



Derbyshire Funding Report

Mentell's mission in Derbyshire couldn't be simpler: to reduce male suicides and offer safe and confidential spaces for men (18+) to talk, free from advice and judgment.

Seeing the growth Mentell has experienced in the county since our first online circle is incredible. From a handful of members in the early days to now, over 450+ active service users stretching from the Glossop to Derby City. The charity offers weekly online and in-person support groups with zero wait times without charge to the service user.

Every man who has come into contact with the online or in-person men's circle has benefited from high-quality facilitation from a team of volunteers who have undergone extensive training and supervision.

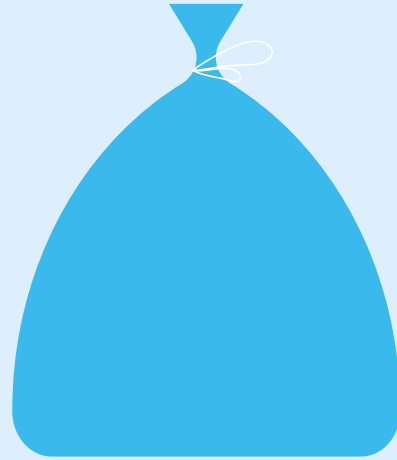
Aside from the peer-to-peer support, Mentell has had a constant presence in the heart of the community throughout Derbyshire- thanks to our fantastic community manager, Jo Mellor.

All this wouldn't have been possible without funding, and the charity would like to express its gratitude to all the funders, past and present, who have contributed and commissioned our projects throughout the years.

As we approach half a decade of serving the communities of Derbyshire, the purpose of this report is to bring to life the impact the funding has had not only on the men who directly benefitted from our service but also on the friends, families and community connected to every man.

Andy

(Head of Projects & Fundraising)



The Current Crisis

The Rise in Suicide

Men are less likely to access help.¹

Men are three times more likely to die by suicide than women.¹

Men aged 50 - 54 years have the highest suicide rates in the UK.²

The biggest killer of a man under 50, is himself.²

The average wait to be seen under the NHS as a referral for mental health is 18 weeks.³

The average cost of private counselling sessions is £40 - £50 per hour.⁴

Mentell aims to fight with these statistics, with our free, weekly online and in-person circles.

