



Today (19 November) is International Men's Day (IMD), and it is observed every year in more than 60 countries around the globe. The themes in the UK are:



- Making a positive difference to the wellbeing and lives of men and boys
- Promoting a positive conversation about men, manhood and masculinity
- Raising awareness and/or funds for charities supporting men and boys' wellbeing

Gender equality is often cast purely as a women's issue, but it's not.

A report from the World Health Organisation (WHO) found that living in a country with gender inequality had a negative impact on men's health, with risky health behaviours, symptom unawareness and long-held beliefs of what it means to be 'manly' being just some of the influences.



Highlighting some of the root causes of the stigma that surrounds this topic is an important part of the journey towards change.

### Men's Health Webinar

Join Tom Browne, AXA Men's Health expert as he guides you through the following topics:

- An exploration of where the stigma around men's health may come from
- Do men really partake in riskier health behaviours than women?
- The most common health conditions that can affect men
- Signs and symptoms to closely look out for



- The changes you can make to stay healthy and help prevent disease

[Access the Men's Health Webinar](#)

## Fenners: Me, Myself and Mental Health

We are proud to share a recent interview with John “Fenners” Fendley (@fennersinsta) of Soccer AM where he opened up about his mental health in Paninaro magazine (@paninaromag).

Due to the sensitivity of the subject and Fenners' desire to reach as many people as possible, the article was shared by Charles McLean, Land Network Director (London) who is an owner of the publication.

The article was picked up by skysports.com and was the No.1 trending article for 48 hours until Messi signed for PSG!

[Click here to read](#)



## Men's Health Charities

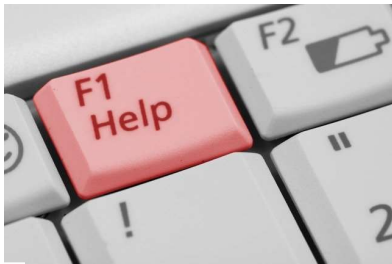


Its not all mental health;

**Prostate Cancer UK** - A charity that does what is says on the tin, tackling the most common cancer in men. Why not [check your risk in 30 seconds](#) via their website.

**Its in the bag** - A charity that supports men with Testicular Cancer. Find out [how to carry out a check](#).

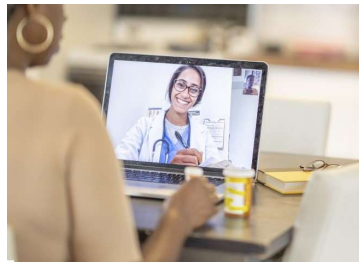
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### LSH Employee Assistance Programme

Confidential support including Counselling Sessions available 24/7 to all employees.

Provided by [Unum Lifeworks](#)



### Doctor @ Hand Online GP

24/7 access to GP  
Consultations held by video or by phone. Includes follow up calls, referrals for treatment to the AXA-PPP Fast Track team and/or prescriptions.

Available to all Private Health Care members.

Provided by [AXA](#)



### AXA Stronger Minds Service

Access to trained counsellors and psychologists. Available to all Private Health Care members.

Provided by [AXA](#)

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