



Equal Rights for Men and Women

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PARITY NEWS BRIEFING – OCTOBER 2020

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WORLD SUICIDE PREVENTION DAY: 'COULD I HAVE STOPPED MY DAD KILLING HIMSELF?'

Published 10 September 2020

We think we know what suicidal behaviour looks like when someone is young, but when they are elderly the signs are often quite different. Kris Griffiths never imagined his father would kill himself, but now realises he missed a number of red flags. If you stop someone in the street and ask what the words "male suicide" brings to mind they'll probably mention a singer, maybe Kurt Cobain or Keith Flint, or

perhaps a footballer, such as Gary Speed. Most likely it will be someone who became famous when they were young, perhaps lived a life of excess, and didn't make it to the relative stability and equanimity of middle age.

This perception is supported to an extent by statistics: suicide is Britain's biggest killer of males under 50, with 45 to 49 the peak age bracket, according to the most recent official figures for England and Wales. The figures also bleakly confirm that the overall suicide rate has risen sharply to its highest level since 2000, with 75% being men - one dies roughly every two hours. Within these grim numbers, however, lies a hidden demographic of men who are extinguishing their lives far away from TV screens and Twitter feeds - a later age group where suicide rates rise again, but out of the public eye. In 2018 my father became one of them.

Dad was 76 when he took his life, 18 months after Mum had died following a long illness. He was never able to come to terms with the loss of his life partner, feeling increasingly lonely, useless and isolated, despite regular visits from his children and grandchildren. The underlying reason why three times more men than women kill themselves, is widely thought to be the lifelong conditioned adherence to masculine behaviour patterns: repressing emotions instead of expressing them, which is deemed weakness; and refusing to seek help, either from friends and family or health professionals.

The urge to self-medicate with drugs or alcohol is also far more common among men, which invariably compounds the problem, leading to impulsive behaviour. What frequently separates the younger and older demographics, though, are the causes of the anxiety and depression that lead to suicidal ideas. In younger males these can range from identity issues to financial difficulties, often caused by loss of employment, and the perceived pressure to be economically successful.

These are less likely to be problems experienced by the 70-plus age group. For them, loneliness tends to be a key factor. "The potentially harmful effects of loneliness and

isolation on health and longevity, especially among older adults, are well-established," wellness author Jane Brody has written. "Research has found that loneliness can impair health by raising levels of stress hormones, which in turn can increase the risk of heart disease, dementia and even suicide attempts."

- 'My son died in 1994 but his heart only stopped beating this year' (2017)
- 'After Mum died, no-one talked about her for 15 years'
- 'Our father wrote every day as he waited to be sent to Auschwitz'

In my father's case, the loss of his 45-year marriage partner, whom he had cared for devotedly in her final years, left him struggling. His retirement had not brought the contentment it had promised, and no number of visits from his children could dispel his loneliness. He had little in the way of a social circle - another factor that differentiates older men from women, who tend to be better socially connected.

Not long after Mum's funeral, Dad was diagnosed with cancer, which he typically kept as quiet as possible, stoically undergoing his radiotherapy until given the all-clear seven months later. Even then there was no feeling of celebration or rejuvenation, no more joy to derive from things he'd once loved. Attendance at long-planned family engagements like Christmas was cancelled at the last second. He started to feel physical pains for which medics could find no cause. As a younger man, Dad's enjoyment of life had been infectious. A proud working-class man, who began and ended his working life as a bus driver, he enjoyed a beer and a smoke, and was always the life and soul of a party. He was ever the raconteur, and had a perpetual silly streak that didn't fade with age.

His comedy idol was Norman Wisdom - he would never not find his films hysterically funny - yet he was also deeply moved by music, his favourite artists being Elvis and Roy Orbison, in particular their rousing balladry. When Orbison's *Black and White Night* came out on video he would watch it

every weekend literally for months on end, as his downtime treat. He was all about the simple pleasures, from an afternoon nap to a Slurpee on a hot day. He once broke an incisor chomping into a frozen Mars bar that had been in the fridge too long. But his biggest mortification was probably the time he found an exotic-looking French lager on bulk sale in a Calais supermarket and duly loaded up the car boot with several crates, only to find when cracking one open back in England that it was a sickly sweet shandy with a minuscule alcohol content. I'll never forget his swearing at the moment of realisation, before the hilarity of the error took hold. It must have taken at least a year to get through them all. He pretended to have "grown fond" of them at one point, but wasn't fooling anyone.

