



Samantha Glover

CEO


Healthwatch Essex

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Essex

What Matters to Veterans?

Daniel Potts June 2021




“It was a brotherhood, sisterhood, you were closer than family.”
- Veteran

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Living with Obesity:

Men's experiences of losing and gaining weight and the implications for policy and services



University of Essex


By Dr. John Day & Sarah Krauze

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Mental Health on the Frontline

Daniel Potts September 2020



“This doesn't really have much impact if like saying 'the only way in, is out'... only the dead bodies that dealing with the families and taking them, you don't realise how much it continues to impact on you.”
- [Person]

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Middle-Aged Men's Experiences of Mental Health and Suicide

“The more we talk about it, the better it will be.”

Sarah Krauze and Lorna Orriss-Dib
May 2022



ESSEX FELLA'S FORUM

1st Monday of every month
7pm – 9pm
The Bricklayers Arms, Colchester,
CO4 5AA

Come and join our forum where men can talk about their hobbies, interests, health and wellbeing over a free beer or non-alcoholic drink. You will be able to engage in activities such as walking, bushcraft, allotments, carp fishing, axe throwing and more...

For more information on how to join, please contact Dan Potts at Healthwatch Essex on daniel.potts@healthwatchessex.org.uk or contact 07725187311.









Mid and South Essex
Integrated Care
System



Braintree
District Council

healthwatch
Essex



THE FELLA'S FAIR

ESSEX'S LEADING MEN'S HEALTH
AND WELLBEING EVENT

BRAINTREE TOWN FOOTBALL CLUB
12TH MARCH 2024
6PM



What next?

- **The Fella's Fair- Braintree Town F.C (March 24)**
- **The Fella's Fair- Hullbridge Sports (May 24)**
- **The Fella's Fair- Chelmsford (June 24)**
- **The Fella's Fair- Runwell (August 24)**
- **Continuation of the Fella's Forum (first Monday of each month)**