

# WHY MALE LONELINESS MATTERS

## and what we can do about it

**When?** Thursday 17th November

**What time?** 7.00pm - 9.00pm

**How much?** Free

**Where?** 53two (Arch 19, Watson Street,  
Manchester M3 4LP)

**Who?** Max, Tim & **Special Guests**

When **Max Dickins**, author of *'Billy No-Mates: How I Realised Men Have a Friendship Problem'* decided to propose to his girlfriend, he realised there was no one he could call on to be his best man.

He quickly learned that he wasn't the only man struggling with friendships. For decades, countless studies from across the world have confirmed that men have fewer close friends than women - and the problem gets worse the older men get.

Join us to hear Max's findings on why this happens and what men can do about it.

In this funny and fascinating talk, you will learn:

- The link between social connections and mental and physical health.

- The nature of men's friendship problem and its three main causes, and some practical solutions.
- Why masculinity isn't 'toxic,' but can get in the way of intimate relationships.
- What the differences are between the male and female social worlds – and why it's important to understand these.
- What we can all do to have more - and more fulfilling - friendships.

**The MC for the event will be Virgin Radio DJ Tim Cocker**

who, for many years, woke up Manchester as host of the hugely successful Xfm Breakfast Show.

**More about Max and Tim see overleaf...**

## Max Dickins



Max Dickins is the author of *Billy No Mates*, which has been translated into multiple languages and is currently being adapted for television. On the page, his writing has been featured in *The Observer*, *Sunday Times*, *Daily Mail*, and *GQ*. On the stage, Max's critically acclaimed play *Man on the Moor* has toured nationally. On the airwaves, his radio show on Absolute Radio was nominated for a Sony Award. While on screen, Dickins has appeared numerous times on BBC One's *Michael McIntyre's Big Show*. In his other life, Max is also director of Hoopla, the UK's first dedicated improvised comedy theatre and school. Oh, and once he accidentally got addicted to Groupon deals: this sad (if quite amusing) experience spawning his first book, *My Groupon Adventure*.

Find out more at [www.maxdickins.com](http://www.maxdickins.com)

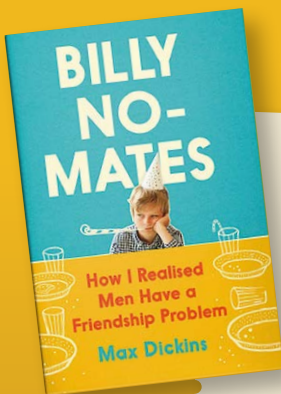
## Tim Cocker



Tim Cocker is a former teacher and now an accomplished broadcaster on radio and television. Alongside music radio, where he currently presents on Virgin Radio UK, Tim has a long-standing and growing reputation in sport, particularly, with rugby union. He enjoyed a 12-year career as a rugby player, plying his trade semi-professionally for Newbury and Manchester in National League One and the English Championship. As a broadcaster, Tim can be seen covering the Gallagher Premiership and Heineken Cup for BT Sport on their rugby coverage. Tim's hugely successful weekly *EggChasers Rugby Podcast* "brings real rugby chat straight from the clubhouse" without taking itself, or the game, too seriously. Tim is a man fumbling his way through (his words) as a husband and Dad of 2 teenagers here in Manchester.

## 53two

53two is a theatre and arts charity in the city centre of Manchester, providing creative output for all of Greater Manchester. [www.53two.com](http://www.53two.com)



*'A poignant – and very funny – odyssey.'* Daily Mail

*'A funny but deeply uncomfortable read for those men... who have allowed their male friendships to wither.'* Sunday Times

*'Brilliant... one of the most important books I've read this year... [this book] asks us to put a mirror up to our own friendships,'* Nihal Arthanayake, Radio5Live



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