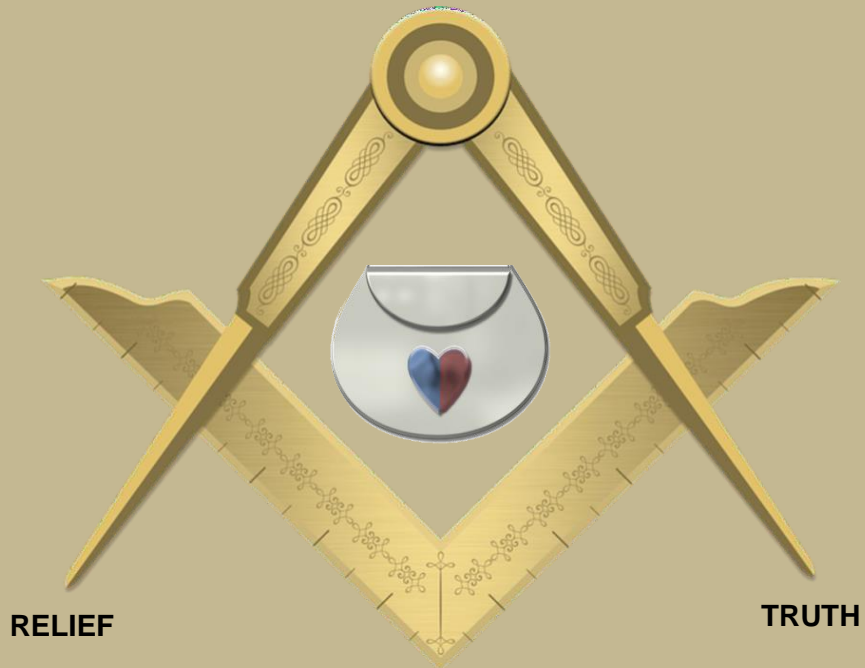




WELLMAN CONNECTED PROGRAMME



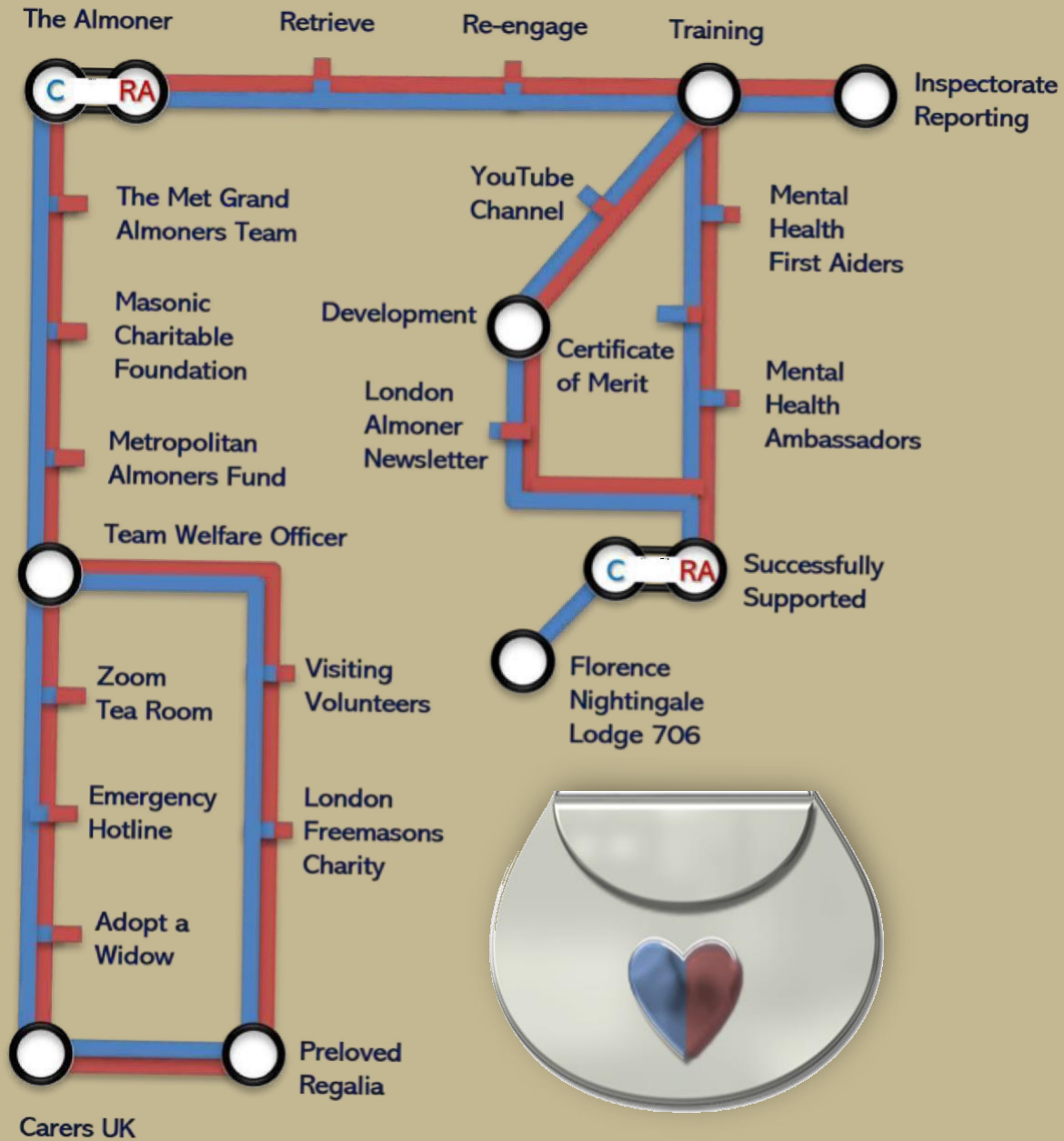
BROTHERLY LOVE



Managed by W.Bro David Mellor LGR **LGCR**
Assistant to the Metropolitan Grand Almoner
Tel: 07921263720



HOW THE METROPOLITAN GRAND ALMONER'S TEAM DELIVERS





Building on our mission statement: The Metropolitan Grand Almoner and his team are delighted to bring to all members the **“Wellman-Connected Programme.”**

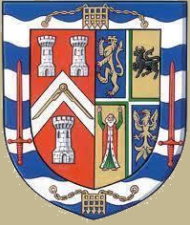
Offering a wide range of support, care and services to our members and their families as they navigate through life’s challenges offering improved communication and dedicated support.

Over many years the Metropolitan Almoner team have demonstrated ingenuity in identifying the agencies which can support our members in times of distress. However, despite our best efforts not all members are aware of the support available or how they can easily access them. Our guiding principle is to connect the Mason back to his health, his wellbeing and his Masonic community by enhanced signposting to services available.

The Almoners team have built up a vast database of knowledge and going forward that will be vested in a team of role holders, who will constantly scan the horizon for new opportunities to support our members, with the program developing over time. In particular to help support more complex situations.

We are committed to enhancing our communications through the Almoner channel, reinforced by direct communication to members. The Tea Room will not only be a drop in but be elevated to become our Masonic community hub.

The main areas of support are outlined below and more detail can be accessed through the relevant buttons.



MENTAL WELLBEING