It's not just the causes of suicidal feelings that differ in older people, but also the symptoms. "Older adults 'cry for help' in markedly different ways than teens, because depression looks different when we age," says Dr Patrick Arbore, who founded Friendship Line in the US, specifically to counsel elderly people at risk of suicide. "Depressed older adults are more likely to be irritable than sad, and to complain about physical ailments their doctor can't find a reason for."

He discovered that older adults weren't calling crisis lines because they didn't see themselves as being in crisis. They were lonely and depressed, but it was a chronic, undiagnosed condition that developed over time.

While Dad was never officially diagnosed with depression, my siblings and I, fully aware of his isolation and anxieties, convinced him to move from his rural home to a wardened retirement property closer to us all. While he agreed to this at first, saying he'd do whatever we thought best, he later became hesitant and obstructive when it came to viewing properties, and non-committal on whether he wanted to move at all.

The interpersonal theory of suicide articulated by psychologist Dr Thomas Joiner, whose own father killed himself, proposes that there are two chief causes of suicidal desire, "thwarted belongingness" and "perceived burdensomeness" - with the simultaneous presence of both

being particularly dangerous. Only now does this make perfect sense, looking back at Dad's final predicament. He wanted to end the loneliness but not encumber his kids - or anyone, including himself - with the upheaval of moving.

"When young people talk about suicide or say 'I want to die', older adults are more likely to say 'There's no place for me' or 'I don't want to be a burden'," says Patrick Arbore. "While we're thankfully more sensitive to the effects of outside pressures on young people, such as bullying and online harassment, we miss clear warning signs with older adults." Again, it was only when I later came across a checklist of red flags that I realised how many had been glaringly obvious, but tragically went unnoticed at the time. The obsession with getting his affairs in order - accepting literally the first offer on his house, while still not fully committing to finding a new one. Random gifts - insisting on getting my car MOT'd and fully serviced. The morbid talk of wishing he lived in America where he could easily obtain a gun - which I reflexively shut down ("Don't be stupid!") instead of engaging him on it. As I later read, discussing suicide is in no way advocating it.

How to get help

- If you or someone you know is emotionally distressed, BBC Action Line lists sources of advice and support
- Samaritans has a list of warning signs (for all age groups)

The most poignant forewarning was the last. One afternoon Dad turned up at my house, 70 miles away, just to "hang out" for an hour, something he'd never done before. Gratified by this unexpected social effort I gladly chatted with him over coffee, suggesting we all go away for a family holiday once he'd sold up, and then after a hug he was gone again. It was the last time I saw him, as a couple of weeks later he was gone for good. I know now that he was saying goodbye. My feelings of guilt started early because I had been able to see first-hand how lonely he was, rattling around his home with little to do except watch daytime TV. As a childless freelancer, I could spend weeks with him at a time, working from his house and a local library. When it was time to return home he would sometimes ask if I could stay one more day, which I couldn't always agree to. So I

would feel guilty and despondent on those long drives back. Then, during one of my final visits, he asked if I would consider moving back in with him full-time, which I had to decline as it just wouldn't have worked out for me, a man in my late 30s, to be cohabiting with his father again in a rural dwelling. I can't help but look back on it all with profound sadness, knowing what was to come next.

"Risk states are dynamic - they wax and wane over short periods of time," says geriatric psychiatrist Dr Yeates Conwell of the University of Rochester in New York, who calls the suicidal state a "teeter-totter". "There's a will to live and a will to die, and it goes back and forth." If this oscillating motivation is allowed to swing unchecked, older men are far more lethal in their suicidal behaviour, Conwell says, citing studies that suggest one in four senior citizens who attempt suicide dies, versus one in 200 for younger adults. They plan more carefully and use deadlier methods, while physical frailty reduces the likelihood of recovery from injuries, and increased isolation diminishes the chances of rescue.

"Older age is significantly associated with more determined and planful self-destructive acts," says Conwell. "And fewer warnings of suicidal intent."

