



## Can you help us meet men's health and wellbeing needs better?

### Please complete our short survey

Are you a man living in Glos? We want to hear from you.

**CHANCE TO WIN £50 VOUCHER IN OUR PRIZE DRAW**

We're gathering honest feedback to improve local support.

Whether you've faced mental or physical health challenges - or just have thoughts on what is needed - your voice matters!



#### About us...

- providing therapeutic arts programmes for 20 years
- trusted NHS providers
- proven wellbeing impact



#### The survey

- only 8 questions
- 5-10 minutes of your time!
- it can be anonymous - no pressure, just your views
- **DEADLINE 30<sup>th</sup> Jan 2026**

Scan this QR code:



"Since attending Artlift I'm drawing or doodling every day as a way of coping with very conflicting and painful feelings"



Or, go to: <https://www.smartsurvey.co.uk/s/Mensurvey/>

**Let's make Glos a place that champions men's health - because you matter!**  
**Contact us for more info, or if you need to respond in a different way:**

**01452 222 726**

**[office@artlift.org](mailto:office@artlift.org)**

**[artlift.org](http://artlift.org) / [artshape.co.uk](http://artshape.co.uk)**



**Gloucestershire**

**The Baring  
Foundation**