

# THE REGIONAL MEN'S HEALTH INITIATIVE

## Quarterly News

July to September 2018

### **News Topic: General Member and Stakeholder Information Session Friday, 3<sup>rd</sup> August.**

A fantastic event attended by 70 people including our guest speaker David Parkin of AFL Hall of Fame (former player and coach) volunteered his time and launched our new book. Several events made up the proceedings:

- **Book Launch – Working with Warriors**  
RMHI self-published a book. This book is a compilation of our monthly Warrior Wellbeing articles which are tips and stories to help you maintain balance in your life.
- **Tape Measure Launch – Cardiovascular Awareness**  
A tape measure to be used with the message “How’s Your Pump and Pipes” being promoted. This is to be used as part of the Fast Track Pit Stops to measure our waist (Chassis)
- **Warrior Ambassador Awards – 5 New Inductees under the fundraising category.**  
The Warrior Ambassador Awards were established in 2013 to acknowledge all contributors (past and present) who have supported WMH/RMHI.
- **RMHI Funding Announcement**  
Darren West MLA formally announced that WMH Inc. was successful in obtaining a further 2 years funding.

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

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

- Narrogin – Presentation – Mens Shed – 05/07
- Perth – Presentation & Pit Stop– WA Pork Producers Association Inc. - 13/07
- Kununurra – Fast Track Pit Stop – Agricultural Show – 13 & 14/07
- Bunbury – Fast Track Pit Stop – Livestock Rural Transport Association – 20/07
- Port Hedland – Fast Track Pit Stop – Spinifex Spree Carnival – 27 & 28/07
- Karratha – Fast Track Pit Stop – FeNaCING Festival – 04 & 05/08
- Yelbeni – Presentation – Community Men’s Health Evening - 07/08
- Binu – Presentation – NAG Forum – 09/08
- Mingenew – Fast Track Pit Stop – Midwest Expo – 15 & 16/08
- Dowerin – Fast Track Pit Stop – Machinery Field Days – 29 & 30/08
- Carnarvon – Presentation – Shire of Carnarvon Men’s Health – 31/08
- Chapman Valley – Fast Track Pit Stop – Agricultural Show – 01/09
- Hopetoun – Presentation & Pit Stop Men’s Shed – 04/09
- Newdegate – Fast Track Pit Stop – Machinery Field Days – 05 & 06/09
- Mount Barker – Presentation – Small Business Sundowner – 25/09

**Advocacy:** General and Support – 462

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

Owen and the Team at RMHI

[Telephone: \(08\) 9690 2277](tel:(08)96902277)

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

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