The impacts of mental wellbeing have drawn more focus since the pandemic, and the resources available via the [Masonic Charitable Foundation](#) website are vast and comprehensive. Mental Wellbeing by its very nature can at times prevent those from being able to access the support that is available. This may be related to the stigma associated with mental wellbeing and a lack of confidence in being able to approach a brother to talk to them about the topic.

[CLICK HERE](#)

CARING AND FINANCIAL HARDSHIP

Our objective is to signpost you to information/advice on caring and dealing with financial hardship.

[CLICK HERE](#)

SUPPORT FROM THE CHAPLAINS

Unlike unit chaplains whose role is purely to deliver parts of the ritual, the Metropolitan Grand Lodge team of chaplains are authorised ministers, both ordained and lay, in their faith communities. This team has direct links into their own faith support groups and services.

[CLICK HERE](#)

CRUSE BEREAVEMENT COUNSELLING

This is a valuable service for those suffering the loss of a loved one.

[CLICK HERE](#)

-



PHYSICAL WELLBEING

The MCF provide extensive support for physical wellbeing, there is also support from UGLE and Met.

[CLICK HERE](#)

ZOOM TEA ROOM

The Wellman-Connected program will seek to enhance the role of the Tea Room and although its's early days, new concepts are already being developed.

[CLICK HERE](#)

GENERAL HELP

We recently distributed a list of useful contacts listed below or can be accessed through this button.

[CLICK HERE](#)

Above all else remember as a Freemason, you are not alone, it is important to discuss your problem, financial or otherwise with the Almoner or one of the Metropolitan Grand Almoner's Team. We are here to help and **in an emergency call 07792925071**

Darrel Palmer

W.Bro Darrel Palmer PAGSwdB, **PGStdB**
Metropolitan Grand Almoner

