StrongMen

BEREAVEMENT SUPPORT FOR MEN

We are registered charity StrongMen, providing support to men suffering bereavement.

What is our mission?

Our aim is to support men following bereavement. Grief can cause severe emotional and physical health conditions which are often overlooked and even ignored, especially in men.

How do we do it?

It is with personal experience in these issues that the team behind StrongMen has created incredible services to help men going through the toughest of times, from utilising the great outdoors with the Weekender, to the simplicity of one to one connections made over the phone.

All of our services are delivered with great empathy.

> *"I enjoyed the full 3 days and all activities included. It has been the best 3 days without my wife and daughter for years. I was sad to see the end of the 3 days, but I was buzzing and beaming with a big smile, when I returned home to my loved ones."*

The People Behind the Charity

The Founders

Efrem Brynin & Dan Cross

Following the loss of Efrem's son James and Dan's wife Nikki, both men met after they featured on Channel 4's SAS Who Dares Wins. Keen to establish support for men with similar experiences, StrongMen was born.

The Beneficiaries

Just one of many pictures showing some of our guys enjoying the Weekender experience. Once Beneficiaries have experienced one of our support services, many go on to receive training, allowing them to volunteer their time and expertise to support others.

Weekender

The StrongMen 'Weekender' is our premier service. We take groups of men to beautiful remote locations, providing the opportunity to participate in physical activities whilst providing a safe, secure environment to talk about shared experiences and their own challenges.

The Weekender seeks to quickly develop long lasting friendships unique to each group, building on the shared experience of the weekend.

> *"The weekend has been a life changing event and will help me stay on a positive path for the future and learn to manage my emotional well-being, Thank you to everyone who made the event happen!!!!"*

Weekender Reunion

Once our initial support has ended, we want to ensure that we continue to support all our beneficiaries for as long as they want. One of the key follow up events is our Weekender Reunion. Held a couple of months after the Weekender, the Reunion provides the opportunity to catch up as a group and maintain the camaraderie established over the Weekender, past events have been held at Alpine F1 facility in Oxfordshire where the group get the opportunity to see how one of the most successful teams in F1 operate.

