Charitable Donation Update

MenTalk Health

Supporting MenTalk Health
Creating a space for men to talk

Through our Charitable Metal Recycling Scheme, we were pleased to donate £10,000 to MenTalk Health, nominated by our Thamesview team.

Based in Sittingbourne, MenTalk Health is a free, weekly support group created to help men who are experiencing mental health challenges and may find it difficult to talk about what they are going through.

Founded by Jason, who understands the importance of having somewhere to turn when facing mental health challenges, the group was created to give men a relaxed and welcoming space to talk openly and support one another.

A place to talk, connect and feel supported

MenTalk Health offers a relaxed and welcoming environment where men can talk openly, share experiences, laugh, make new friends and support one another without fear of judgement.

Conversations cover a wide range of subjects, including relationships, family life, addiction, anxiety, depression, self-worth and managing emotions. The group also provides opportunities to build friendships outside the sessions, with plans for regular social activities such as walking groups and cinema trips.

Importantly, all group sessions are free, ensuring men can access support regardless of their financial circumstances. The charity also sets aside funding to help provide individual therapy sessions for those who need more specialist support.
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MENTALK HEALTH
www.mentalk-health.org
WE'VE GOT YOUR BACK
DON'T EVER GIVE UP



Jason, founder of Mentalk Health, with members of the Thamesview team during their visit.

Making a Difference

Our £10,000 donation will help MenTalk Health continue its work within the local community, keeping its weekly group accessible at no cost and supporting its ability to offer additional help to those who need it.

There is also an opportunity for us to build on our connection with the charity. Jim from our Thamesview team will be spending his Make a Difference Day with MenTalk Health, and we look forward to learning more about their work and exploring ways we can support them in the future.

We would like to thank Jason and everyone at MenTalk Health for the work they do, and our Thamesview team for nominating the charity through our Charitable Metal Recycling Scheme.