It's not just a haircut, it's a conversation, a connection, and maybe, a turning point.

www.gouldbarbers.co.uk

Follow our journey:



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Gould Barbers

SPOTLIGHT

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SPOTLIGHT

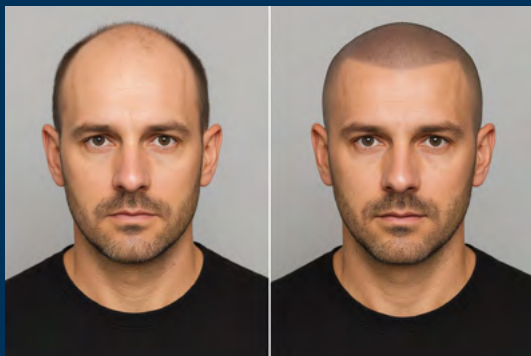
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www.lovemorelifestyle.com

MY WIFE, MY ABUSER

I'm delighted to be joining The Power of Men editorial team, engaging with fellow men for whom the courage to ask for help following a relationship breakdown often arrives after years of silently carrying the weight of worry and trauma alone.

My journey here began after two decades of domestic abuse, while living in a seemingly ordinary home, hidden in plain sight, and later weaponised in family court through false allegations and divorce delay tactics.

Like countless others, I never

recognised myself as a victim of domestic abuse; the stereotype felt too confined, too distant from my daily experience of psychological manipulation, physical assault, and the gradual erosion of my self-esteem.

The post-separation abuse was as bad as the abuse itself, if not worse. I endured several years of multiple child arrangement proceedings and financial remedy hearings, facing a malignant narcissist who used DARVO (deny, attack, reverse victim and offender) tactics to devastating effect.

Those years reshaped my understanding of harm, resilience, and the practical and emotional sides of survival: documenting, safeguarding, mental fitness, and prioritising the children through difficult times.

Since then, I've become an advocate for male victims, working with organisations such as the ManKind Initiative and The For Baby's Sake Trust. I have dedicated myself to raising awareness about male victims and the adverse effects witnessing domestic abuse can have on children. I have shared my story in



Power of Men Columnist

the Channel 5 and Netflix documentary “My Wife, My Abuser,” working to normalise opening up and asking for help, especially when shame and disbelief keep men silent.

I understand the weight that builds within your chest when you realise the person you once thought loved you the most is also the person who hurts you most. I understand the torment of family court proceedings that seem designed to re-traumatise rather than protect. I’ve also felt the relief of finally being believed, followed immediately by the overwhelming task of

rebuilding.

Young men (16-24) face the highest risk of domestic abuse, yet many do not recognise early warning signs. Often, no one has taught them what unhealthy relationships look like. They are also at risk of becoming isolated, disengaged from employment or education, and vulnerable to toxic online influences, particularly those from disadvantaged backgrounds.

Through this column, I hope to offer what I needed most during those dark years: practical trauma-informed

guidance for the battles ahead, tools for boundary-setting, and self-care. Above all, validation that your experience matters, and the steady reassurance that survival can, eventually, become something closer to peace.

The Office for National Statistics (ONS) data on male victims of domestic abuse is alarming, with one in five men reporting that they have been a victim of domestic abuse at some point in their lifetime. To put this figure into perspective: imagine watching a football match - statistically, at least four men on the pitch

will have been victims of domestic abuse.

Every year, thousands of men across the UK find themselves standing at the edge, emotionally, figuratively, and sometimes literally, after a relationship collapses. Their pain is often silent, yet the risk of suicide for men following separation is markedly higher than for women, and behind each statistic sits heartbreak, isolation, and struggle.

For men in midlife, especially ages 40-49, risk surges as biology changes. Andropause, caused by declining testosterone with changes in mood, energy, and self-worth, can amplify depressive symptoms, irritability, and withdrawal when it collides with family breakdown and identity loss. Research links lower testosterone in vulnerable men with higher risk of depression and suicidality, making this transition a volatile time when routines break down and self-regard often diminishes.

