



Men's Staff Network

hdf.mensnetwork@nhs.net

Executive Sponsor: James Wright
Operations Director

I am proud to sponsor the Men's network group here at Harrogate & District Foundation Trust as we start to establish it as a newly formed group. It has been great to hear from our staff members about some of their concerns around health and well-being and how can we promote some of the great initiatives that are out there.

There is a clear need from the people who have attended already for there to be an open and safe place to discuss what can feel like sensitive issues. It has also added to a feeling of togetherness with fellow colleagues who maybe do

not have other avenues to ask questions around this topic. Over the next year, we hope to grow the membership and start to speak to a wider audience about how we can support our HDFT staff going forwards.

Message from the Network Chair

The men's network is a great place to come and chat with other guys about health, sport, socialising, relationships, and music, the list is endless. It's a safe and social space for men to talk about anything they want to while sharing experiences, peer support and getting to know others from the organisation.