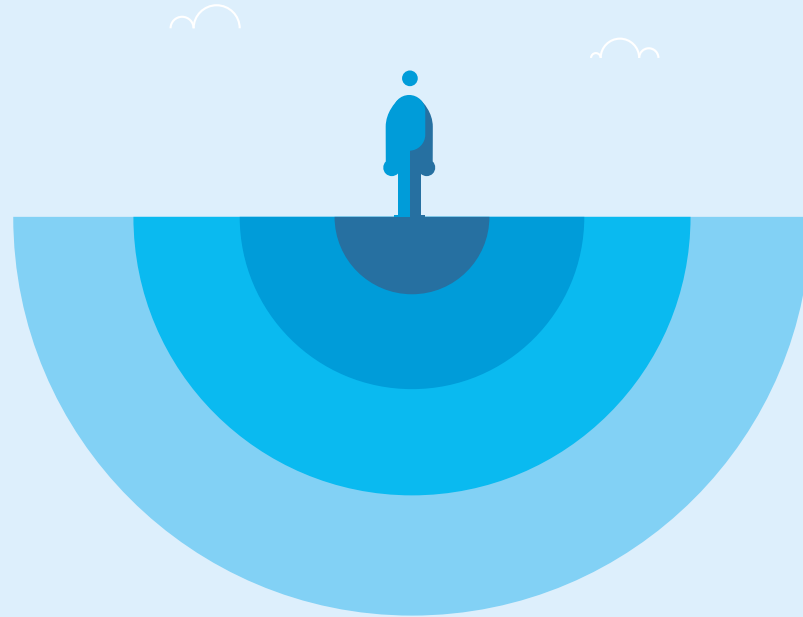
¹Source Mental Health Foundation

²Source Office for National Statistics

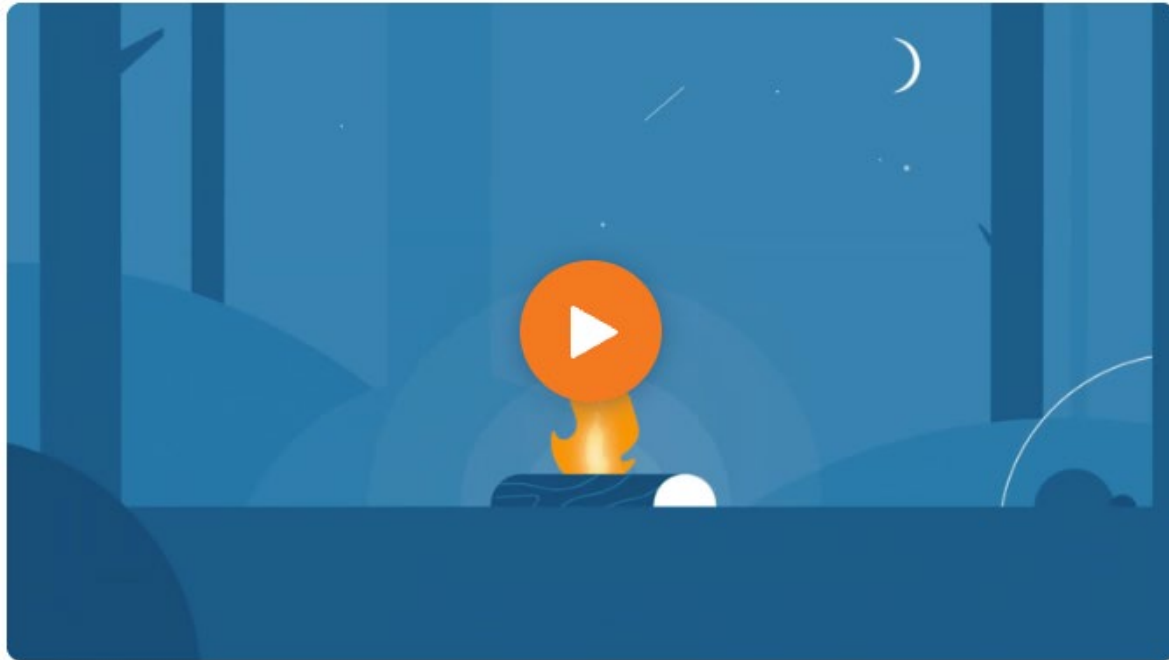
³Source NHS; Guide to NHS waiting times in England

⁴Source British Association for Counseling and Psychotherapy (BACP)





Why Mentell Matters



The Vision

Mentell's mission is to reconnect men with the circle, by offering every man the opportunity to talk.

Press play to learn about the vision for the future of the charity, and where the idea began.

[Play Video](#)



As part of the solution to fight the statistics, Mentell provides free circles for men aged 18+ to talk (or just listen) in a safe and confidential space. This service is offered to Mentell members both on and offline.

Our online service (circle) is held every Monday at 7 pm, with an option to have a 10-minute phone call with our team beforehand, to ensure they understand how to navigate and use the service online.

Facilitators

To the men who make it happen. Thank you.

At the heart of this project is a group of highly committed, well-trained volunteer facilitators who, despite their lived experience, have dedicated their time and energy to learning how to hold space. It costs Mentell over 100 mentorship hours and £2000 of professional training fees to train one facilitator. 50 Mentell facilitators from all walks of life have supported this project, ensuring the highest levels of safeguarding and supervision.

Learn more about our training by watching a video from the recent facilitator retreat.

