



Eddie felt he had hit rock bottom. He'd lost his job, was feeling really depressed and had very little money. He decided to drop in to one of our weekly job club sessions for some advice. As well as providing him with information about benefits and helping him to prepare his CV one of the volunteer advisors was concerned about his low mood and mentioned our Men's Health project to him. He was a little unsure as his confidence was at a real low point, but with encouragement decided to contact Kellie Dwan, the Men's Health Project Manager. Our award winning Manweb Men's Health Project takes a northern, non-clinical light-hearted approach to men's health by providing a wide range of weekly activities and groups aimed at reducing isolation and improving health and well being.

After chatting to Kellie he decided to join their next planned trip out to Liverpool for the Titanic exhibition. Eddie said this was a "turning point" in his life. He got on really well with all the other men and really enjoyed himself, so much so that he booked himself onto their next weekend residential.

As he'd been made to feel so welcome by the men's health groups and the Cornerstone he felt confident enough to join some of our other activities. Our beginners and next steps computer course was followed by a Tech and Tea course where he was able to purchase a discounted laptop. He joined other Men's group activities such as cards and dominoes, our Tuesday games session, our sporting memories group, as well as attending our weekly Foodcycle community meal. Eddie has also joined our Cornerstone Kurlers team. In fact Eddie is a familiar face at the Cornerstone most days of the week.

He feels as well as making a load of new friends, his health and depression have improved and he's also stopped drinking. The true community spirit of Salford and the Cornerstone was shown when Eddie moved into new sheltered accommodation. Knowing he didn't have much to his name his new found friends rallied round and donated chairs, a microwave, pots and pans and other household essentials. Eddie was overwhelmed and didn't understand why people would do this for him. He feels one of the main benefits of belonging to our Men's Health project is that he can talk openly about his health issues. He feels that he now has a circle of people who "look out for him" and care about him. If he misses a few groups Kellie will text him to check he's ok.

Joining the Cornerstone has made him feel more "community spirited" and in order to give something back to the community that has supported him so much he runs a quiz at the sheltered accommodation using the questions from our Tuesday games session.

Eddie is now healthier, happier and more confident and told us that his friends and family now feel they have got the old Eddie back.