After a breakup, men often face disconnection from children, diminished status, broken routines, and deepening loneliness. Men are more likely to lack someone close to confide in and to avoid seeking help, with suicide rates peaking at the age when midlife change and social breakup often converge.

This column will seek to address midlife's biological

and psychological shifts without shame, dismantle the stigma around men seeking help, and recognise healing the whole person, which involves building emotional literacy, resilience, and connection throughout the journey. Because supporting men's mental health is critical and urgent, and it can save lives.

If you're navigating a relationship breakdown, domestic abuse, family court stress, false allegations, or the long work of rebuilding a life, please send in your questions. Tell me what keeps you up at night, what you're unsure of, what you need help with. Write in when you're ready, you do not have to carry your fears and trauma alone.

Likewise, if you're a friend or family member worried about someone you love, please write in too. Write in with your concerns and questions, how to spot and validate warning signs, and how to offer steady, practical support without pushing them away. Your care matters, and you could end up saving someone's life.



RICHARD SPENCER- COLUMNIST



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MALE LONELINESS

MORE COMPLICATED THAN JUST
SITTING ALONE IN YOUR ROOM



Chris Hemmings
Mens Therapy Hub

I want you to imagine for a moment what loneliness looks like.

Let's be frank, you're probably picturing a man. He's sitting alone in a dark room, dejected, forlorn and on the verge of tears. This is how it's portrayed to us in films and tv, right? I used to think that too, until my dad died and I found myself surrounded by people and still feeling completely cut off. That was when I realised loneliness doesn't care how

many people are around you.

And while for some men it really is about being physically alone, for most it's far more subtle. Many have friends, family, even a loving partner. Because loneliness isn't about where you are, it's about how connected you feel.

I want to give you an example I use with my clients to help explain this:

Two men walk into the pub.

Man A is going through a divorce. Man B can see how much his pal is struggling with it. He's known him for years. It's obvious he's not okay.

So, they sit down with a pint
"how you doing, mate?"

"Yeah, I'm alright. You?"

**"Yeah, can't complain",
or something to that
effect.**

This is a conversation we've all had. Hundreds of times. But just think about what has actually happened there. Two mates have just put emotional distance between themselves and the reality they are both living in. They have disconnected; because Man A isn't 'alright', and Man B knows that.

From then on, they sit together talking about anything and everything else, other than the painful truth of Man A's current experience.

This is where loneliness comes from. Right now, the loudest message men are hearing is "talk about it!" Campaigns and influencers keep saying it as if it's the magic fix. But it's not that simple. That advice ignores the generational, social and psychological barriers stopping men in the first place.

It isn't as easy as turning on a tap. If it was, we wouldn't be in this mess in the first place.

We've been trained from birth, by men who were also given

the same training, in how to push down our feelings. We've witnessed the anger, the drinking and the pretence from close quarters. We know all the tricks to keep those emotions bottled up.

To the men who are reading this, I want to remind you that while your toolbox for this work may feel empty, it isn't. You already have some incredibly useful tools to prep you for this fight out of disconnection.

You may not have the emotional literacy just yet, or the friendship group ready to sit with empathy and compassion, and you may not have a loving family or partner who will be there for you no matter what. But you do have courage. You have strength. You have resilience. Those traits have also been passed down to us through the generations. And they are the vital weapons in the fight against your emotional isolation.

Twelve years ago, after my dad died, I hit my breaking point. I literally couldn't take any more cocaine to numb the pain. Something had to change. It took every ounce of bravery I had to turn to my mate and say, "I'm not okay. Can we talk?"

That one sentence felt like jumping off a cliff. And yeah, I said some dumb-ass crap that made us both feel awkward as hell. But that's how it starts. The discomfort isn't optional.

