



LET'S

LISTEN EXERCISE TALK AND SUPPORT

Dear Nigel,

The guys at Let's would like to send you a massive thanks for your sponsorship.

We are a peer-led support group that offers a safe and confidential environment for men to engage in open conversation. The group is inclusive, without prejudice or judgment and provides a very relaxed atmosphere for men to talk openly about mental health of all types and encouragement to support others. We believe that ridding the stigma that prevents men from talking openly about their feelings is a very important issue. We also push the benefits of exercise and the healing properties of such. Our group offers a monthly hike (suitable and inclusive to all fitness levels).

Your sponsorship is going to allow us to provide suitable apparel for our service users (adorned with our logo) to help them feel a part of a group whilst advertising our group on said hikes.

We can't thank you enough for your generosity and kindness. To help a and support other people for me is a privilege so for this you have our ultimate respect and incalculable gratitude. You will be changing lives and aiding recovery more than we can put into words.