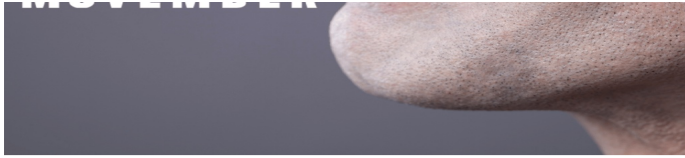




# Living Well North Tyneside

Supporting Health and Wellbeing



As autumn descends and the days grow colder, a different kind of warmth begins to take shape on the faces of men worldwide. It's the distinctive fuzz that heralds the arrival of Movember, a month dedicated not only to the cultivation of impressive moustaches but to a far more profound purpose: raising awareness and funds for men's health. Movember is more than just facial hair; it's a movement with a mission.

## **A Hairy Revolution:**

Movember, which originated in Australia, has grown into a global phenomenon. Every November, men from all walks of life come together, united by their commitment to change the face of men's health. The concept is simple yet powerful: grow a moustache throughout the month, sparking conversations and encouraging awareness about men's physical and mental well-being.

## **The Three Pillars of Movember:**

Movember focuses on three critical areas of men's health:

1. **Prostate Cancer:** Prostate cancer is one of the most common cancers affecting men. Movember's mission is to raise awareness about early detection and support research efforts to improve diagnosis and treatment.
2. **Testicular Cancer:** This relatively rare cancer primarily affects young men. Movember campaigns educate on self-examination, ensuring early detection and improved outcomes.
3. **Men's Mental Health:** In a world that often perpetuates the stereotype of the unemotional man, Movember breaks the stigma surrounding men's mental health. It promotes discussions, encourages seeking help, and fosters understanding of the challenges men face.

## **The Power of Conversation:**

Movember's impact extends far beyond the moustache. It's about sparking meaningful conversations that challenge stereotypes, shatter taboos, and create a safe space for men to share their struggles. By simply growing facial hair, men become walking, talking billboards for men's health.

## **The Movember Community:**

Movember is not a solitary endeavour; it's a community of support. Men, known as "Mo Bros," and women, affectionately referred to as "Mo Sistas," work hand in hand to raise funds and awareness. Together, they organise events, share stories, and fund research projects that make a real difference.

## **How You Can Get Involved:**

Participating in Movember is simple:

**Start Growing:** On the 1st of November, shave your face clean and let your moustache journey begin.

**Join or Create a Team:** Mo Bros and Mo Sistas can join or form teams to support each other and amplify their impact.

**Fundraise:** Use your moustache as a platform to raise money for vital men's health projects.

Movember is more than a moustache; it's a movement that touches the lives of millions of men and their families. It's a reminder that together, we can change the face of men's health. This November, as you watch moustaches take shape, remember that they represent more than just facial hair; they represent hope, conversation, and a commitment to a healthier future for all men. Join the Movember movement, and let your moustache make a difference.

#### Related Links

- [Movember UK](#)
- [Mental health in the workplace](#)
- [Men's health guidance](#)



Last Updated - 30th October 2023

# Sign Up for Living Well North Tyneside

Get all the latest news and information to help you to live well locally

[Subscribe Now](#)