Play Video



The Mentell Retreat



Member Profile

Derbyshire Mentell Service User Age

(Total 476 men)

18-29

17.35%

30-39

25%

40-49

22.96%

50-59

21.94%

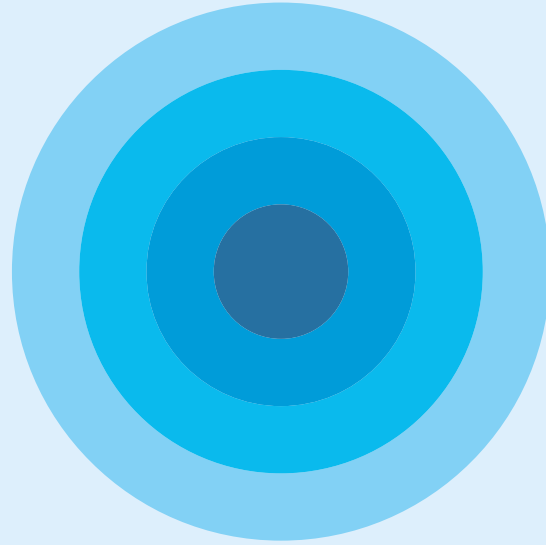
60-69

7.65%

70+

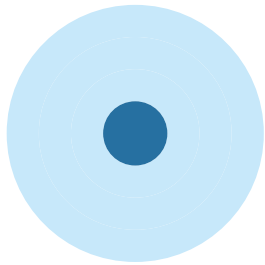
5.1%





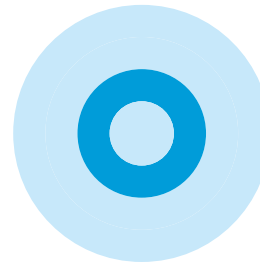
Inside Mentell

Order without hierarchy



Members

Members sit within the circle where sharing takes place. Everything has been designed to support men, in a safe, focused space.



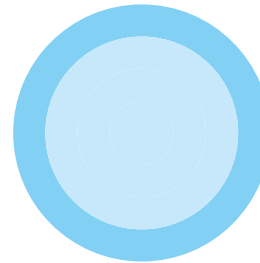
Facilitators

The Facilitators role is to hold space for the group and promote the 7 principals within the circle so all members can enjoy a safe and supportive experience.



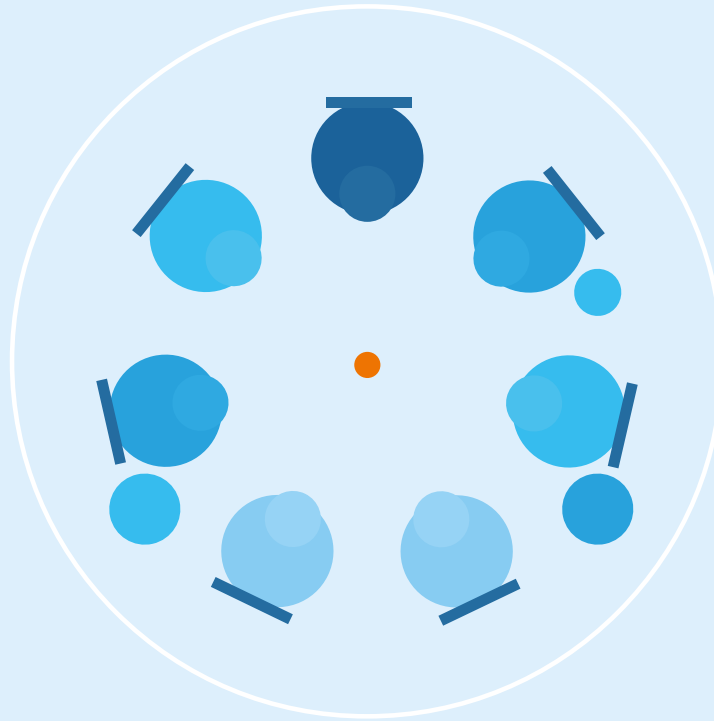
Support Team

Made up of volunteer members, the support team works tirelessly behind the scenes to keep Mentell running outside of circle.



