

# THE REGIONAL MEN'S HEALTH INITIATIVE

## Quarterly News

April to June 2018

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

One of the highlights for this Quarter was The Talk to a Mate!! Men's Wellbeing footy round held on the weekend of the 9<sup>th</sup> and 10<sup>th</sup> of June. This is the fifth year of the partnership with the West Australian Country Football League (WACFL) to sponsor a round of football that brings us into direct contact with 26 football associations and 160 senior teams/clubs. This helps us deliver our key message to a younger demographic of men (approx. 5000 blokes aged between 16 and 40 years) throughout regional and rural WA. This year the RMHI team attended games in Broome, Dandaragan, Bencubbin, Quairading and Mundijong.

### **Highlights from the activities in the Quarter with RMHI staff in attendance**

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

- Westonia – Presentation – A Day Out for Men – 04/04
- Busselton – Presentation – Men's Shed day out – 17/04
- Balingup – Fast Track Pit Stop – Small Farm Field Day – 21/04
- Beacon – Presentation – Community event for challenging times – 27/04
- Mandurah – Presentations x 16 – AFL Masters Football Carnival – 06/05
- Perth – Presentation – Curtin University – agribusiness students – 24/05
- Albany – Presentation – Gate to Plate Challenge -25/05
- Exmouth – Fast Track Pit Stop – Ningaloo Whale Shark Festival – 26/05
- Mukinbudin – Presentation – Football Club – 31/05
- Statewide – Talk to a Mate – Mens Wellbeing footy round WACFL – 9 and 10/06
- Broome – Presentations x 8 – Talk to a Mate – Mens Wellbeing footy round 8 and 9/06
- Geraldton – Presentation – Men's Shed - Wellbeing during Mental Health week – 12/06
- Kalgoorlie – Presentation & Fast Track Pit Stop – Men's Health Golf Day – 15/06
- Northampton – Presentation – Post Seeding Sundowner – 15/06
- Wongan Hills – Presentation – Northern Region Colts Carnival – 16/06
- Bunbury – Presentation – Carey Park Football Club – 21/06

**Advocacy:** General and Support – 416

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

Owen and the Team at RMHI

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