This makes intervention to diagnose and treat depression all the more important, and it works. A 2009 US trial found that anti-depressant treatment significantly reduced the risk of suicidal ideation for those aged 65-plus. A rapid rise in the older adult population, driven by the ageing of the baby boomer generation, means elderly suicide numbers are likely to continue rising. It's telling that My Generation by The Who became something of an anthem for the boomer cohort, with its central "Hope I die before I get old" line. Only now do I wish that lyric had never been written.
<https://www.bbc.co.uk/news/stories-54088546>

SUICIDE PREVENTION: WHY WE NEED TO TALK ABOUT SUICIDES

Updated : Sep 9, 2020, 21:13 IST 839 views

September 10 is marked as Suicide Prevention and Awareness Day. While a lot of people lose their lives due to suicide, there still is a lack of awareness which prevents

people from getting the help that they need. In India, suicide was considered to be the leading cause of death in the 15-29 age group, with the highest rates reported amongst the doctors. It's not just the celebrity deaths which demand our attention. What many don't realize is that suicides are largely preventable. Fighting the stigma is one of the ways to prevent people from losing lives. So this year, we should all take a pledge to open up the conversation about suicides and mental health. No, talking about suicides isn't BAD and won't motivate someone to take their lives. Instead, it can help someone to talk and get the help that they need. Remember, it's okay to not feel okay. Help and support are always there. You can do your part by learning the facts about suicide and starting conversations with someone who is at risk. Watch the video to learn some facts and know warning signs to spot signs of danger.

<https://timesofindia.indiatimes.com/videos/lifestyle/health-fitness/suicide-prevention-why-we-need-to-talk-about-suicides/videoshow/78022852.cms>

YOUNG WOMEN AND SUICIDE: 'I FELT LIKE A SHELL'

6 September 2020

- When Lauren Watson was 24 years old, she thought she wanted to take her own life.

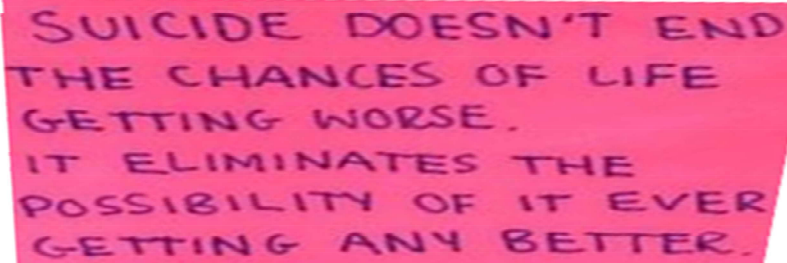
She says grief and a "toxic" relationship after she had her daughter Codie at 16 left her struggling with her mental health.

"I didn't even feel like a human being," Lauren tells Radio 1 Newsbeat. "I felt like I was a shell, and someone had taken my soul and all of my organs out of me. I felt nothing. I didn't even feel like a person anymore."

When Lauren attempted to kill herself in August 2018, she survived.

But others don't. New figures from the Office for National Statistics (ONS) show that across England and Wales, the number of women taking their own lives in 2019 was at its highest since 2004. Deaths of those in the age group 10 to 24 increased from 81 in 2012 to 159 last year. "That figure doesn't surprise me at all," Lauren says.

During lockdown, she and her friends went to local suicide spots and left notes with kind words on them.



SUICIDE DOESN'T END
THE CHANCES OF LIFE
GETTING WORSE.
IT ELIMINATES THE
POSSIBILITY OF IT EVER
GETTING ANY BETTER.

"We received a lot of messages from doing that, it made me realise a lot more people are suffering than we know. "People that I knew personally, and never would've thought were having a hard time, were reaching out to say thank you." 'Nobody knew I was suffering'. Lauren says when she was at her lowest, she worried that opening up would make her look like she was "attention seeking". "I felt like nobody would take me seriously, they'd just think I was having a bad day. "But when I decided to speak to my friends and family, it made me feel so much better."

Twitter post by @laurengwatsonxx

Of the 5,691 people who took their own lives in England and Wales last year, about three quarters were men.

The figures also show the suicide rate for men is at its highest for two decades. Throughout the pandemic, a number of charities have warned about the impact on mental health of added stress, with jobs and incomes up in the air, coupled with less socialising or being outdoors. There has also been a significant rise in the number of LGBTQ people seeking suicide prevention support during the UK's lockdown.