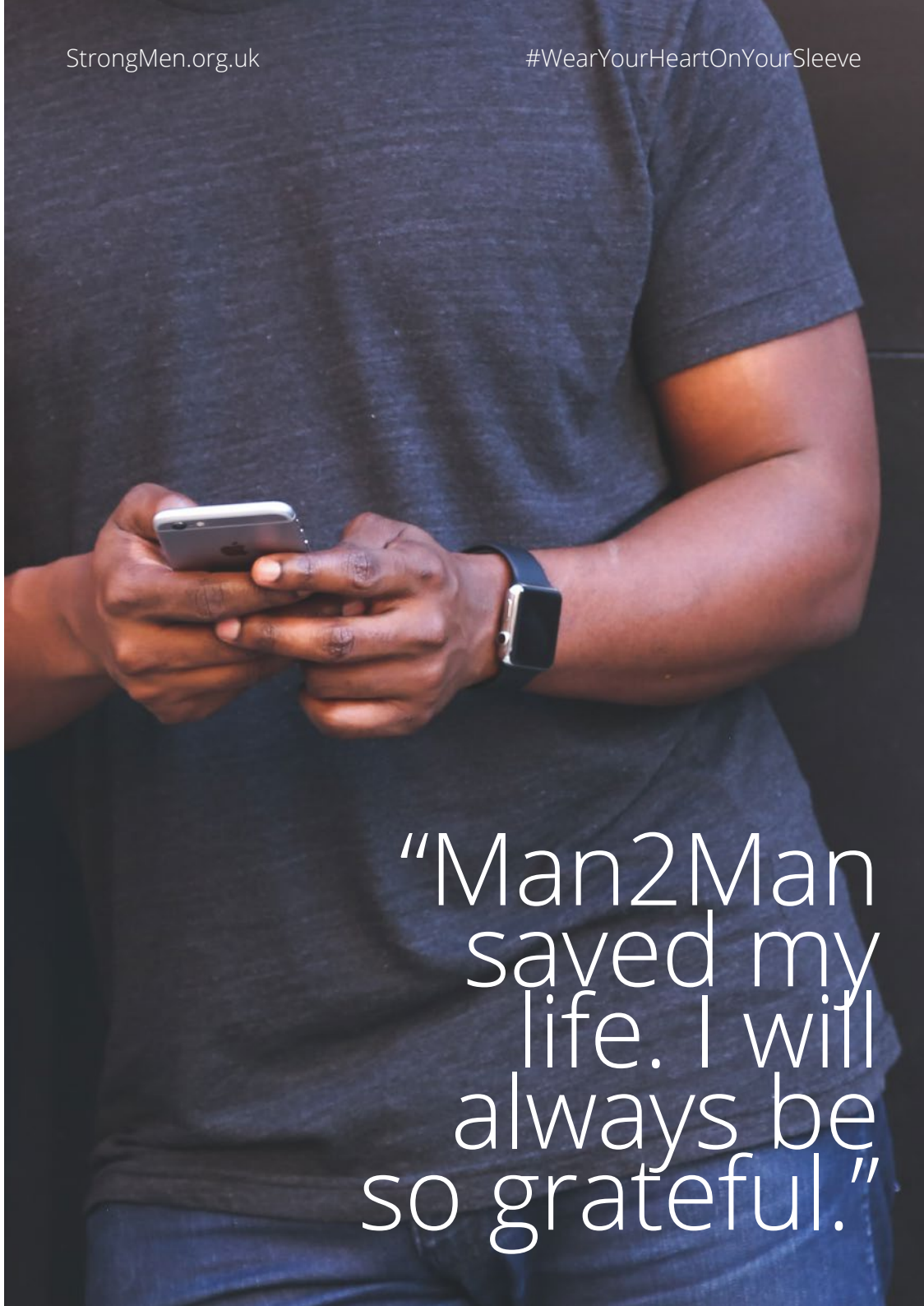
MAN2MAN PEER SUPPORT

Man2Man is our telephone based peer support service from a trained StrongMen volunteer with first-hand experience of losing a loved one.

Men who contact StrongMen for support will be offered the opportunity to speak with one of our trained volunteers for a friendly chat. Each beneficiary will receive up to six weeks of peer support from StrongMen.

The service seeks to capitalise on the connection felt between two people with similar shared life experiences, simply knowing your volunteer has empathy with your situation maximises trust without fear of judgement.

All of our peer support volunteers have experienced our support services themselves.



Online Meetings

Our online meetings provide the perfect opportunity to check in with each other, this has been particularly important around those difficult dates. As well as the chance to catch up, we also invite guest speakers to share their experiences.

Guests have included Jeff Brazier, Ulrika Jonsson, Simon Thomas and Mark 'Billy' Billingham.

Club500

Since our inception in 2018 we have been privileged to be selected by so many of you to raise money, whether through running marathons, climbing mountains, getting your haircut... All number of incredible fundraising initiatives.

Anyone who has raised in excess of £500 for us is eligible for this exclusive club, which offers:

- Unique Club 500 Badge
- Automatic entry to the annual James Brynin and Nikki Cross top fundraising awards
- Annual fundraising update and newsletter, so you can see exactly what you have funded
- 10% discount on our shop

ACADEMY

Academy is our annual event, providing the opportunity for all beneficiaries to participate in unique activities including fitness, survival, mindset, wellbeing, rehabilitation and injury prevention.

The aim of ***Academy*** is to pass on some knowledge to the group promoting the key StrongMen ethos of improved physical and emotional health.

StrongMen

Some of the merchandise available from our shop

Talks

From Channel 4's SAS Who Dares Wins to their recovery from physical and mental health challenges, founders Dan Cross and Efrem Brynin provide candid insights into their own experiences dealing with unexpected and tragic loss and everything that followed. Our talks are anything but generic, everything is real life and told through the benefit of our own experiences.

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