Trustees

The board of trustee's serve Mentell by holding the charity accountable.



The Derbyshire Team

Meet Jo: Community Manager

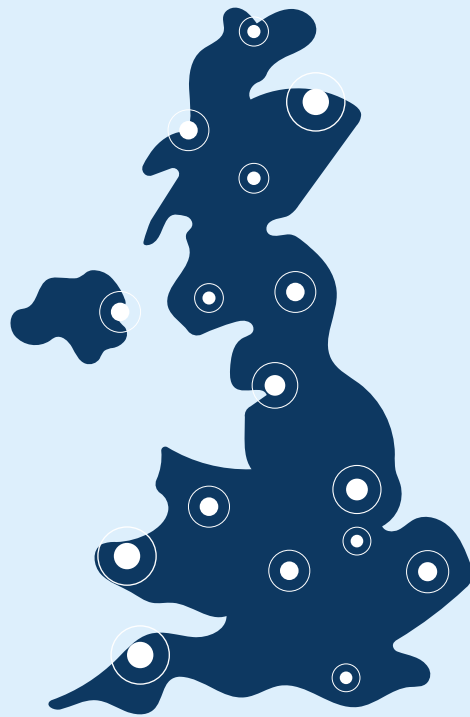
“The work we are doing on the ground throughout Derbyshire is phenomenal, with lots of people wanting to offer their support. Be it other charities to business. Throughout the Mentell Campaigns, we are forging great relationships in communities. I absolutely love my job”.



Meet Niall: Community Champion

“After using Mentell in the past I’ve seen the benefits that come with going to circle and how being able to talk in such a calm, relaxed and supportive place can help so much. Mentell has amazing values built on and from personal experiences, it’s an amazing charity and I wanted to do more to help.”





Turning Derbyshire Blue Campaign

The sad statistic is that most men living in Derbyshire will not seek any help from a GP or health professional within the same year of taking their own life (72% of all UK cases).

However, that same man will grab a pint, haircut, coffee, gym session, or share a laugh in the workplace.

If we are serious about making our society safer for men, we need to tackle men's mental health at the front line - in the heart of our communities. Turn Your Bar Blue, Turn Your Barber Blue and Turn Your Business Blue are active campaigns in Derbyshire that help men find their way to Mentell within places and spaces where men socialise.





Turn Your Bar Blue

Turn Your Bar Blue is open to all bars and pubs willing to display Mentell marketing materials for the first week of each month. The campaign targets men at the suicide prevention point in the local community, with males **six times more likely** to attend Mentell in areas where there is an active TYBB presence compared to areas without. In Derbyshire, **25% of all Mentell members** find our service through the TYBB campaign.

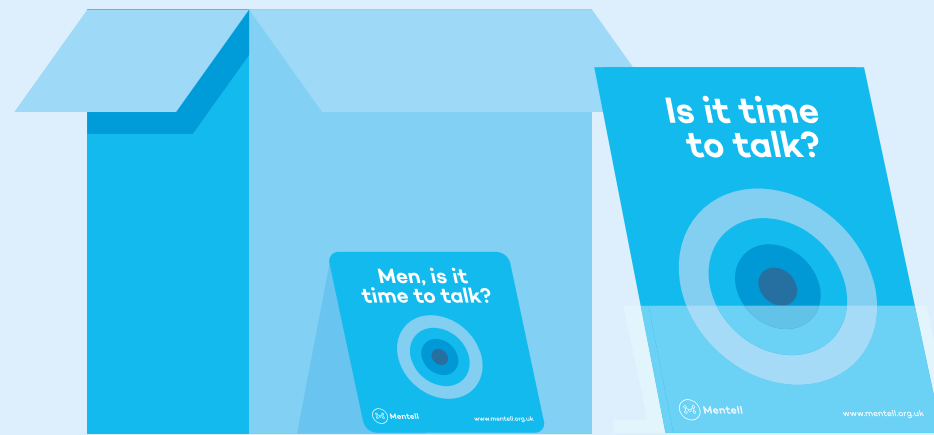
To learn more about our active campaigns, please visit the website.

