



Grow a 'tache to raise some cash!

It's Movember again and with it your chance to indulge in a little facial fuzz – all in the name of men's health issues!

It all started in Australia almost twenty years ago and since then it has become a global phenomenon that has raised an amazing £600 million to increase awareness and fund educational and research programmes for male health issues.

The idea is that men start the month of November clean-shaven and proceed to grow a moustache (some more eccentric than others!) for the next 30 days.

Why men's health?

Men typically aren't as open about their health as women are and there is less awareness and understanding of the health concerns men face such as prostate and testicular cancers, mental health issues and even suicide.

As a movement, Movember aims to raise awareness of these issues, encourage men to address them

proactively and provide direct support for those already suffering.

Get involved!!

Mo Bros are the main protagonists in Movember, but that doesn't mean women should feel left out.

Whether you take the opportunity to talk to your loved ones about their health, recruit a team of 'Mo Bros' to start crafting their collective facial hair or you set up a fund-raising activity... it's something that everybody can get involved with and enjoy.

Grow a Mo

If you've been waiting for an excuse to try a moustache... here's your chance! Whether your moustache is simple or crazy, neat or scruffy – whatever you grow will help save a bro!

[Start growing here](#)

Mo your own way

You can go it alone with your own fund-raising activity. Whether it be a one-off physical challenge or making a healthy lifestyle change – it all counts!

[Start doing your thing here](#)

Get your colleagues on board

Is your company passionate about health and wellbeing?

If it is then it could join **The Movember Business Club** - an amazing network of 145 companies who have formed an employee engagement and fundraising program designed to bring fun, unity, and men's health awareness to the workplace.

The club will support you to bring teams together as you link up with other companies across the UK and Europe to raise vital funds and awareness for men's health.

If you think your company has what it takes then please contact **The Movember Business Club** to find out more!

Remember that whatever style of Mo you choose to grow this November can raise vital awareness and funds for men's health!