

# THE REGIONAL MEN'S HEALTH INITIATIVE

## Quarterly News

April to June 2016

### **News Topic: Talk to a Mate!! - Men's Wellbeing Round**

A highlight for this quarter was the "Talk to a Mate!! men's wellbeing footy round".

We are now into our third year of the partnership with the West Australian Country Football League (WACFL) which is the sponsorship of one round of football bringing us into direct contact with 25 football associations encompassing 160 senior football clubs. This facilitates the delivery of our key message to a younger demographic of men (5000 blokes – aged 16 to 40 years) throughout regional WA.

The RMHI team undertook a road trip through the Pilbara for this footy round and talked to many clubs over two weekends of footy fixtures.

The message The Regional Men's Health Initiative gives in everything it does is "... before it all gets too much... Talk to a Mate!! or talk it over".

The "Talk to a Mate" Men's Wellbeing Round was held on the 11<sup>th</sup> and 12<sup>th</sup> June (18<sup>th</sup> and 19<sup>th</sup> June in a few leagues).

### **Highlights from the activities in the quarter with RMHI staff in attendance:**

#### **Snapshot of Events:**

- Green Head – presentation – Mens Shed Community Event – 05/04
- Esperance – presentation/fast track pit stop – The Long Ride – 14/04
- Horsham, Victoria – presentations x 6 – Drought Forums – 20/04 to 22/05
- Harvey – fast track pit stop – Harvey Agricultural Show – 03/04
- Kojonup – presentation – Farmers – suicide brief – 05/05
- Lancelin – presentation – Pirates Football Club – 05/05
- Perth – presentation – Curtin University – Sustainable Ag. Systems – 01/06
- Bunbury – presentation – Lungnet (lung disease education) - 09/06
- Karratha – presentations x 2 – NPFL – Karratha Kats – 10/06
- South Hedland – presentations – NPFL – Swans & Karratha Falcons F/Clubs – 11/06
- Bruce Rock – presentation – Men's Shed – men's health week – 14/06
- Newman – presentations – Pioneers/Tigers/Saints/Centrals F/Clubs – 18/06
- Tom Price – presentations – Panthers/Saints/Tigers/Eagles – 18/06
- Busselton – fast track pit stop – community – 28/06
- Quairading – presentation – Women in Ag. – 30/06

**Advocacy:** General and Support – 526

To find out more visit [www.regionalmenshealth.com.au](http://www.regionalmenshealth.com.au)

Owen and the Team at RMHI

Telephone: (08) 9690 2277

Email: [menshealth@4blokes.com.au](mailto:menshealth@4blokes.com.au)

Web: [www.regionalmenshealth.com.au](http://www.regionalmenshealth.com.au)