And one day you are going to have to dig deep, too. You'll have to look yourself in the mirror and say, 'today is the day'. Nobody can do that first bit for you. It must come from you. If you can, find that mate you trust, take him to one side and agree that now is the time for honesty.

If you feel ready for something more personal, therapy can be a powerful next step. Men's Therapy Hub is a UK-based directory connecting men with male therapists who understand their lived experiences. It's a resource full of men ready to sit with you in your pain, man to man, and help you find connection again.



menstherapyhub.co.uk





BREAKING THE SILENCE

UNDERSTANDING AND TACKLING ERECTILE DYSFUNCTION

For too long, erectile dysfunction (ED) has been a taboo subject for men. It's whispered about in locker rooms, joked about in films, or avoided altogether - yet it affects millions of men, often in silence.

ED is far more common than most people realise. Studies show that over 50% of men between 40 and 70 will experience it at some point. But the truth is, ED can happen at any age and it's not always about getting older.

So why are men still reluctant to talk about it? The answer lies in stigma. In a culture where masculinity is often tied to sexual performance, many men feel shame or embarrassment when things don't work as they expect. But keeping quiet can make the problem worse, both physically and mentally.

What is Erectile Dysfunction?

Simply put, ED is the inability to get or maintain an erection firm enough for sexual activity. It's not the same as low sex drive, though the two can be linked. ED can be occasional - caused by stress, tiredness, alcohol, persistent or a medical condition which can be treated.

Common Causes

- ED can be triggered by physical, psychological, or lifestyle factors, including:
- Poor circulation erections rely on healthy blood flow.
- Diabetes can damage blood vessels and nerves.
- High blood pressure
- Hormonal imbalances (low testosterone)

- Anxiety, stress, or depression
- Excessive alcohol or drug use
- Smoking - a major risk factor for vascular problems.
- It can also be a side effect of some medicines.

The Mental Health Connection

ED doesn't just affect the bedroom - it can have a huge impact on self-esteem, relationships, and mental health. Many men experience performance anxiety, which creates a vicious cycle: the more you worry, the more difficult it becomes.

Some men even withdraw from intimacy altogether, leading to isolation and relationship strain. Talking about it - is the first step toward breaking that cycle.

Treatment and Solutions

The good news?

- ED is highly treatable. The right approach depends on the cause, and may include:
- Lifestyle changes quitting smoking, reducing alcohol, losing weight, and exercising regularly.
- Counselling or therapy especially for stress, anxiety, or relationship issues.
- Medication prescribed by a doctor.
- Hormone therapy if low testosterone is a factor.
- Medical devices or surgery in cases where other treatments haven't worked.

What You Can Do Right Now

- See your GP ED can be an early sign of more serious health issues.

- Open up to your partner honest communication can reduce pressure.
- Take care of your body what's good for your heart is good for your erections.
- Manage stress mindfulness, exercise, or talking to a counsellor can help.
- Reach out to website specializing in ED support (see back page for info)

Why Talking About ED Matters

When men stay silent, they stay stuck. ED is NOT a personal failure, it's a medical and emotional issue that millions of men share. The more we speak about it, the less power stigma has over us.

At Power of Men Magazine, our mission is to open conversations that save lives and improve mental wellbeing. ED might feel like a private problem, but it's also

a public health issue and one that deserves open, honest discussion.

If you're struggling with ED, remember this: you are not alone, you are not broken, and help is out there.

Did You Know?

- **ED affects over 320 million men worldwide and numbers are expected to rise.**
- **Men with diabetes are up to three times more likely to experience ED.**
- **Smoking is one of the biggest preventable causes of ED due to its effect on blood vessels.**
- **A healthy lifestyle - diet, exercise, stress management - can improve erectile function.**

SUPPORT PAGES

Check out our list of local and national advice, support and help centres.

