

the Matt Palmer trust

Building on the success of 2014 we are delighted and overwhelmed by the gesture from the GSCAI to run their annual charity day in aid of the Matt Palmer trust.

The Matt Palmer Trust is a non-profit organization run solely by volunteers. The trust was formed in 2013 in memory, and as a legacy to Matt as we aim to support the mental well-being of men of all ages across the UK & Ireland.

Our vision is that men will find the support required to enjoy strong mental well-being and not suffer alone.

We want to raise funds which will be issued as restricted grants to charitable organizations and projects in position to support our mission and long term vision. We believe that increasing awareness of depression and facilitating support networks for men is one way to achieve this.

We believe that engagement and enjoyment of sporting activity is another way that the personal and mental well-being of men can be improved.

Some of the charities that will benefit from the funds raised; Last year with your help we raised over € 11,000

