

About Healthwatch Central Bedfordshire

Healthwatch Central Bedfordshire is the local consumer champion promoting choice and influencing the provision of high quality health, social care and wellbeing services for all across Central Bedfordshire.

Healthwatch is the only body looking solely at people's experience across all health and social care. As a statutory watchdog our role is to ensure that local health and social care services, and the local decision-makers put the experiences of people at the heart of their care.

About For Men To Talk

For Men To Talk was started after the founder's personal experiences with anxiety, depression, and grief following the loss of his mother and sister to cancer. Recognising a lack of informal, male-focused spaces to talk openly about emotions, he launched the group in December 2019.

Since its first meeting in February 2020, For Men To Talk has provided a welcoming, peer-led environment where men can connect through conversation and shared experiences, with signposting to professional support when needed. His work has been recognised with a BBC Make A Difference Award and multiple community honours.

Sponsors for the Event



<https://amphillvs-cancer.co.uk/>



<https://www.amphill-fireplaces.co.uk/>



<https://workshopamphill.com/>



healthwatch
Central Bedfordshire

Agenda

Men's Health Event

Friday 6 February | 10.00am-1.30pm

Parkside Hall, Woburn Street, Ampthill, MK45 2HX



Agenda

1.	Registration & refreshments, visit stallholders	09.30
2.	Welcome & Introductions ◇ Cllr. Stephen Addy, Ampt Hill Town Mayor	10.00
3.	Speaker ◇ Luke Newman – Founder & CEO, ‘For Men To Talk’; will share his mental health journey, the inspiration behind the organisation, and the importance of men’s peer support.	10.10
4.	Personal Story ◇ Dave Bateson – Founder of Ampt Hill Vs Cancer, will share his cancer story and becoming a prolific fundraiser	10.30
5.	‘Claire’s Boob Battle’ ◇ Claire Young – Founder and a resilience speaker, will explore how unexpected events shape us and why aligning daily choices supports strong leadership and a fulfilling life.	10.50
6.	Break – refreshments, visit stallholders	11.10
7.	Speaker ◇ Tony Cool – former professional footballer and business owner, will share his story of loss, resilience, and rebuilding his life while caring for his wife, along with his vision for the future.	11.40
8.	Expert Guest ◇ Dr Alison Rimmer , Lea Vale Medical Practice – <i>Cardiovascular health, hypertension and cholesterol</i> , with practice nurse support available during the event.	12.00
9.	Rebuilding Lives: Men’s Health, Recovery and Resilience ◇ Neil Waring –Deputy Director of YouTurn Futures, will outline how the organisation supports men’s mental health, recovery, and local wellbeing.	12.20
10.	Close ◇ Cllr. Stephen Addy, Ampt Hill Town Mayor	12.40
11.	Lunch & Networking – visit stallholders	13.00

Stallholders in attendance



1.	Carers in Bedfordshire Supports unpaid carers across the county by providing information, guidance, and practical help to improve wellbeing and quality of life.
2.	Bedfordshire NHS Foundation Trust Diabetes Education Team Supports people to better understand and manage diabetes through education and guidance.
3.	Phil Carless Anxiety Breakthrough Coach – supports individuals to overcome anxiety and build confidence and emotional resilience.
4.	Bedford Samaritans Provides confidential emotional support, 24/7, for people experiencing distress or struggling to cope.
5.	Chrysalis Centre Provides a safe, supportive space offering counselling and wellbeing services to help people improve their mental health and emotional resilience..
6.	Everyone Active Provides accessible leisure, fitness, and wellbeing activities to support physical and mental health across local communities.
7.	IMPAKT Supports people facing disadvantage by providing advice, training, and opportunities that help build independence, confidence, and long-term wellbeing.
8.	Good Life Sorted Provides practical support and guidance to help people organise their lives, reduce stress, and improve overall wellbeing.
9.	iCaSH Provides free, confidential sexual health services, including testing, treatment, and advice to support sexual wellbeing.
10.	Parallel Lives Provides counselling and wellbeing support to help individuals improve mental health, resilience, and emotional wellbeing.