5 MYTHS ABOUT ERECTILE DYSFUNCTION - BUSTED

1. Only older men get ED Not true. While age can increase risk, ED can happen at any age. Stress, poor lifestyle habits, or health conditions can affect younger men too and a GP can help.
2. It's all in your head Psychological factors can play a role, but many cases are linked to physical health issues like circulation problems, diabetes, or hormonal changes.
3. If you can't get an erection once, you have ED NOT TRUE. Occasional difficulties are normal and often caused by fatigue, stress, or alcohol. ED is typically diagnosed when the problem is persistent.
4. Medication is the only solution While medication can help, lifestyle changes, counselling, and treating underlying health issues can be equally effective - sometimes more so.
5. Talking about ED will make it worse NOT TRUE. Silence fuels anxiety. Open conversations with a partner or doctor can reduce stress, improve relationships, and get you the help you need.

FOOD FOR THOUGHT

RETHINKING ERECTILE DYSFUNCTION BEYOND PILLS



When most men hear “erectile dysfunction,” they think of pills like Viagra. But here’s some real food for thought: what you eat can play a powerful role in sexual health.

Protective Foods

A diet rich in plant-based foods, whole grains, healthy fats, dark berries, dark chocolate, nuts, and seeds can help protect against ED. These foods boost cardiovascular health, which is directly linked to stronger, longer-lasting erections.

Harmful Foods

On the flip side, fried foods, processed meats, refined carbs, and high-sugar snacks damage blood vessels and circulation, making ED more likely. If your diet leans heavily on fast food and takeaways, it could be hurting more than just your waistline.

The Nitric Oxide Connection

Erections rely on nitric oxide (NO), a compound that relaxes blood vessels and improves blood flow. Foods high in nitrates, like dark leafy greens, beetroot, celery, and carrots, naturally support NO production. Supplements containing L-arginine and L-citrulline can also boost levels.

The takeaway? ED isn’t always about a prescription. By fuelling your body with the right foods, you can improve performance, protect your health, and take back control naturally.



SHOPPING LIST

Spinach & kale
Dark chocolate
Beetroot & carrots
Walnuts & pumpkin
Blueberries





MEET SUNNY PAL

FORGING YOUR OWN PATH

At 22, most of us are just starting to figure things out. But in the heart of Birmingham's Jewellery Quarter, Sunny Pal has already built a brand that's disrupting an entire industry.

His company, Astella Jewellery, crafts stunning engagement rings that offer luxury without the hefty price tag, all thanks to lab-grown diamonds.

"I wanted to create something that lets people celebrate their commitment without compromise," Sunny says. These ethical gems are visually and chemically identical to their mined counterparts,

delivering brilliance and value. Beyond business success, Sunny is a champion of a more modern kind of masculinity. He speaks openly about the pressure men from ethnic and religious backgrounds often face to follow a traditional path.

"Life is what you make it," he shares. His journey is about balancing family values with a drive to see the world, build his business, and define success on his own terms. It's a powerful message for anyone looking to build a life that is both authentic and fulfilling.



Astella Jewellery:

35 Frederick St,
Birmingham B1 3HH

Call: 0121 507 0259

www.astellajewellery.co.uk



@astellajewellery



FROM YEARS OF ABUSE EMERGES A SURVIVOR AGAINST ALL ODDS

THERE IS HELP. THERE IS HOPE. AND YOU
ARE NEVER ALONE IN YOUR PAIN.

My name is Richie Barlow, and I'm honoured to join Power of Men magazine as a regular contributor. Through future columns, I'll be exploring topics like trauma, emotional abuse, toxic relationships, red flags in personal and professional environments and offering tips and tools to help. My aim is to share hard-won insights and life lessons that may offer hope and guidance to those silently struggling.

Over the years, I've come to understand that trauma looks different for everyone. What's traumatic for one person may not appear so to another, but that doesn't make it any less real or valid. Every person's experience matters, and recognising the weight of that truth is the first step toward healing.

