



# Men's Health Week - Never Throw in the Towel

Employer: Muckle LLP

Area: Men's Health

Theme: Men's Health



muckle MEN'S HEALTH FORUM mind Mental Health Foundation

## A TALK WITH YOUR BARBER

TUESDAY 6 JUNE - MUCKLE M2

### “NEVER THROW IN THE TOWEL”

Anthony, Big Brother winner, entrepreneur and owner of Mr Mutton's Barbers C Bar, has offered his time to jazz up the barbers of the Muckle men.

Following on from his own personal challenges and through his client experience as a barber, Anthony has found himself on this well-being journey to provide help and support to people who need it.

If you feel your head could do with a sharpen, please respond to this email by using the voting buttons. Sessions are approx. 45 minutes each and on a first come first served basis.

Anthony is not charging for his time, but as a thank you, we are supporting a donation which will be given to a local mental health charity. This money will be used to support men's mental health activities in the region.

We know that men are less likely to talk to others about the way they are feeling, so quite often suffer in silence. As part of our Men's health campaigns we have been trying to break the stigma and encourage our male colleagues to be more open about how they are feeling.

Whilst we have previously done a lot of signposting to support, we wanted to try something different to try to encourage more open conversations.



A trip to the barber shop or salon is an essential part of self-care, but the relationship between client and hairdresser, or barber, goes much deeper. While sitting in their chair, we find ourselves an opportunity to open up about our personal problems to someone we trust.

***“Anthony was great, it was nice to have interesting conversations about Men’s Mental Health and share personal experiences while he cut my hair into a new style.” (Steve Cunningham, Graphic Designer) ”***

With this in mind, our Mental Wellbeing team arranged for a local barber, Anthony Hutton of Mr Hutton’s Barbers (and Big Brother winner), to come into the Muckle office and sharpen the heads of a few of the Muckle men. Following his Big Brother fame, Anthony was in a very dark place and understands the importance of having a good support system in place. Although Anthony was only tending to the Muckle Men’s styling needs, mental health applies to us all, so throughout the day we provided hot and cold drinks and some healthy (and not so healthy snacks) and encouraged everyone to drop in.

***“It was a really good opportunity to unwind and switch off from the stress of a busy day taking 15 minutes out to chat with Anthony and get my haircut. He’s personable and affable, as well as being a very talented barber.” (Adam Rayner, Partner) ”***

***“Anthony coming in was a fantastic idea. Anthony, as well as myself have huge interest in promoting mental health so getting to speak to him about all aspects of it was great (including personal experiences of it). Plus he’s a fantastic Barber!” (Cameron James, HR Administrator) ”***

***“It was great to meet Anthony and to have some good conversations while he cut my hair and to share personal experiences with him. He was a gent and is great at what he does.” (Jack Higgins, Team Support Assistant) ”***



