



Our Shared Agreement

1. You are a Man
2. What You Hear Here, Who You See Here, Stays Here
3. Respect, encourage and support without judgement
4. We respect and value the courage to talk
5. You can just talk, or you can just listen
6. We listen attentively and value it's power
7. When using the talking stick; speak your own truth about how you feel
8. We do not provide advice, we resonate, empathise, ask open, respectful questions, and share our experiences
9. We do not interrupt someone when they are speaking unless this agreement is broken (the facilitator will knock twice on the table – the Stop Knock).
10. You can 'Check out' and leave at any time
11. You can take time out during a meeting if you feel you need it – you will be supported
12. The Facilitator is there to serve the brotherhood with democracy and fair play
13. The Facilitator holds the Mental Health First Aid qualification and has the resources to sign post you for additional help that you may require, please do ask.
14. No Alcohol / No Drugs / No intoxication
15. You can come to as many or as little number of meetings as you wish
16. We are a charity, part of Guernsey Mind, all meetings are free but we are grateful for any donations to help us pay for heating, lighting and rental.



Man Club is a space for men to come together and Just Talk, or Just Listen.

It began in late July 2017 when Phil opened his home to Men to come and talk openly about how they were feeling. Pretty soon Phil found he was running out of coffee cups! So, Man Club moved to the space at Guernsey Mind in 2018, and then subsequently in January 2019 became part of it's charitable status.

From day one, confidentiality was established as a prime directive for Man Club. Everything that happens in Man Club, is confidential, What you hear, Who you see here, it all stays in Man Club.

In September 2017 Man Club started to use the Native American tradition of using a Talking Stick. The impact was profound and is now the very core of what makes Man Club work. When you hold the Talking Stick no man can interrupt you. This allows space that we don't usually experience in everyday life as well as encouraging each one of us to truly listen.

As a brotherhood, we have shared values that all Men are made aware of at each meeting. The Facilitator who holds the space is there to serve the Men with democracy, and fair play. He is Mentally Health First Aid qualified and has access to a variety of groups, and services that are available to you if you would like further support. Man Club is often the first step for many.

As our collective compassion grows, we begin to truly understand that none of us are alone. This not only helps us grow as Men, but also can have a profound impact on our society and culture.

Where ever you are on your journey, no matter how hard things may feel – you have made the step of walking through the door, and that is so often the most courageous one, and often the most powerful.

Welcome to Man Club. A Space to Just Talk, or Just Listen.

Philip Surry – March 2019