

MEN'S PIE CLUB

Programme Summary

Men's Pie Club is a partnership project between the Newcastle-based social enterprise Food Nation and national charity the Men's Health Forum, funded by the Movember Foundation.

Men's Pie Club harnesses the power of food to improve social connectedness, nutrition, and physical/mental health for men at risk of, or experiencing, social isolation. The service is designed to cultivate a supportive peer network of men and includes a structured programme of weekly Pie Club Meet Ups with cooking, eating and socialising at the core. Overtime each Pie Club will continue with meet ups being led by the Club Members, as supported by Food Nation but without any structured delivery being required.

How does it work?

- Men's Pie Clubs are set up in various settings already within communities. e.g. community centres.
- Food Nation coordinate a regular timetable of 'meet ups', based on the needs of the members
- Food Nation develop tailored sessions built around food activities including group cookery workshops, food growing, foraging etc., maintaining pie as the core theme.
- Food Nation provide full outreach facilities and trainers to deliver initial sessions
- Each Men's Pie Club has its own focus, led by the shared interests and preferences of its members, grounded in communal and inclusive activities.
- Members have opportunities to attend for a given purpose, such as to make pies for local community events, or to be sold in local community settings to support a cause.
- Over time, Food Nation will facilitate each group to build their own peer support network and ultimately take ownership of their Club for it to be a self-governing, sustainable community group.

What does it cost?

- Initial set up of each Men's Pie Club group is free
- The delivery of workshops at the start of each club is free including all food and resources
- Community venue hire will be sought after for free or at a minimal cost
- Each club will look into income generation ideas in order to cover costs of resources required after the initial workshops delivered by Food Nation have been completed

Why have we developed Men's Pie Club?

Strong social connections lead to a 50% increased likelihood of survival compared to weaker social relationships, and loneliness has a similar impact to other health risk factors such as obesity and smoking. Loneliness has also been shown to often lead to depression, with these people having higher risk of cognitive decline, and again becoming at greater risk of suicide.

There is evidence that men, particularly those in contexts of multiple deprivation, experience high rates of social isolation and loneliness, as well as having a declining number of social connections as they get older, all of which is having a negative impact on health and wellbeing.

Men's Pie Club is about finding new ways of reaching these individuals, providing a service model that is responsive to the needs and conditions of the local communities it serves. While Food Nation's work primarily occurs in areas of multiple deprivation and disadvantage, Men's Pie Club is for men from **any** background who are deemed at risk of social isolation.

The Men's Pie Club service is open to referrals from GPs, Mental Health Practitioners and community services: if you know of any men who would benefit from Men's Pie Club, we would love to hear from you!



PROGRAMME AIMS: OUPUTS AND OUTCOMES

From January 2018 – October 2019 Food Nation and Men's Health Forum will develop the Men's Pie Club programme through the delivery and achievement of the following:

OUTPUTS

- To deliver 1 x Launch Event
- To have an active Project Advisory Group supporting the programme
- To have an active service user advisory group directing the programme
- To set up 3 Men's Pie Clubs each with a different target group
- To deliver 6 structured workshops with each group
- Each Pie Club to have an attendance of at least 6 men at each 'Meet Up' with no upper limit
- To have developed an online resource centre for use by Men's Pie Clubs

OUTCOMES

- To improve the quantity of social connections between men
- To improve the quality of social connections between men
- To reduce the likelihood of men developing (or further developing) issues linked to poor mental health
- To have developed a sustainable programme
- To have developed a model that can be replicated across the region, country and internationally