Emma Carrington is a manager at Rethink, a charity that advises people who are feeling suicidal or struggling with mental illness. She says although it's important not to speculate about the reasons behind suicide rates, they have noticed more people calling for emotional support and advice about feeling lonely during lockdown.

Two years on from Lauren's lowest point, she couldn't be more glad she survived. "I learnt that it's a bad day, not a bad life," she says.

Emma has four main pieces of advice she says she'd give to someone who is struggling:

- **It's OK to talk** - It can sometimes feel quite shameful when we have these thoughts and we feel like no one really cares. But actually, there are lots of people that do, whether that's friends, family, your GP or an advice line.
- **Have a crisis plan and recognise your triggers** - It's about knowing what can make you feel worse. When we're down we do things like looking at the exes photos on Facebook, we listen to that sad song, we watch that movie that we used to watch with them, all those sorts of things. Don't do that!
- **Stay away from drugs and alcohol** - This is not a piece of advice that people always want to hear because when we're feeling low we often turn to this and feel better. But actually, they reduce our inhibitions. You are much more likely to act on suicidal thoughts if you're taking drugs or alcohol, so stay away from them.
- **Create a care box** - It can be a box, a carrier bag or anything. It's something that you've put things in that make you feel better. It might be your favourite CD, a letter from someone you care about, your favourite jumper or chocolate bar, anything that makes you feel good. You can kind of pick it up when you're feeling really low as an act of self-care.

<https://www.bbc.co.uk/news/newsbeat-54027390>

SUICIDE IN NORTHERN IRELAND: 'I HAVE NO SONS LEFT'

<https://www.bbc.co.uk/news/av/stories-45836491>

13 October 2018

SOUTHAMPTON FATHER CALLS FOR SURROGACY LAW TO REFLECT PATERNITY

Southampton father calls for surrogacy law to reflect paternity. Close One of the first single men in the UK to have a surrogate baby is calling for biological parents to automatically be included on birth certificates. Dave Watkins is bringing up his two-month-old son, Miles, at their home in Southampton after he was born to surrogate mother Faye Spreadbury from Leicester. But he is not legally recognised as Miles's father and needs to apply to a court to be granted a parental order.

Laws allowing single people to have a baby via a surrogate were changed last year.

<https://www.bbc.co.uk/news/av/uk-england-hampshire-54202707>

One of our members – Mike Bell has been publishing *Equalogist* Newsletter every month. Extracts are shown below:

EQUALOGIST - MAY EDITION

Despite endless campaigning by women's groups etc, the new Domestic Abuse Bill is still worded in a gender neutral way.

If you want to be an activist: Write to someone. One of the main reasons laws are being made which discriminate against men is because we remain silent. Please send one message a month. Use facts, not anger or abuse.

1. Write to your MP - <https://members.parliament.uk/members/Commons> asking why there is special provision for BAME staff because they are more susceptible to COVID19, but no protection for men in general, who are 2/3 of the COVID deaths in hospital.
2. If you are in Scotland, please write to The Scottish Government asking that men and women be treated equally in the forthcoming Hate Crime Bill <https://news.gov.scot/news/hate-crime-bill>. Women's groups are trying to make sure 'sex' is not one of the sections for hate, but that 'misogyny' is! Email ConnectedCommunities@gov.scot with 'Hate Crime Bill Launch' as the subject.
3. Write to the Nicole Jacobs, the new Domestic Abuse Commissioner - commissioner@domesticabusecommissioner.independent.gov.uk,- asking why she has asked hotels to provide refuge accommodation for women, but not for men (who make up 1/3 of victims).

It's only when they start to receive complaints from a range of people that they will start to take note. Men are too quiet!

Gender Family Court Gap

Before the Legal Aid, Sentencing and Punishment of Offenders Act 2012 (LASPO), approx 40% of legal aid in the family court

was given to men and 60% to women. After the Act it is now 15% to men and 85% to women.

Fact 1: 90% of parents not living with their children are men.

Fact 2: 90% of Non-molestation orders are issued to women against a man.

The YouTube channel 'Glass Blind Spot' - <https://www.youtube.com/channel/UC7kHX39cBk5goUrh3H5qAKg> uploaded a new video this month regarding the various domestic violence justice bills across the various UK governments. It covers the dismal amount of help available to male victims and their children, and gendered statistics including perpetrator and victim percentages from the latest sources. The level of detail this content-creator goes to, the unbiased way he presents the information and statistics, mixed with an overlay of quotes and relevant videos makes this our video of the month for May 2020.

