



StrongMen



Walk
talk and
get away

Text STRONG to 70085 to donate £5



Who are we?

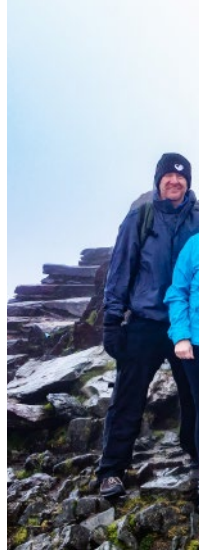
StrongMen is a registered charity providing support to men who have suffered bereavement.

What is our mission?

To understand, support and improve the physical, mental health and vitality of men suffering from bereavement.

How do we do it?

The great outdoors provides the ultimate platform to engage with each other. By reconnecting with the outdoors and participating in a variety of physical activities aimed to create a sense of achievement and purpose. Just as importantly we create a safe, secure environment providing the opportunity to relax and talk with others suffering similar experiences able to empathise with each other.



Meet the team



Dan Cross
Co-founder

The "StrongMen" concept was something I came up with during my own recovery from a bereavement. Former recruit #13 of Channel 4's SAS Who Dares Wins series 3.



Efreem Brynin
Co-founder

Being an integral part of StrongMen gives me the opportunity to pass on my experience to others. Former recruit #11 of Channel 4's SAS Who Dares Wins series 2.



Alexandra Cross
Mental Health Consultant

I started my journey learning about mental health when I decided to volunteer at a drug and alcohol recovery service in Hertfordshire.



Sharon Brynin
Medical Consultant

Qualified nurse with over 15 years diverse experience including theatre, recovery, health visitor and child development and disability. Sharon is also a mental health first aider.



Dom Crosby
StrongMen Ambassador

Professional Rugby League player in the Super League and two times Super League Grand Final winner, playing for elite clubs Wigan Warriors, Warrington Wolves and Leeds Rhinos.



Jeff Brazier
StrongMen Ambassador

Author of 'The Grief Survival Guide' Football broadcaster at BT Sport, Life Coach and NLP Practitioner.



"I enjoyed the full 2 days and all activities included. It has been the best 2 days without my wife and daughter for years. I was sad to see the end of the 2 days, but I was buzzing and beaming with a big smile, when I returned home to my loved ones."

Mental health issues within men is a difficult subject to tackle for many reasons.

Grief is one of the biggest causes of conditions such as depression, anxiety, stress and in extreme cases, PTSD.

It is with personal experience in these issues that the team behind StrongMen believe we can create a unique service that encourages and promotes men speaking out about their problems.

We will achieve this in many ways, with the primary focus being on weekend breaks for men based around physical activity's along with talks and discussions from experts on the importance of looking after your body through areas such as nutrition, leisure and exercise to aid recovery alongside speaking to people about your thoughts and problems.



What next?

If you would like to learn more about StrongMen, join us on an event, or support us with a much needed donation, please visit our web site:

StrongMen.org.uk or email **hello@StrongMen.org.uk**

Want to donate?

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"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!!!!"





StrongMen



Wear your heart on your sleeve!

We have a number of great products you can buy on our web site which is a great way for you to show your support and helps us to raise the funds to keep the events going. Above is a small selection visit our online store for a full list of products available:

StrongMen.org.uk/shop



Interested in our Mental Health Resilience Talks?

Please email us on hello@StrongMen.org.uk

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"To be honest, in the time we had, I thought it was a fantastic 2 days, which gave me the chance to speak to a variety of people from all backgrounds and have suffered from a variety of issues in their past. I certainly overcome my issue with heights and being open with people about my issues."

StrongMen.org.uk

Registered Charity Number: 1184242

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