[View Campaign's](#)

Turn Your Bar Blue in Derbyshire

Mentell has been running the TYBB campaign since 2019... To date, over 3000 men have accessed Mentell through this campaign nationwide. Here are just some of our TYBB heroes in Glossop, Derby City and Matlock





TYBB In Numbers

163

Pubs and bars
signed up to TYBB
in Derbyshire

250k

Mentell beer mats
in circulation

65

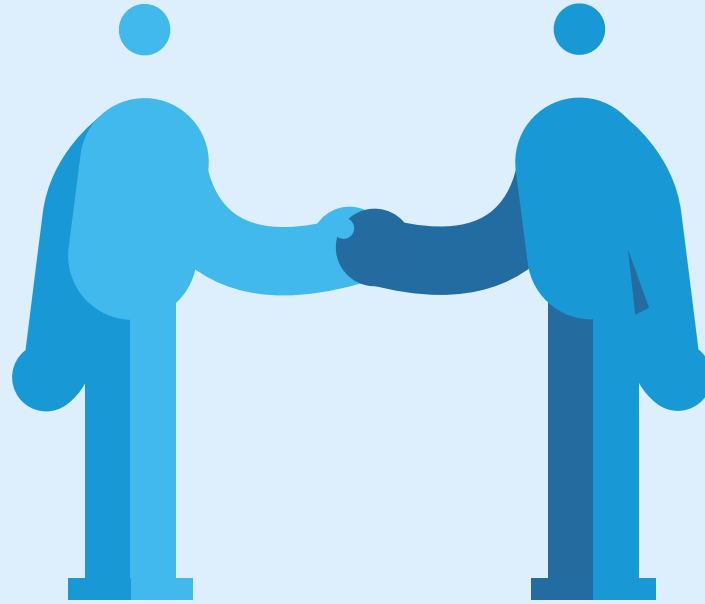
Avg Number of
men who find
Mentell through
TYBB each year

£9,500

The amount of
donations that TYBB
raised last year

TYBB

Single biggest
source of men
finding Mentell



Collaborations & Partnerships

Number of
Derbyshire Care
Partners

665

Number of direct
care partner
referrals received

33

Number of indirect
(signposting)
referrals received

63

Care Partner Collaborations



“The work Mentell does is so vital and it’s important that everyone is aware of the support they offer. Getting to work alongside Mentell feels a lot like the dream team. We have the same end goal and we can work together to achieve it.”

Ellie Scott from Erewash Community Volunteer Service.



“We support Mentell as we align closely with your values and high standards. Both services understand the power of group support and how transformative this can be when life is just too hard.”

Liz and Karen at HPCVS Bereavement Service.

Community Collaborations

- Partnership with Chesterfield FC Community Trust
- Staff Wellbeing Day for United Hospitals Derby & Burton
- Facilitator Christian raising awareness at Derby University
- Staff well-being talks at Howmet Aerospace (Glossop)