For me, the trauma began at just four years old, at the hands of the very people who were supposed to protect me - my family. What followed was a childhood filled with terror, deprivation, and unimaginable cruelty. I was confined to a locked room, denied food and basic human dignity. I wasn't given access to a toilet. I would go days without eating. I was punished physically and psychologically, force-fed harmful substances like washing-up liquid and chilli powder. I didn't understand why, only that I was "different," and somehow, that difference was used as justification for torment.

Eventually, I was abandoned into the care system. At the age of nine, I was placed into a children's home with no proper education and no understanding of what it meant to be safe. Initially, I thought I'd escaped the nightmare, but sadly, my time in care quickly became another chapter of abuse.

In 2021, I gained access to my care file and uncovered devastating truths. My stepfather had been abusing my sister and to deflect attention, my mother used my sexuality as a scapegoat, shifting blame and turning me into the distraction. Worse, just two weeks after I entered the children's home, my mother visited, betraying me further by telling a group of older teenagers false and humiliating things about me.

The older children began targeting me with physical and verbal abuse. But it didn't stop there. I was trafficked by those same teenagers into a nationwide paedophile ring, forced to travel across the country and endure horrors, for four years. I lived a life that no child, no human being, should ever have to live. I attempted suicide four times, believing there was no other escape. I repeatedly asked for help but back then, help wasn't offered, it was hushed and not spoken about. Somehow, I survived!

In the years that followed, I began to rebuild. I met my husband, who brought light into a life that had known so much darkness. His support helped me begin the long process of healing, and in 2022, I published my autobiography, *Richie: Who Cares*. The book gained media attention and opened doors for me to become a keynote speaker.



Since then, I've spoken in both the UK and the U.S., helping organisations and institutions understand how they can better protect children from harm.

I've learned that speaking out can be terrifying, but it's also liberating. You are not responsible for the actions of those who abused you. The shame is not yours to carry. What happened to you does not define your worth, but what you do with your story can change your life and possibly save someone else's.

Talking about your experiences is your most powerful tool.

By Richie Barlow



STANDING TALL AGAINST ALL ODDS

ANDY REID MBE

In October 2009, Corporal Andy Reid MBE stepped on a Taliban improvised explosive device while on patrol in Helmand Province, Afghanistan. The explosion ripped away his right arm, his right leg below the knee, and his left leg above the knee. His injuries were so catastrophic that medics thought survival was impossible. Yet, just weeks later, Andy stunned the world when he walked back into a hospital ward to meet his patrol.

That single moment captures who Andy is: a man who refuses to be defined by tragedy.

But Andy's battles didn't begin in Afghanistan. Growing up, he was a young carer and struggled with dyslexia in school. Later, as a soldier, he faced frontline combat, peacekeeping missions, and the invisible weight carried by veterans transitioning back to civilian life. His journey taught him a brutal truth:

not all enemies carry a gun. Some are hidden in silence, trauma, depression, addiction, isolation.

Determined to fight back, Andy turned his lived experience into action. In March 2020, with friend John Tabern, he co-founded the Standing Tall Foundation in the middle of a global pandemic. With little funding and no safety net, they began helping people one by one: a veteran facing homelessness, a man on the brink of suicide, families crushed by job loss, individuals swallowed by depression. Often, Andy and John paid costs out of their own pockets.

What started as urgent, individual interventions has now grown into a hub of hope. Today, the Standing Tall Foundation operates from its STF Hub in St Helens, running structured programmes for mental health, wellbeing, and addiction, while never losing the personal, one-to-one care that defined its beginnings.

Andy Reid's story is one of pain, survival, and transformation. It's about a soldier who lost almost everything on the battlefield but came home determined to fight for others. For this service, he was awarded an MBE in the Queen's Birthday Honours, not for what happened to him, but for what he chose to do after.

Andy Reid stands tall not because he is unbroken, but because he is proof that even the most shattered lives can be rebuilt and used to save others.



To learn more about Andy's work and the Standing Tall Foundation

www.standingtall.co.uk



Shop online

Your new favourite tee does more than look good. Every purchase from Power of Men Magazine supports mental health awareness, helping to break the stigma and foster vital conversations. Wear your support and make a tangible difference.

