

Here are some of our members who offer men support with physical health, fitness, diet, and mental health:

Oldham

- [Spark Oldham CIC](#) - join a Men's Networks for organisations providing services and support to men
- [Local Food First CIC](#) – find volunteer opportunities at Wildbrook allotments site
- Failsworth Indoor Bowling Group - run indoor bowling at Failsworth Town Hall on Thursday mornings (men and women)
- [Avro FC](#) - play Military veteran football in Hollinwood on Mondays 8 - 9pm along with other men's teams on weekends
- [Bee Together Community group](#) – gardening opportunities on Saturday morning at Holy family church in Hollinwood
- [Indian Association Oldham](#) - yoga sessions at on Hathershaw 10:30 – 11:30am
- [Coppice Community Hub](#) - Men's Gap Shap: Social Meet ups for Men, Wellbeing, Health & Social Care (e.g. medical, sickness, disability, mental health, substance use) Saturdays, from 1:30 - 4:30pm
- [CAHN](#) – support for black men
- [Real Vision Community Group](#) - encouraging and supporting men in Oldham and surrounding areas to lead a healthy lifestyle by maintaining physical fitness, good mental health, and general wellbeing.
- [Team Greaves](#) - changing lives through non-contact boxing and training.
- [Walking football at Oldham Active](#) - a standard game of football where players walk instead of run. It's designed to help people get fit or maintain an active lifestyle no matter their age or fitness level, as well as support people getting back into football if they have given it up due to age or injury.
- [Failsworth Walking Group with GM Walking](#) - a local group of walkers/hikers who live in and around the Failsworth Manchester area.
- [Men In Sheds \(Oldham\)](#) - providing friendship and a sense of belonging through positive and therapeutic informal activities and experiences with other men. The Sheds help to achieve positive health, happiness and well-being outcomes not only for the older men who participate but also their families, friends and communities.
- [Age UK's Just 4 Men](#) - a local social group run by men for men to get together and socialise in a welcoming and friendly atmosphere.

Rochdale

- [Male Health Survivors](#) - a safe space for men to navigate the challenges posed by significant health setbacks.
- [Tackling Minds](#) - providing angling events within the UK and offering support to people from all walks of life that are struggling with a range of issues.
- [BLOKES at Hare Hill House](#) - a support group for men suffering from loneliness.
- [Men's Hub at New Life Church](#) - a great place to drop in for a game of darts, pool and other activities. Offering a place to chat, encourage and get together.
- [Kashir Youth Project Apna Ghar Men's Sessions](#) - an environment where elders can seek opportunities for interaction, socialisation, and active participation.
- [Rochdale Mind Men's Welcome Group](#) - find ways to improve how you might be feeling – and keep it that way.
- [Castlemere Community Centre Men's Group](#) - a community initiative that offers a social space for Asian elders to connect, share experiences and enhance their overall health and well-being.
- [Get Together After Serving CIC](#) - a veteran-led organisation supporting former military personnel, underprivileged children, and the wider community.
- [Nigeria Community Association](#) - run a Men's Support Network which meets every Thursday, offering a safe and supportive space for men to connect, share experiences, and improve their wellbeing.

Tameside

- [Men's Peer Support Group at The Anthony Seddon Centre](#) - a structured peer support group for men with mental health concerns.
- [The Shed](#) - a safe, friendly and inclusive workshop, where men (and women on Fridays) come together to work, share ideas and experiences. More importantly, it's a place where they can make friends and enjoy themselves.
- [Manchester Bike Kitchen's Tea and Tinker](#) - a free drop in where you can learn bike repair skills, meet likeminded people and build confidence.
- [Age UK's Blokes and Brews](#) - if you're a man over 50 living in Tameside with a physical or mental health disability or other long term health condition, our Blokes and Brews group gives you the opportunity to meet other men, get out and about and try new things.
- [Mentell Hyde](#) - Providing support for men in Hyde aged 18+ to talk in a safe and confidential space.

- [Man Up](#) - Man Up is the Men's ministry at Reach Church. Meetings include fun social nights, film nights, quiz nights, special events and men's breakfasts with great food and encouragement.

Across all localities and beyond

- Talk About It Mate (Greater Manchester/online) - [Mental Health | Talk about it mate | Manchester](#)
- Mentell (Nationwide/online) - [Mentell – Free Support Circles for Men](#)
- [Andy's Man Club](#) (Nationwide) - a men's suicide prevention charity, offering free-to-attend peer-to-peer support groups across the United Kingdom and online.
- [Men's Sheds](#) (Nationwide) – national community spaces where men can enjoy practical hobbies, make friends, learn and sharing skills