Men’s Talk – Talking Bollocks

**Information for clients:**

**What is Men’s Talk?**

Men’s Talk is a performance project for men who have experienced mental health issues.

**What will I be doing?**

We will be creating a new play that will be performed in the winter of 2024/25…but that’s a long way off ….the first 6 weeks will focus on building confidence, developing new skills and laughing!

**When will it happen?**

Taster workshops 21st and 28th May 24

Rehearsals will be held each Tuesday from 10am til pm.

June-July: Skills Workshops

Aug-October: Script development

November – February: Rehearsals

February 25: Performances.

**Where will it happen?**

Connect Housing, Bond St, Dewsbury

**What is the commitment?**

You just need to come to the taster sessions – then take it from there..

For more information, contact Stuart on 07391 868752 or [stuart.hawkes@commlinks.co.uk](mailto:stuart.hawkes@commlinks.co.uk)

Check out these short videos –

Men’s Talk performance - <https://www.youtube.com/watch?v=qo3az5YSP4o>

Men’s Talk testimony - <https://www.youtube.com/watch?v=utDDIAHDlm0>

**Men’s Talk – information for Referring organisations.**

Men’s Talk is CLEAR’s creative advocacy for men who have experienced mental health issues – using applied theatre to build skills and confidence to create performances which reflect their experiences and ideas. Through these performances we aim to raise awareness, reduce stigma and encourage men to talk about their mental health.

**Who is it for?**

Men’s Talk is open to any man, over 18, who lives in Kirklees and who identifies with and shares the aims and values of the project.

**What will they be doing?**

Men’s Talk is facilitated by an experienced practitioner and supported by men from the group.

Initial workshops centre on confidence building and group building.. and having a laugh.

Men will take part in gentle exercise and learn breathing techniques. They will play games and sing. They will laugh a lot. They will work in pairs and as a group.

**Do they need to have done anything like this before?**

We welcome all men who want to get involved – no experience is necessary.

**Do they need to commit to go on stage?**

At this stage – there is no commitment to perform – just to come along and try the taster sessions.

We also have lights and sound – so need a technical crew.

**What happens after that?**

If they want to stay involved – over the next few weeks they will be encouraged to share their experiences with the group as they develop their performance skills.

It is only at this stage they will be asked to commit to the project – and their name will be included on the new script.

The men will then be supported to learn their lines as we put the piece together. After a few short weeks of rehearsals we plan to hold our first performance in February/March 2025

**Can I come along to support them?**

You can, or if they would like to have a chat about the project they are welcome to give me a call.

**How can I find out more about Men’s Talk?**

You can give me a call 07391 868752or check out our Facebook page [CLEAR Men's Talk](https://www.facebook.com/profile.php?id=100082411594145)

**Talking Bollocks**

Is the latest project from CLEAR Men’s Talk

Men’s Talk is CLEAR’s creative advocacy for men who have experienced mental health issues – using applied theatre to build skills and confidence to create performances which reflect their experiences and ideas.

Through these performances we aim to raise awareness, reduce stigma and encourage men to talk about their mental health.

Talking Bollocks is a new theatre project that will focus on men’s experiences of physical and mental health – exploring how one impacts on the other, what help and support they have had and what they need.

The project is open to any man aged over 18 and lives in Kirklees