Gendered violence through the prism of a pandemic - <https://www.youtube.com/watch?v=2dgXuZelyz8> is an hour long but well worth a watch. We recommend this YouTube channel as the creator's views and opinions align with ours here at the Equalogist on many key points.

EQUALOGIST – JUNE EDITION

National Conference on Men's Issues – "Domestic Abuse is A Men's Issue Too" was held on June 7.

https://www.youtube.com/watch?v=B0joTW_M6Zc&list=PLjMscr0TpRqjnZVjAituKqJr9kyVQAJnF

Keynote speaker was Professor Nicola Graham-Kevan

<https://www.youtube.com/watch?v=e9JfXs5QSfo&list=PLjMscr0TpRqjnZVjAituKqJr9kyVQAJnF&index=8>

One of the main reasons laws are being made which discriminate against men is because we remain silent. Please send one message a month. Use facts, not anger or abuse.

Shared parenting campaign. Will Davis writes: "Please write to your MP - <https://members.parliament.uk/members/Commons>, send them a copy of [Top_10_reasons_for_shared_care_legislation](https://www.fnf-bpm.org.uk/image/upload/branch/cymru/Top_10_reasons_for) - https://www.fnf-bpm.org.uk/image/upload/branch/cymru/Top_10_reasons_for

[shared care legislation.pdf](#) and ask them to support shared parenting. We need a 'rebuttable presumption' of equal shared care: children should be cared for on a roughly equal split of time by both parents following divorce or separation. It can be rebutted if there are proven reasons (eg safeguarding, practical or any others) that show that is not in the best interests of the child, which remain paramount." It's only when they start to hear from a range of people that they will start to take note. Men are too quiet!

Video 1: Ten Practical Ways To Get Government Working for #BoysToo Glass Blind Spot'

This video is a short one but packs a punch, it covers a more positive aspect of the recent work done by the [Men and Boys Coalition](#) regarding men's issues. Of course like all [Glass Blind Spot](#) productions its very factual and sites statistics and hammers home the point, well worth taking the 11 ½ minutes.

Book: It Does Happen to Men: A diary of abuse by a male survivor James Mackie

Using a diary of actual incidents that happened over a period of a year, [It Does Happen to Men](#) - <https://www.amazon.co.uk/dp/1729216137> covers the true story of a man trying to protect his children, keep his sanity and get on with life in the midst of a tirade of various types of abuse. One reviewer wrote: "I am so grateful this book came along. It shines a light on domestic abuse from a male's perspective. I so appreciate author James Mackie for opening his heart and letting us take a look of what domestic abuse looks like on a day by day basis. My prayer is that this book reaches all male victims so they can see the signs of abuse, know that they're not alone and that they have a way out."

Highlighted group: Lads Need Dads

The mission of [Lads Need Dads](#) - <https://ladsneeddads.org/> is: "To empower and enable boys age 11-15 with absent fathers or limited access to a male role model, to be motivated, responsible, capable, resilient and emotionally competent to PREVENT them becoming at risk of under achieving, offending, exclusion or dropping out of school." A large part of their work focuses on increasing emotional intelligence and resilience, so boys can recognise and express other emotions, aside from either anger or indifference.

Gazette COMMENT

Charity's work enhances all lives

CONGRATULATIONS to everyone involved in the charity Lads Need Dads which has been honoured with the Queen's Award for Voluntary Service.

The group, which is based in Clacton, provides mentors for boys whose fathers are absent and provides positive male role models.

The organisation is not judgemental and neither should it be.

There can be any number of reasons why dads are not present in sons' lives including separation and death.

Neither is it any reflection on the boys' mothers.

The *litterum* line is the boys benefiting from the charity are missing something which might enhance their lives.

And that is where Lads Need Dads comes in, to fill that gap. Thanks to the charity, everyone is a winner.

The boys get guidance and positive male role models, the volunteers get the sense of achievement in helping youngsters and society benefits because the children have a better understanding of a different perspective.

It could be argued, and justifiably so, not every child needs two parents nor a mother and father.

