

The Full Stop podcast congratulate the International Men's Day founders and men across the world for raising awareness of men's health since 1999. We support the pillar 'to focus on men's health and well-being: social, emotional, physical, and spiritual' and the theme of Zero Male Suicide for 2023.

Men's health and well-being are at the heart of Episode 57 of The Full Stop podcast **"Why is nobody talking about childless men?"** It will be released for International Men's Day on 19th November 2023 on our website (www.thefullstoppod.com/listen), and all major listening channels across the world.

The Full Stop Community CIC founders, presenters and directors, Michael Hughes, Sarah Lawrence and Berenice Howard-Smith bring together five men who are childless not by choice to discuss the silence around childless men. They share their candid and honest, often brutal observations of being excluded by society and men. They share their feelings of isolation and how this affects their well-being, mental health and hopes for the future.

Dr Robin A. Hadley, a leading researcher on male broodiness and male infertility, explained that there isn't any data on childless men collected by The Office of National Statistics and believes there to be more childless men than women. This lack of data evidences the lack of awareness by society of a demographic whose wellbeing is at risk.

Quotes:

Dr Robin A. Hadley: "It is scary really. 'You fit our group' - you're either in or you're out. Trying to be a constant in that situation, to yourself, is tough.

Our guest from America, Don says; "I developed an exterior of social and sexual currency that's supposed to then give you the means to have a wife and children. My journey has been to actually reclaim that other part of me and my struggle has been to hold on to that voice, even in the face of childlessness, and singleness. I grieve the fact that I have to cherish and value that part of me alone, for the most part."

Russ, a paramedic in Australia, explains; "there is a dearth of conversation outside this space, that men being men are at times, our worst enemy as it's the lack of willingness to have a conversation about childlessness and feelings of shame and inadequacy."

Musician Jay from the UK reveals that: "It's a complete ignorance of some people to the plight of childless men. It can make me quite angry at times, because so much of society is geared towards people with children, just about every economic forecast, you'll see from the Chancellor, no matter what their political persuasion is, will be geared towards the family. So much of the tax system is geared towards the family and people with children. Why don't we acknowledge the importance of us also helping the young to become responsible and law abiding adults?"

Notes:

The Childless Men's Community was founded by Michael Hughes, co-director of The Full Stop Community CIC and Andy Harrod, a researcher, both of whom are childless. It is a private space to enable childless men to share their concerns, find support and create connections. Men from the community featured in Robert Nurden's new book 'I Always Wanted To Be A Dad: Men Without Children'.

The Full Stop podcast was founded in 2019 by Michael Hughes, counsellor Sarah Lawrence with coach and creative Berenice Howard-Smith. The podcast shares stories from childless not by choice guests each month. Sarah and Berenice are winners of The Digital Women podcaster of the year award 2022 and we have reached 27.5K downloads. We speak on stage at events, contribute to other podcasts and events, and Michael has consulted with diversity bodies in Australia. Michael and Berenice have been Ambassadors for World Childless Week and Sarah was The People's Champion in 2021 for World Childless Week.

In June 2023, the podcast secured its future as The Full Stop Community CIC and launched the first online community which is open to all who are childless regardless of age, gender, religion, race or sexuality.

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Dr Robin A. Hadley's [website](#).