POWER OF MEN

Men's Mental Health and Social Well-being

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



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

NHS & Professional Help

NHS 111: For urgent but not life-threatening mental and physical health help.
www.nhs.uk

NHS Talking Therapies:
(IAPT) Free counselling and CBT - self-referral available in England. www.nhs.uk

Samaritans: 116 123 Free, confidential emotional support 24/7.
www.samaritans.org

Rethink Mental Illness:
0808 801 0525
Advice line and support groups for people living with mental illness.
www.rethink.org

Mind: 0300 123 3393
Advice, information, and local mental health services.
www.mind.org.uk

Calm: 0800 58 58 58 Helpline & webchat for men feeling down or suicidal. Open daily 5pm-midnight.
www.thecalmzone.net

Shout Crisis Text Line:
Text "SHOUT" to 85258 (24, hour FREE) Confidential text support service for anyone experiencing a mental health crisis. www.giveusashout.org

SANeline: 0300 304 7000 (4pm to 10pm daily) Offers emotional support and information for anyone affected by mental illness.

Men-Specific Groups

Andy's Man Club:
Free peer support groups for men every Monday night.
www.andysmanclub.co.uk

Men's Sheds Association:
Community workshops where men connect, share skills, and talk. www.menssheds.org.uk

HIMfertility: (Fertility Network UK) Support for men experiencing infertility.
www.fertilitynetworkuk.org

Age Specific

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

NON EMERGENCY NUMBERS

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

PAPYRUS HOPELineUK:

0800 068 4141 or Text: 0786 0039 967 (24, hour FREE),
For under 35's who are having thoughts of suicide, or for anyone concerned about a young person.

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

Veterans & PTSD

Combat Stress: 0800 138 1619 Specialist support for veterans with PTSD, anxiety, or depression.
www.combatstress.org.uk

Help for Heroes:

Wellbeing and mental health support for veterans and families.
www.helpforheroes.org.uk

PTSD UK:

Information and resources for anyone affected by post-traumatic stress.
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.mensadviceuk.org.uk

Mankind Initiative: 01823 334244 Support for male victims of domestic abuse.
www.mankind.org.uk

Survivors UK: 0203 598 3898
Support those affected by sexual abuse or violence.
www.survivorsuk.org

Crime & Victims

National Domestic Abuse Helpline: 0808 2000 247 (24, hour FREE) For women experiencing domestic abuse. Offers support, information, and refuge referrals.

Victim Support: 08 08 16 89 111 (24, hour FREE) For victims and survivors of any crime, regardless of when it occurred or if reported to the police.

Crimestoppers: 0800 555 111 (Anonymous) 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

GamCare: 0808 8020 133
Support and helpline for gambling problems.
www.gamcare.org.uk

Alcoholics Anonymous UK: 0800 9177 650 - 24/7 support for anyone struggling with alcohol.
www.alcoholics-anonymous.org.uk

Fatherhood & Family

Dad Matters UK:
Support for dads' mental health, bonding, and parenting.
www.dadmatters.org.uk

Family Lives: 0808 800 2222 Helpline for parenting, relationships, and family stress. www.familylives.org.uk

Campaigns & Online Resources

Men's Network Global:
A directory to find in person and online men's groups.
www.mensnetwork.global

Movember UK:
Projects supporting men's mental health www.uk.movember.com

HeadsUpGuys:
Online tools and strategies for men's mental health.
www.headsupguys.org

Mental Health Foundation:
Research, advice, and UK-based support.
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

The Brook logo, featuring a stylized 'b' icon followed by the word 'brook' in a lowercase, sans-serif font.