There are many wonderful households which do not fit the stereotypes and the world is all the better for diversity and individuality.

But this is not a matter of social conditioning but merely the joy of a man being able to inspire a child of being able to add to his experience and improve his life.

Lads Need Dads - take a bow.

Clacton-based charity Lads Need Dads gets a royal seal of approval for inspiring boys

By JAMES DWAN

AN organisation which provides positive male role models for boys without fathers has been given a royal seal of approval.

Lads Need Dads, based at Imperial House, in Rosemary Road, Clacton, mentors boys aged 11 to 15 with absent fathers.

It is one of the only projects in the country which works proactively to address the impact of the absent father on boys and young men and whose approach is both early intervention and long term.

The aim is to equip, engage and inspire boys by providing a 12-month personal development, life skills, community volunteering and leadership programme using male volunteers from the local community.

Lads Need Dads has now been honoured with the Queen's Award for Voluntary Service, the highest award a voluntary group can receive in the UK.

It is one of just nine charities, social enterprises and voluntary groups in Essex to receive the prestigious award this year.

Sonia Shajee, founder and managing director of the charity, said: "It is an absolute honour to receive this award and it is down to our brilliant volunteer mentors both past and present, who contribute their time, skills, and experience to the boys, their families and the local community."

What makes our male volunteers truly special is their ability to see the potential in each and every boy and their commitment to work with them long term.

"We celebrate our fifth birthday this week too, so to achieve the Queen's Award is a double reason to celebrate."

A big party is planned once social distancing rules reduce."

It is an absolute honour to receive this award and it is down to our brilliant volunteer mentors past and present



■ Mentors - some of the Lads Need Dads mentors who have been honoured for their work

Joel, one of the scheme's mentors, is a teacher and gives advice to schools across Essex about behaviour.

He said: "I'm a behaviour consultant for Lads Need Dads, as well as being on the board."

"But my biggest contribution is being a mentor."

"That goes from driving a minibus to taking kids to bushcraft, fishing or on trips to places like the Tower of London and other museums."

"When becoming a mentor, you don't quite realise how much of a positive impact it is going to have on you - it's not just beneficial for the kids."

"I've heard it said that a man without a sail and when you're a mentor, you get a real sense of purpose."

The idea is to give access to male role models for kids with no dad or stepdad at home - it's so important to have male figure in their lives.

"There's also the benefit for company so they can learn those dynamics."

"When you become a member, you join a sort of band of brothers and we share advice and ideas."

Joel said Lads Need Dads has about 30 volunteer mentors and charity for up to four years if it's a long-term intervention.

He added the charity isn't just beneficial for the boys, but for their whole families.

"The award is just such a brilliant reward for hundreds of

hundreds of hours of commitment to kids," he added.

The Queen's Award for Voluntary Service aims to recognise outstanding work by voluntary groups to benefit their communities.

It was created in 2002 to celebrate the Queen's Golden Jubilee. Recipients are announced each year on June 2, the anniversary of the Queen's Coronation.

Representatives from Lads Need Dads will receive the award from Jennifer Tolhurst, L1, Lieutenant of Essex, later this year and have the opportunity to attend a garden party at Buckingham Palace next year.

■ To learn more about Lads Need Dads or to volunteer, go to ladstneeddads.co.uk

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EQUALOGIST - AUGUST EDITION

EVENTS: SEPTEMBER 26: MINISTER FOR MEN CONFERENCE

A joint conference by Stephen Fitzgerald from the new 'Men and Women Working Together' (MWWT) and Swayne Opie of 'Society to Establish a Minister for Men' (STEM FM) to explore practical steps to get men's issues addresses in politics. More details later. Put the date in your diary.

Time: 09:30am to 05:00pm,

Venue: Bath, Somerset

NOVEMBER 14: MESSAGES FOR MEN AND ICMI 2020

The international conference is planned and will be over several days this year in the run-up to International Men's Day on Nov 14th-19th.

Please check-out this 'Myths' tab on our website - <https://equi-law.uk/myths/> . We are compiling short refutations of common myths which prop up the anti-male narrative. As you will see, we do not need to create alternative points of view – we simply link to the evidence. If you read or hear someone using one of these myth-statements, you do not need to research the claim yourself – just point them to the page on this site.

