

Dear Brown Rugby Family,

This November, Brown University Men's Rugby players have partnered with the charities **Movember** and **Looseheadz** to raise as much money as possible for men's mental health in the sport of rugby and our society worldwide. Last fall, we started an initiative called "Pint Nights," where we come together as a team every other week and speak about our mental health, issues at school, and any topic that may be impacting us as men. We aimed to create a safe space for all of us to express our emotions as men and as a team and to destigmatize masculinity as a whole. This initiative sparked a strong commitment to philanthropy, which began with a fun run to support local charities last year. This semester, we're dedicating the entire month of **November** to raising money for these important causes.

Movember is an annual event where participants grow mustaches during November to raise awareness for **men's health issues** such as prostate cancer, testicular cancer, and men's suicide. LooseHeadz is a rugby clothing brand focused on raising awareness of mental health, with all funds going towards their mission to #TackleTheStigma and support mental health ambassadors in rugby clubs worldwide. Our current fundraising goal is **\$5000 for Movember and \$2000 for Looseheadz** through apparel sales. We believe that with the support of our parents, alumni, and the Brown Rugby community, we can make a lasting impact for future generations of Brown Rugby players. This initiative is entirely student-led, and all profits will go directly to charity.

We have planned **raffles, merch, bake sales, Men of Brown Rugby "sexy" calendars**, interviews, and more social media content than ever before—all aimed at raising as much money as possible for charity. If you have anything you'd be willing to donate—whether it's a painting, vintage Brown gear, or even a holiday home in Barbados—we would be incredibly grateful! Raffle tickets will be available by the end of this week. We are also launching a team shop with Looseheadz featuring new Brown Rugby t-shirts, with all profits going to charity. And don't forget, our Men of Brown Rugby "sexy" calendar makes the perfect Christmas gift—even for grandma!

Your support and generosity this semester have been incredible, and we as players are truly grateful. However, we need your help to reach our goal, spread the message, and help us as a club tackle the stigma surrounding men's mental health.

For questions or to donate for the raffle, please feel free to contact Henrique Gabriel at henrique.gabriel@brown.edu.

Thank you again,

Brown University Men's Rugby Players

<https://movember.com/t/brown-university-men-s-rugby?mc=1>