Impact & Results

Mentell on the map

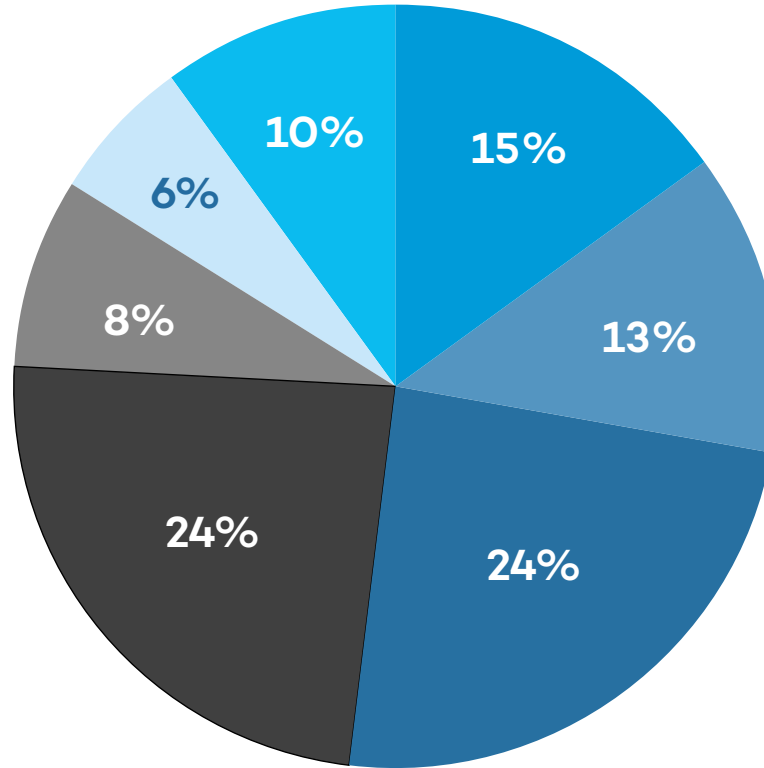
Data representing Mentell members in each town

Total: 476 Service Users



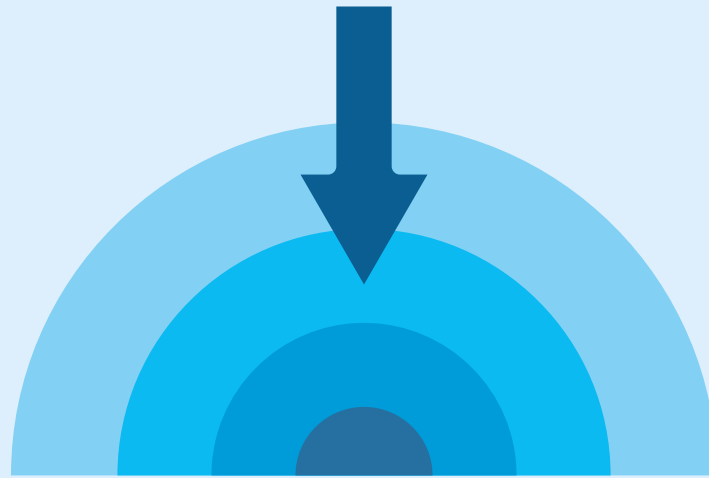
- High Peak - 35%
- Derbyshire Dales - 2%
- Amber Valley - 6%
- Chesterfield - 13%
- Bolsover - 5%
- Derby City - 36%
- South Derbyshire - 3%

How did services users find Mentell



- Friends & Family
- Social Media
- TYBB
- Care partner
- Google
- Community Events
- Other

Data representing how our members find Mentell.



Measuring Impact

Methodology

The methodology was based on the nationally recognised subjective units of distress scoring (SUDS) to measure the service users' sense of well-being at the start of each circle.

Mentell collected data over a period of four intervention stages, and to ensure the data was reliable, the scoring was then averaged over the lifespan of the first two intervention stages and compared to the following two intervention stages.

Qualification: Derbyshire service users who have attended a minimum of four or more Mentell circle.

Example of the 1-10 scoring system

- 1 - Feeling suicidal
- 2 - Extremely low
- 3 - Feeling Low
- 4 - There is some positivity
- 5 - I am ok
- 6 - Feeling Positive
- 7 - Feeling content and happy
- 8 - Feeling very positive
- 9 - Almost too good to be true
- 10 - (pinch me) Feeling at my very best!

Take Jack, for example.

Jack scored his sense of well-being as 2/10 and 3/10 during his first two Mentell circles over a 2-week period; Mentell takes the average of his two visits (2.5/10) as Jack's baseline position (sense of well-being).

