



November 19th marks International Men's day, Corps Together welcomes you to celebrate the worldwide positive value men bring to the world, their families and communities.

The core themes for International Men's day are:

- Making a positive difference to the wellbeing and lives of men and boys.
- Raising awareness for charities supporting men and boys' wellbeing.
- Promoting positive conversation about men, manhood and masculinity.

International Men's Day also looks to highlight some of issues that affect man and boys in the UK such as:

- The high male suicide rate
- The challenges faced by boys and men at all stages of education and work including attainment, re-training, redundancy and unemployment
- Men's health (including male cancers), shorter life expectancy and workplace deaths – plus the health impact of Covid-19
- The challenges faced by the most marginalised men and boys in society (for instance, homeless men, boys in care, school exclusions and the high rate of male deaths in custody)
- Male victims of violence, including sexual violence
- The challenges faced by men as parents, particularly new fathers and separated fathers
- Male victims and survivors of sexual abuse, rape, sexual exploitation, domestic abuse, forced marriage, honour-based crime, stalking and slavery
- The negative portrayal of men, boys and fathers

We would love to hear your stories about the positive value men bring to the world, feel free to reach out to us corpstogether@corpsecurity.co.uk

DID YOU KNOW....

- 4912 people died by suicide in 2020. This is 404 fewer than in 2019
- The overall suicide rate was 10.0 per 100,000* compared to 10.8 per 100,000* in 2019
- The male suicide rate for was 15.3 per 100,000* compared to the female suicide rate of 4.9 per 100,000*
- Males aged 45-49 continue to have the highest suicide rate (23.8 per 100,000)
- There is regional variation in the suicide rates. The Northeast of England had the highest suicide rate (13.3. per 100,000) in 2020, which has been the case in five out of the last 10 preceding years and saw an increase of 15.7% compared to 2019

The Biggest Biscuit Break

Corps Together is focusing on men's mental health this month, and we look forward to welcoming you to join us at the Biggest Biscuit Break, we will be sending out a care package of tea, coffee and biscuits to all area offices and asking people to come together to join us on a teams call to discuss the impact mental health can have on us all, and how we recognise signs and support colleagues who may be suffering with their mental health.



Tuesday 30th November @ 10.30am.

[Click here to join the meeting](#)