Young adults describe childhood abuse by their mothers Videos

You can find all four videos linked here - <https://equi-law.uk/childrens-voices/> . Two are by Stephen Fitzgerald of Men and Women Working Together - <https://www.mwwt.org.uk/> . These two young men talk about the cruelty inflicted by their mothers when they were younger and the way the support services continued to believe her and not them.

Two are by Parental Alienation UK - <https://parentalalienationuk.info/> . The first gives a young woman the opportunity to tell her story of being repeatedly lied to by her mother about her father and preventing her from seeing him for years. The second is by the new partner of a man who was regularly seeing his children before their mother made allegations to a domestic abuse service. He has never seen them again. This petition asks the Lords for parental alienation to be put into the main body of the Bill. At present it is in the Guidance. They have about 17,000 signatures so far.

eBook: Epiphanies Edited by Neil Lyndon

Epiphanies is a set of nearly 20 personal journeys - <https://www.amazon.co.uk/Epiphanies-Second-thoughts-feminism-egalitarians-ebook/dp/B08B1R9S7V/> from people describing how they realised that the modern narrative of feminism was not what it seems. Each chapter is well written and has the quality of a story, making it easy to read. Many of

us will relate to these journeys as we realise that we too were entrapped by the belief that 'feminism' was about equality.

Book: The Life of Dad: The Making of a Modern Father Dr Anna Machin

This is an important book. For too long the importance of the father to a child (particularly to boys) has been minimised. In [The Life of Dad - https://www.amazon.co.uk/Life-Dad-Making-Modern-Father/dp/1471161404/](https://www.amazon.co.uk/Life-Dad-Making-Modern-Father/dp/1471161404/) , Machin takes us on a journey, starting in evolutionary history and moving through to the role of fathers today. She explains that the evidence points strongly to an important evolutionary role for fathers. Our nearest primate relatives – the chimps – have no such role. Given how vulnerable both a heavily-pregnant human female and her early years child are, without this new role for dads, the human race could not have survived.

Four women convicted of domestic abuse against men in Derbyshire during a single day in court

<https://t.co/fZ4UYk0JnM>

Tom Chapman on preventing suicide in Lions Barbers' new documentary 'The £1.7 Million Haircut'. The journey of a charity and how a life saved, became a movement. Out now.

<https://t.co/OEIX5KXDK8>

And here's Tom's talk for TEDx Exeter -

<https://t.co/M94Em09QA4>

'Big Boys Don't Cry?' - Men's Mental Health Book by Fabian and Patrick — Kickstarter

<https://www.kickstarter.com/projects/bigboysdontcrybook/big-boys-dont-cry-mens-mental-health-book>

Boys Don't Try? – boys' education podcast, new episodes. Matt Pinkett and Mark Roberts, writers of the book 'Boys Don't Try? - Rethinking Masculinity in Schools', discuss the issues that they highlight in their book.

<https://anchor.fm/boysdonttrypod/episodes/4-Mental-Health-eeub8c>

NEWS FROM MEN AND BOYS COALITION

Success for Mankind Initiative's decade-long campaign for male refuge spaces in London

<https://twitter.com/ManKindInit/status/1277855798853537794?s=20>

50 women whose brothers, fathers and sons experienced domestic abuse sign joint letter to support male victims

<https://www.mankind.org.uk/stand-with-him/>

Men's Health Forum webinar on staying safe from Covid-19

<https://www.youtube.com/watch?v=hfozhf2nfdw>

Duchess of Cornwall recognises male victims of domestic abuse

"I wanted to lift the shroud of this silence, and get more women, children and men to talk about their experiences."

<https://www.dailymail.co.uk/news/article-8466549/Duchess-Cornwall-says-listening-domestic-abuse-survivors-convinced-help-tackle-taboo.html>

LBC host Iain Dale breaks long silence over being victim of attempted rape

<https://www.theguardian.com/media/2020/aug/01/lbc-host-iain-dale-breaks-long-silence-over-attempted>

The Lost Boys – The White Working Class is Being Left Behind

<https://www.spectator.co.uk/article/the-lost-boys-the-white-working-class-is-being-left-behind>

As a male survivor of rape, I May Destroy You has given me a voice

<https://metro.co.uk/2020/07/13/male-survivor-rape-michaela-coels-may-destroy-powerful-12983170/>