During the following two circles, Jack is making progress using Mentell and checks in at week three as 4/10 and the following week at 5/10, averaging at his second intervention point at 4.5/10. Jack has improved his sense of well-being within the group by 2 points (80% better off) compared to his starting baseline.



Results

182 Derbyshire men qualified for the impact survey

On average, service users who attended between four or more Mentell circles improved their sense of well-being by 2.3 points compared to their starting baseline.



Other ways to measure impact

During the project lifespan, 27 Derbyshire men disclosed to the facilitator team that at the time of first attending Mentell, they had a plan to kill themselves, and only **because of attending Mentell circles the desire to harm themselves is no longer present.**

It is impossible to measure prevention in its totality, but research from the Samaritans estimates £1.46 million is a conservative figure of the actual cost of one suicide on the NHS and broader economy.

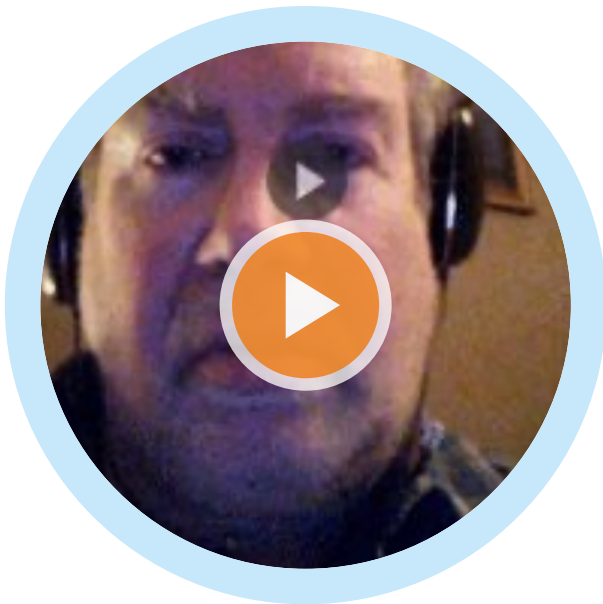
Out of the 27 men who disclosed a plan to take their life, if this project saved one life, then this **project has paid for itself 12 times over.**



Derbyshire Mentell Members

'Mentell give fantastic support'

Andrew, Mentell Member



Press play to hear Andrew's journey with Mentell.

'Mentell is an excellent space to talk through your anxieties'

Elvis, Mentell Member



Press play to hear Elvis's journey with Mentell.

More Mentell Testimonials

“The first night I had a good night’s sleep. A heavy weight has just been lifted.”

Steve, Mentell Member

“It was my first circle and it was truly humbling to be a part of. Those who facilitated it were fantastic and I can’t wait for me next circle...”

Mark, Mentell Member

“Really good facilitators, very welcoming, relatable, made me feel comfortable and not like a weirdo or outcast for my first meeting... Felt welcomed and right at home instantly.”

Kenny, Mentell Member

“Hearing other people’s stories made me feel less alone.”

