



# The MEN BEYOND 50 Network

...enjoying...exploring...connecting...maturing...

The Men Beyond 50 Network offers resources to help you enjoy life now, learn new lifeskills, make new contacts, grow through the shipwrecks, and be of service as an elder.



## YOUR NETWORK

Connecting with men who are seeking a new vision for their 50s, 60s, 70s and beyond, exploring elderhood, finding mutual support with challenges in relationships, work, health, etc, learning new skills, and enjoying life now!

## YOUR RESOURCE

**WEBSITE:** [www.menbeyond50.net](http://www.menbeyond50.net), an online hub for 50+ men, creating a quality information resource, and actively networking to spread the word.

**LIVE GROUPS:** helping you to find existing groups, or form new ones for 50+ men, publicizing related events and exploring elderhood for men *and* women.

**BOOK:** A guide to life for men beyond 50 by Alan Heeks, co-founder of MB50 Network, publication due Spring 2013.

[www.menbeyond50.net](http://www.menbeyond50.net)

## YOUR WEBSITE GATEWAY

[www.menbeyond50.net](http://www.menbeyond50.net)



**ONLINE RESOURCE:** The website covers all the major concerns and interests for 50+ men, including downloadable information, self-help guides, links, lists of top books, YouTube clips, and event info.

Wellbeing ageing Resources  
Family Community Nature  
Social issues Hazel Hill  
Men's groups social inclusion  
Maturing men wvs Sustainability  
befriending Odd insights Friends  
Ethical advice Alan's adventures  
Challenges Literature  
Spiritual paths Relationships  
Travel Support ageing across europe

## YOUR COMMUNITY, YOUR PROJECT

- ♦ Share your passion and knowledge on the website.
- ♦ If you offer events or services for 50+ men, we can list them.
- ♦ The Network welcomes long-term partners, especially for networking, funding and PR, **please contact us!**
- ♦ If you like what MB50 is doing – **help spread the word and interact!**
  - ☞ Tell your friends, and pass on the website link to contacts.
  - ☞ Follow the website (click RSS Newsfeeder), and add your comments to the latest Articles and Stories.
  - ☞ Network with MB50 via social media, Twitter, Facebook, and Linked-in (and 'Like' us please!)

The Men Beyond 50 project is part of Conscious Ageing (UK charity 1120811)

## YOUR BOOK

Alan's forthcoming book is a guide for the maturing years: complete with route-finder, service areas, scenic highlights and emergency callout advice. It gathers the best wisdom on how to enjoy your best years to the full, the skills you need to handle the losses and shipwrecks and grow through them. To register for a discounted launch copy of the book, visit the MB50 website.

## CONTACT US

[men@menbeyond50.net](mailto:men@menbeyond50.net)

Alan Heeks: 07976 602 787 ♦ Max Mackay-James: 07811 948 811

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