



ULTRA ACCESS Movember

Raising awareness for mens issues, including cancers and mental health

Every **November**, millions of men worldwide transform their upper lips into canvases of facial hair, participating and in showing support of **Movember** - a global movement that began in 2003 in Melbourne, Australia - which is the home of many other "mens issue movements".

Movember funds innovative research, like the development of advanced MRI techniques for prostate screening, and supports programs such as "**Ahead of the Game**," which promotes mental resilience in young athletes.

Movember also fosters open conversations...
In a society where men often bottle up emotions, the moustache becomes a conversation starter, breaking stigma around vulnerability.

Participants host "Move" events - running or walking 60 miles to symbolise the 60 men lost to suicide hourly globally and raise funds exceeding \$1 billion since inception. Critics argue it's gimmicky, but its impact is undeniable: improved survival rates, policy changes for mental health funding, and a cultural shift toward proactive care. Movember proves that a simple act of growth can cultivate profound change, urging men to prioritize health and connection.



What started as a lighthearted bet among some friends to revive the moustache has evolved into a powerhouse charity campaign tackling men's health issues.

The Movember Foundation encourages "**Mo Bros**" to grow moustaches, while "**Mo Sisters**" support through fundraising and awareness efforts.

Scaffolding, being a predominantly male-dominated industry, also has some great voices-within who passionately champion mens issues, with it not only being **ULTRA ACCESS ... Dr Scaffold** (*Alan Osborn*) is probably the most vocal industry leader within scaffolding for **Movember** and is great Ambassador of the movement.

Men! Remember, we are important.

People - our colleagues, friends and families rely on us to get the work done and get the bills paid... we cannot do that, reasonably on the longterm without taking care of ourselves, body, mind and spirit.



Dr*
Scaffold

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Scaffold Technical Support

www.ultra-access.co.uk
UADIP: #ultacc011125