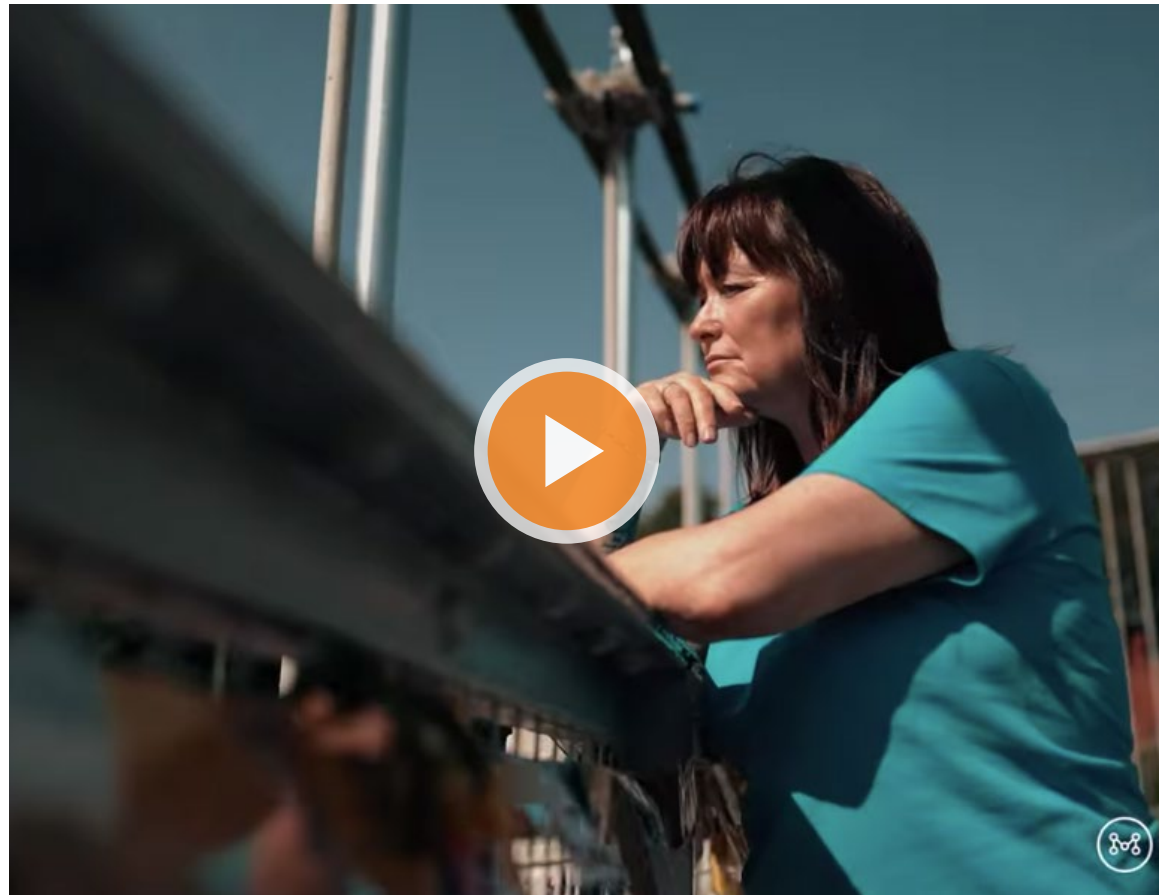
Mark, Mentell Member

Empowered by experience

Hear the raw, real stories of our team, as they open up about their journeys in the world of men's mental health. Together, we make a difference

Trigger warning - this video contains references to themes of suicide, which some individuals may find distressing.

Play Video



Looking Ahead

As we look forward to continuing the Mentell journey within Derbyshire, the ever-changing landscape of men's mental health pushes the charity to new avenues and partnerships.

Gone are the days of functioning in isolation; the need to co-produce and cooperate within the VCSE/ care sector is essential. Mentell started life in Derbyshire as a stand-alone suicide prevention service, and in many ways, it still is. However, as the pressures build on statutory services, the charity has had to move towards a model that fits within the existing ecosystem.

Mentell's long-term vision in Derbyshire is to continue the service delivery and help the region discover and develop grassroots men's groups that align with our principles.

For several key reasons:

1. To reduce the logical complications of scaling over large geographical areas.
2. To improve community representation rather than parachuting in non-local facilitators.
3. To empower local people to take ownership of their service.

Over the coming years, Mentell will commit to upskilling and training volunteers across the region using our affiliate pathway framework and training. The long-term goal is to be part of a solution that can offer every man living in Derbyshire an in-person offering within a 15-minute drive.



Andy

(Head of Projects & Fundraising)



Thank you for your support





Men, is it time to talk?

Mentell is a UK charity that provides men's groups for males aged 18+ to talk in a safe and confidential space, free from advice and judgement.

www.mentell.org.uk