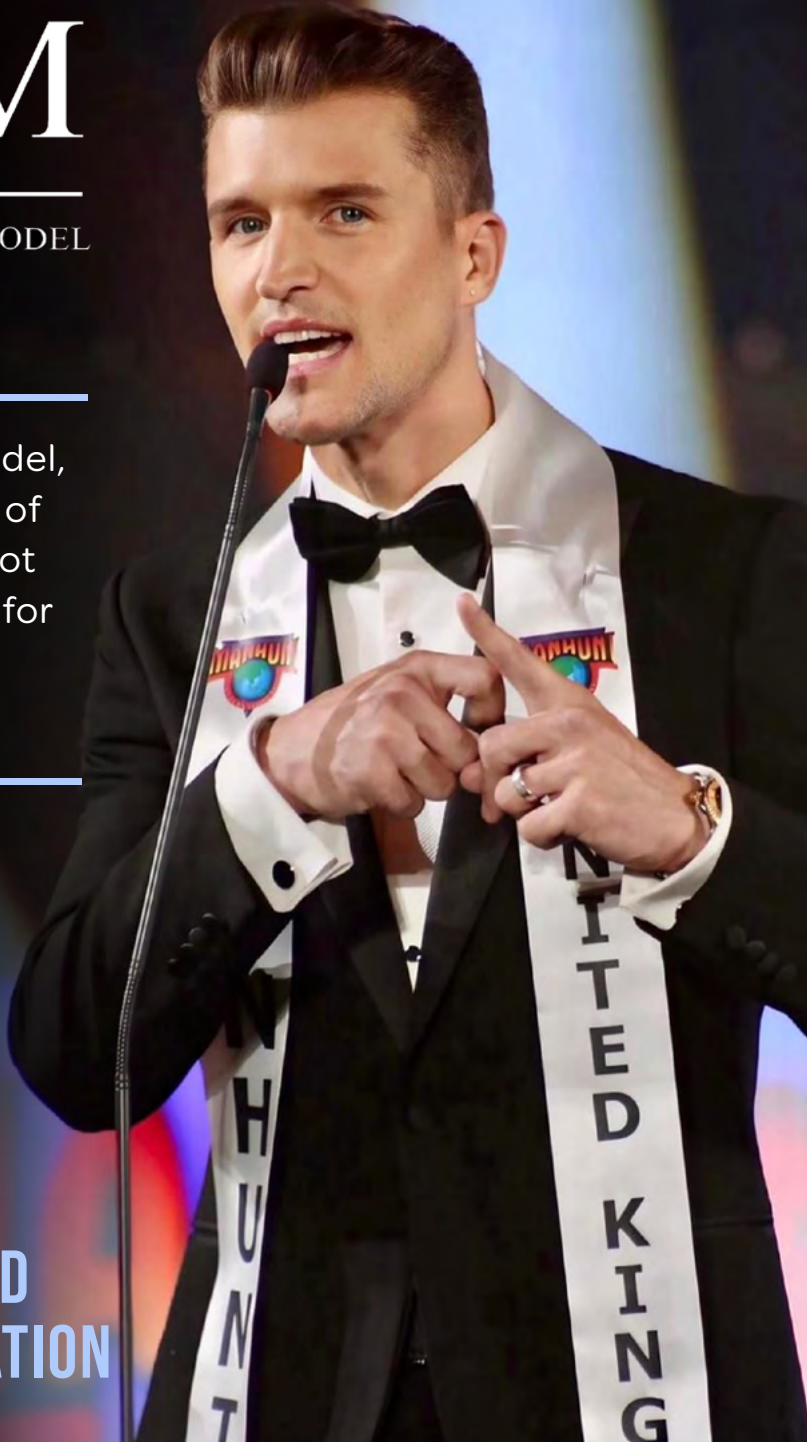
Your free & confidential sexual health & wellbeing experts

www.brook.org.uk



At UK Male Top Model, we celebrate men of all backgrounds, not for perfection but for authenticity and strength.

**CONFIDENCE
BROTHERHOOD
TRANSFORMATION**



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JAMIE CLARKE
UK MALE TOP MODEL
2025