



**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 30th 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

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artlift.org / artshape.co.uk



The Baring Foundation