

## August Update

### Recent Happenings

- We are continuing to see strong growth in the number of men engaging in the MM program.
- Our new MM website with Aussie photos (including some featuring some of our mentors) was officially launched in July - <https://mentoringmen.org.au/>
- A “Mentee Engagement Think Tank” was held on Tues 9 Jul with a key outcome being a decision to focus on seeking mentees in the following three areas:
  - Men Going Through Separation/Divorce/Custody.
  - Men Going Through Redundancy/Job Loss/Forced Retirement.
  - Men Who Are NDIS Carers.
- Another best practice professionally run MM mentor training course was held on the weekend of 20/21 Jul.
- More prospective MM mentors attended a Lifeline Accidental Counsellor course on 30 Jul.
- Another MM men’s breakfast was held on Sat 10 Aug with over 50 men attending to hear Kim Huckerby from the Wellbeing Affect speaking on “Drugs and Alcohol” and local Hornsby GP Geoff Darvas sharing some of his amazing journey.



- We continue to get some good publicity in various local publications:
  - **July 19 – “Climbing for a better purpose” (Daniel is an MM mentor)**  
[https://monthlychronicle.com.au/wp-content/uploads/2019/07/MC\\_July-2019\\_web-updated.pdf#page=2](https://monthlychronicle.com.au/wp-content/uploads/2019/07/MC_July-2019_web-updated.pdf#page=2)
  - **Aug 19 – “Bank's donation to mentoring organisation reflects values of personal development and empowerment”** [https://monthlychronicle.com.au/wp-content/uploads/2019/08/MC\\_August-2019\\_web.pdf#page=4](https://monthlychronicle.com.au/wp-content/uploads/2019/08/MC_August-2019_web.pdf#page=4)

## Bank's donation to mentoring organisation reflects values of personal development and empowerment

To support programs designed to refine goal-setting skills and personal development of men in the community, the Hornsby branch of the Commonwealth Bank donated \$500 to non-profit organisation Mentoring Men.

Hornsby Commonwealth Bank branch manager,

Katie Mayhew, said helping men in the greater Hornsby area was exciting, as the combination of mentoring and mateship is a powerful mechanism to support men through life struggles. "We're very excited to have the opportunity to support MM," she said. The donation is part of the Commonwealth Bank's pledge to allocate \$500,000 nationally to different organisations, with each bank branch allocated \$500 for the cause. The Hornsby branch voted to donate to MM.

MM volunteer Greg Smith said the organisation's courses and programs improved his listening abilities in his role as a funeral coordinator. "People can take a while to digest grief, and everyone reacts in different ways," Mr Smith said. "Going through the mental health aid training that MM provides is really informative. It teaches people to be better listeners. It's made me better at my job. "Knowing this donation will go towards supporting other men become better communicators and listeners is a good feeling, because the organisation is beneficial," he said.

The next men's breakfast will be held on **August 10 from 8am to 10am at Asquith**, \$5 donations are requested for a cooked breakfast with hot and cold drinks.

A comedy fundraiser for MM will run at the Pennant Hills Bowling Club, 52 Yarrara Road from 7pm to 11pm on August Saturday 17. The link for tickets is [comedyforacause.net/MEN](http://comedyforacause.net/MEN).

**For more information regarding the breakfast, email [info@mentoringmen.org.au](mailto:info@mentoringmen.org.au), or visit <https://mentoringmen.org.au>**



### Upcoming Events

- Our MM comedy fundraiser and awareness night will be from **7 pm to 11 pm on Sat 17 Aug** at the Pennant Hills Bowling Club, 52 Yarrara Rd, Pennant Hills. Could you please purchase tickets and promote the event to your family and friends. The link for tickets is: [comedyforacause.net/MEN](http://comedyforacause.net/MEN).
- The next best practice professionally run 2-day MM mentor training course will be run on the weekend of **24/25 August** in Mt Colah
- The next MM mentor development and support session will be held from **7 pm to 9 pm on Wed 11 Sep** at Fusion 3 Jersey St, Hornsby.
- The next Lifeline Accidental Counsellor course is scheduled for **20 Sep**.
- Our first official MM Newsletter is currently being developed.
- We are progressing obtaining DGR (Deductible Gift Recipient) status for MM which will play a key part in funding the expansion of the MM program.
- An MM fundraiser and awareness walk has been arranged for **8 – 10 Nov** where a group of MM supporters will climb Mt Kosciuszko – please promote this event through the following link: <https://www.mycause.com.au/events/mentoringmenfundraisingandawarenesswalk2019>
- We plan to engage the Wellbeing Affect to run an extensive Mental Health First Aid course for MM mentors – more information to follow.