

MENSELF +

Scotland · Charity number SC052592

Details

Status	Active
Legal form	Company (the charity is registered with Companies House)
Registered	2023-06-05
Register	View on the OSCR register

Contact

Address	112 Caroline Street Parkhead Glasgow G31 5LP
Website	https://menself.scot/

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the advancement of health', 'the saving of lives', 'the relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage'

What the charity does: MENSELF + provide health and wellbeing support for the benefit of people regardless of gender, age (14 upwards), religion, ethnic origin, political beliefs, or lifestyles and in particular, men and families living in and around the Parkhead area of Glasgow. We adhere to the following aims, to: 1) Improve the status of male and female health. 2) Encourage people to take responsibility for their health and well-being. 3) Reduce preventable disease, injury, disability, and premature death including suicide. 4) Reduce the impact of alcohol and drug abuse. 5) Enhance a sense of well-being and social connectedness in families and communities. 6) Reduce the incidences of suicide. We achieve these aims through the delivery of: • Men's Groups • Ladies Groups • Yoga • 5-A-Side Football • Walking Groups • Waking football • History Group • Online bingo • MOT 4 MEN programme • DRUMBEAT programme Our groups operate on the following principles: • Honesty. • Respect. • Safe • Legal. • Par

Beneficiaries: 'Other defined groups'

Objectives: 3.1 To promote the advancement of health of men (ages 14 years and upwards) through providing access to a non-clinical mobile health check-up service, access to information and other relevant services that will allow them to take responsibility for their own health and well-being, reduce reliance on substances and prevent the incidence of preventable diseases and injury. 3.2 To save lives of men (ages 14 years and upwards), by preventing premature death and suicide, by providing activities and access to relevant services. 3.3 The relief of need of people in the community by providing access to well-being activities, encouraging them to improve their health, lives and communities, bringing the community together

reducing isolation and relieving poverty.

Geography

- **Main operating location:** Glasgow City
- **Geographical spread:** Wider, but within one local authority area

Finances

Period end	Income	Expenditure	Assets	Employees
2025-12-31	£0	£0	-	4
2024-12-31	£128,037	£128,037	-	4
2023-12-31	£127,576	£127,576	-	3