



FORMERLY KNOWN AS MOJO OFFALY

## Expanding Horizons



**MenPower is a 12 week training programme**, developed by a collective of organisations, to help men learn to build their mental and physical fitness while developing the ability to engage with local services, set goals and develop a life plan.

• “Thanks to the project, I’ve reconnected with the world again”

- **What is MenPower?**

- MenPower is a 12 week group programme that takes place on Wednesdays 10-1pm and Thursdays 10-2pm in Offaly Local Development Company, Millennium House, Main Street, Tullamore, Co. Offaly. The programme is free and a man’s benefits will not be affected while participating on the programme.

- **Who are the men?**

- They are adult men from the community, like yourself! Men choose to participate on the programme as they may feel lost, confused, down or lacking direction or focus.
- The programme also supports men experiencing employment related issues.

- **What is expected of a participant?**

- To be ready, willing and motivated to change. To commit to attending the programme two mornings per week for the duration of 12 weeks.

- **What topics are covered over the two days?**

- The group training programme combines a unique mix of mental health, adult guidance, physical activity and provides a social space that affords men the opportunity to explore the following: how to be and stay well, barriers to achieving their goals and desires and how to plan for their future. In addition to the group work each man will have two 1:1 sessions with a life planner. The physical element of the programme is conducted by Offaly Sports Partnership.
- Many professional agencies contribute to the programme, sharing their insights, wisdom and knowledge. On Wednesdays the focus of the sessions is mental fitness while Thursdays sessions focus on taking positive actions to move forward and to develop a life plan. Thursdays conclude with one hours gentle, non-competitive physical activity that all men can do. We expect men to attend on both days.

- **What support will I get as a participant?**

- MenPower staff are available, by appointment if needed, prior to a group session commencing, during group and after group if you require a listening ear or support with regards to issues you may be experiencing. If staff are unable to support you, they will signpost you to someone that can!
- Many different agencies input on the programme and are also available to support you. All you have to do is to make a 1:1 appointment. This can be done when the facilitator is visiting the group or if you'd prefer the agency can be contacted in your own time with guidance from MenPower Staff if needed.

- **Is there any support on offer when I have the 12 weeks completed?**

- Yes, graduates of a 12 week programme can become a member of Tearmann na bhFear (Men's Haven). This group is comprised solely of men that have completed a 12 week programme. The group have their own committee and are supported by an OLDC staff member. The men meet on a regular basis and engage in activities such as cookery classes, sports, mindfulness, day trips and the likes. Some activities have a small cost while others are free. The committee will keep you updated on planned events once you complete a 12 week programme and you choose to be on their mailing list.

- **What will I get out of it?**

Like anything, the more you put in the more you get out!

- In terms of research that was carried out when the programme was known as Mojo, three external evaluations found:
  - | Almost all men reported a decrease in, or elimination of risk of harm to self or others
  - | 83% reduced their level of depression and anxiety | Between 86% and 90% retention rates on the programme | Between 70% and 76% progression on to training and education | 4 out of 5 men reported an increase in self esteem

- **How is the programme governed?**

- The programme is delivered by Offaly Local Development Company and is overseen by an Interagency Advisory Group (IAG) that meet every 6-8 weeks. This group is comprised of other like-minded Community, Voluntary and Statutory agencies wanting to support men to be the best version of themselves, mentally, physically and emotionally.

The programme staff are also supported by a practice Group that is comprised of supportive agencies that assist staff to signpost men to appropriate supports in the community specific to individual needs. For a list of IAG or Practice Group Members log on to [www.offalyldc.ie](http://www.offalyldc.ie) and click on the MenPower Programme

## **How is the programme funded?**

- The programme receives funding from The Health Service Executive (HSE), SICAP, Healthy Ireland (HI) and from various fundraising initiatives.

- **How can one support MenPower... Fundraising?**

The MenPower Programme has charity status. If you would like to get involved in fundraising on behalf of the project, please do get in contact. We would welcome your support.

“We threw our stuff on the table, the staff were the gravy that brought it together”.



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Feeling quite down and lost in the dark,  
Deep down inside I am falling apart.  
Feels like a race running round in my head,  
So many thoughts consume me with dread.  
Seeing no future, losing hope and will,  
I'm trying so hard to control how I feel  
Afraid of sharing these emotions I bear,  
I'm scared of hurting those that do care.  
Why, I don't know, I don't want to suffer,  
In this dark hole I fear falling further.  
But just as that anguish begins to burn,  
A kind-hearted soul shows me where to turn.  
A room full of faces, warm, kind and giving,  
Make me realise, this life is worth living.



### MOJO POEM

First few weeks,  
Nervous and weak,  
An ill mind not at peace,  
Out of our comfort zones that  
we were usually in to be in a  
room with strangers we have never seen,  
with each week that passed,  
Friendships,  
Storys,

Memories and laughs are just  
some stuff that made this  
group close,  
Each to there own with a story  
to unfold,

A squad full of heart,  
A family of friends from  
the start.



“We were listened to and treated like adults”



## Would you like to know more?

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**Company Website**

Offaly Local Development Company

[www.offalyldc.ie](http://www.offalyldc.ie)

**Tearmann na BhFear**

<https://www.facebook.com/TearmannnabhFear/>

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