

HOW MENWALKTALK MAKES A DIFFERENCE

MenWalkTalk exists because too many men feel isolated, struggle in silence, and, tragically, some reach crisis point without ever asking for help. We believe that connection, conversation, and community can change that story.

Our flow begins with simple, accessible activities: men joining together for walks, supported by volunteers who lead with compassion and authenticity. These activities are underpinned by our unique “magic touch”, the things that make MenWalkTalk different. Our walks are informal, peer-led, and stigma-free, so men feel comfortable showing up. Walking side by side makes talking easier, and our founder and volunteers share their lived experience of men’s mental health struggles, breaking down stigma and building trust. Because we are rooted in local communities, every walk reflects the needs and culture of the men it serves.

Through these activities, men begin to experience change. They feel safe to open up about their mental health, build lasting friendships, and access professional help earlier when needed. Volunteers grow in confidence as community leaders, and families and communities notice men becoming more connected and resilient.

These outcomes lead to long-term impact. Fewer men experience isolation, fewer men reach a crisis point or attempt suicide, and communities themselves become stronger, healthier, and more connected.

This is our Theory of Change. It shows how a simple walk can grow into a life-saving conversation and, ultimately, a future where no man feels he has to struggle alone.

KEY:

Activities What we do	Impact (long-term change)
Outcomes (medium term changes)	Magic Touch / Approach

