



### **Martin is Raising Funds For Movember, The Most Fan'tash'tic Charity,**

Dashing, daring or just plain daft, whatever you think of your male friends and loved ones growing a 'tash' for Movember just remember it's for a very important cause that focuses on men's health throughout the world.

It doesn't matter if you're a Mo Bro or a Mo Sista, Movember is for everyone. Martin Boniface, a Family Law specialist solicitor at leading and award winning regional law firm Pictons says " I'm supporting the Movember Foundation for the fifth year running because I feel it is important that men's health issues are recognised, publicised and treated. There are countless charities that do amazing work for women and I am glad that there is now a widely recognised charity, in Movember, that does the same for men"

It's not just mental health that the Movember Foundation supports. It is the only charity tackling men's health on a global scale, all year round, addressing some of the biggest health issues faced by men: prostate cancer, testicular cancer, and mental health and suicide prevention.

The Movember Foundation says that it knows what works for men, and how to find and fund the most innovative research to have both a global and local impact. Independent of government funding, it can challenge the status quo and invest quicker in what works. In 13 years it has funded more than 1,200 men's health projects around the world. Its aim is that by 2030 they will reduce the number of men dying prematurely by 25%.

Martin continues "For too long now there has been stigma surrounding mental health and the physical health of men. This, in my opinion at least, is inherently wrong – we are no longer the stereotypical British male holding his 'stiff upper lip' and not discussing their problems as that is 'not the thing to do'. Mental health is a serious issues and 510,000 men commit suicide each year. That's one every minute. The Movember Foundation is funding research and services to help men and boys stay mentally healthy and that is something I can truly get behind and support."

There are two ways you can contribute to my Mo growing effort:

1. Donate online at <http://mobro.co/martinboniface78> or,
2. write a cheque to 'Movember' and mail it to: Movember Europe, PO Box 485, Wilstead, Bedford, MK45 3XN

Learn about the important work Movember is funding and the impact your donation will have: <http://uk.movember.com/programs/cause>.

Age: 29

Occupation: Assistant Solicitor, Family Law Dept.

Charity: Over the past few years ive been concentrating on my career – so this tends to be my only big charity event. I have done a lot for charity in the past and as of next yr will be doing a lot more

In terms of the tash, it grows relatively quickly and depending on the style it can be lush ... although my girlfriend disagrees and tells me its 'like kissing a bog brush'...

I hope to raise about £100