

SBS PROJECT

Step By Step (SBS) secured more than €2.6 million of European funding through the European Regional Development Fund in its €4.3 million cross-border partnership involving 10 organisations from the UK, The Netherlands, France and Belgium

ABOUT SBS

SBS ended in early 2022 and empowered men to move from poor health &/or isolation to healthy social participation or active engagement in the labour market. It promoted a culture in which all citizens in all regions will have the confidence to make sustainable positive changes in their lives benefitting themselves & society. The changes included: reduced health costs related to physical & mental health issues; better health contributing to healthier individuals, families, communities & workforce; increased labour market activity; decreased number of work days lost to poor health.

PROJECT OUTPUTS



The SBS project delivered:

- A model to improve men's mental & physical health/wellbeing via a community space/workshop where men meet/learn new skills/engage in hands on activities
- 94 new workshops implementing the model
- New model of community health service delivery for men & vulnerable groups.
- A gaming-based virtual tool to connect people and indirectly to raise their awareness of their physical/mental health and wellbeing.
- Training programme to create champions for health & wellbeing from within the workshop attendees
- Training programme for soft skills (motivational interviewing, empowerment etc)