



Men Matter Scotland & The Spark

The start of something phenomenal



Men Matter have counselling for members and Professional Wellbeing and Support for employees from The Spark. Here's what the guys at Men Matter have to say about what this means for them.

Mark (Volunteer at MMS): The Spark turns the light on. It's phenomenal.

What does having The Spark here at Men Matter mean to me? It's somebody's funeral I'm not going to. It's another photo that's not going on the Men Matter Scotland memorial wall. Thanks to The Spark for stopping me buying photo frames.

For most people, what we teach here at Men Matter is more than enough. But for those at the hard end we have The Spark counselling, and it's astonishing. The guys picked for The Spark counselling are the ones who really need it. I've seen the results - astonishing results.

Some of those guys who have been in for The Spark counselling would otherwise be dead.

“Wow, life changing”

I've watched The Spark magic happen. I've watched guys go in shaking with fear of life and then seen them come out saying, “Wow, life changing” after time with their counsellor, Amanda. They're calmer and more content. When someone makes you feel so comfortable, you're halfway there.

The Spark offers counselling at a different level

The Spark is on a different level. It's because they're so comfortable at working with Men Matter members.

It's life changing to come from such a dark place and come out of that darkness. The Spark brings the light. Some guys have been coming to Men Matter for months and benefiting but not really making any big changes. But six weeks of The Spark counselling makes the difference.

Brian (Worker at MMS): Professional Wellbeing Support? I'd say it's essential.

Vicarious Trauma is Real

Charities dealing with trauma need Professional Wellbeing Support for their teams. You need to know your Board have got your back, especially in charities where you're listening to others' trauma. It's only when you're having Professional Wellbeing Support that you realise you've been carrying something from someone else. Then you can get the support you need to move on from it.

As a worker at Men Matter, PWS with Alex is great for me. I really enjoy it. It's a chance for me to offload anything going on in the workplace – good, bad or frustrating. If I'm struggling or dealing with a problem, I know supervision is there to help me.

Professional Wellbeing Support Brings Workplace Harmony

Men Matter Scotland is dynamic, fast-paced, and you never know what you're going to get on a day-to-day basis. It's so good to speak to someone neutral. It takes away the frustration and anxiety of everything. It's essential for a place like Men Matter to have Professional Wellbeing Support in place for staff.

It's a relief too, and it shows my organisation is doing everything they can to take care of me and value me. The dynamics have improved here because we all have that hour to find solutions.

Binning Burnout

The more you invest in your staff the longer they will be there because they'll avoid burnout.

I get Professional Wellbeing Support from Alex. He has a brilliant outlook on people. Alex talks about how we can all become stuck and why people do what they do. He helps me figure things out and find out why people think the way they do. This helps me to get past the stuckness.

You think you're empathetic, but everyone can get weary. During Professional Wellbeing Support, I get the chance to explore how to do my job better. It helps me work out the right things to do.

Duncan (worker at MMS): Counselling & Professional Wellbeing Support work and help me to deal with my crap.

Acting not Reacting

Counselling and PWS help my brain to pause instead of firing in. It has chilled me out and makes me more relaxed. After several counselling sessions, I'm not reacting. I'm acting after thinking, and I'm taking time.

Counselling is somewhere I can get rid of all my crap. My counsellor, Amanda, is brilliant. She is good at what she does, never forces conversations, and lets it flow. Amanda is really good at digging through my past, and I have gone back to my childhood looking at what happened and how I was then and how things are now. It's helped a lot of guys in here. The experienced counsellors make more of a difference.

Professional Wellbeing Support helps me be more professional

Alex knows what he's talking about. He's dead laid back. PWS with Alex helped me realise I was being unprofessional and that I needed time off for a break.

Before Professional Wellbeing Support I would complain about work, and people, be on the phone to the chairman regularly, and taking things home with me. PWS definitely makes life easier.

If I hadn't had PWS, I would probably still be in this role, but dealing with heavy stress and with stuff building up inside me. I'd recommend anyone working with people experiencing difficulties to get Professional Wellbeing support because it makes life much better.