

May 2020 Status Update

Introduction

There has been rapid growth in many aspects of our Mentoring Men program over the past few months and I would like to personally thank:

- Our volunteer mentors
- Our mentees
- Our supporters who provide their time, guidance and funds to help expand our free program.

While the COVID-19 constraints have impacted some of our face to face events and activities like the men's breakfast and the walk & talk events it has also opened up a number of new important opportunities for us and many of these new initiatives like VILT based training will continue post COVID.

One of our main drives at the moment is to seek more mentees for the program and we will be launching campaigns during June to progress this.

Recent Events

Men's Forums

Our men's forums have moved to being held online via Zoom fortnightly (Wednesdays at 8 pm). We have seen strong growth in the number of attendees and there has been very positive feedback as great speakers cover important topics

Recent men's forums have been:

8 April – "Loneliness" and 16 April – "Know Your Man Facts" - Vinay Nair

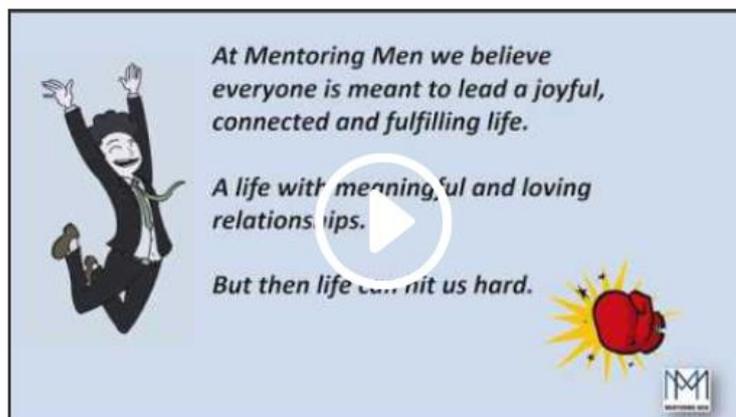


9 April – "Keeping Fit - home gym & exercise regime" - Daniel Freeman



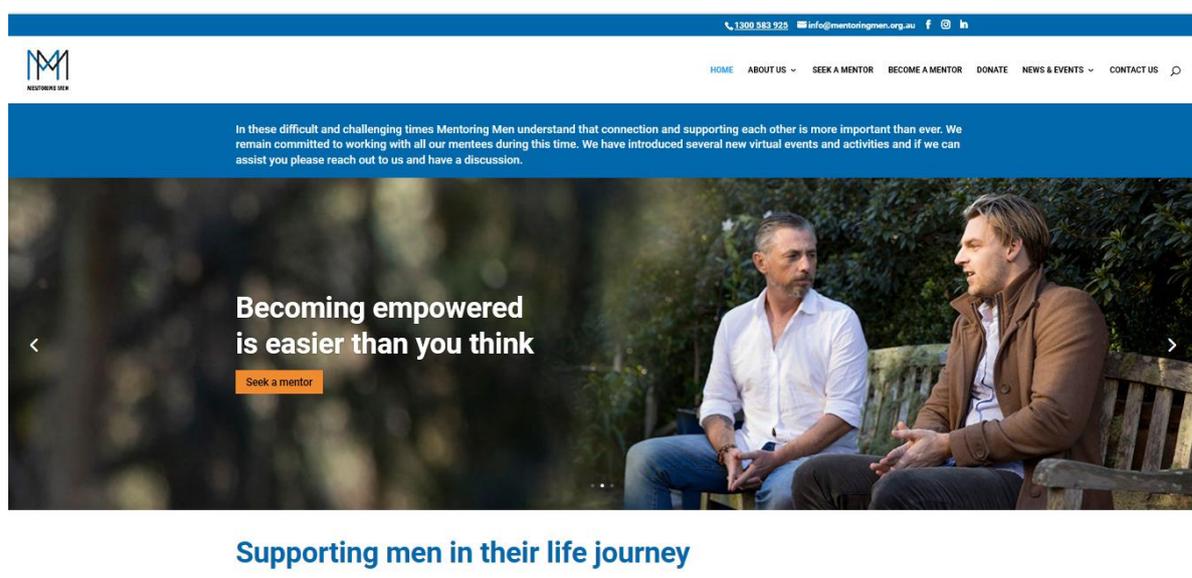
Animated Conveyor Belt Video

We developed an Animated Conveyor Belt Video “*Why Mentoring Men Works*” – thank you Peter Ulmer, Peter Spicer, Stan Kouros, Greg Smith and John Ogier. If you haven’t seen it yet please watch and share it. Here is the link - <https://www.youtube.com/watch?v=6UB59nP5eXE&t=1s>



Website

We made some further changes to our website – thank you Jeff Silberbach - <https://mentoringmen.org.au/>



Western Sydney and Macquarie Universities

We have had two Counselling and Psychotherapy students Nick and YQ from Western Sydney University placed with us and currently progressing placing a number of PACE students from Macquarie University for the second half of the year.

Mentoring Men - Corporate Beliefs and Values

We officially published our Corporate Beliefs and Values, and these will constantly be used as a measuring stick for everything that we plan and do:

Passion - to support all men in their life journey.

Inclusion - all men are welcome regardless of their background or beliefs. No man walks alone.

Integrity - to be authentic and genuine with each man.

Commitment - to help build better relationships and stronger communities.

Virtual Mentor Training Course

Due to COVID constraints our 2-day Mentor Training Course was modified into a VILT (Virtual Instructor Led Training) course comprising 5 online modules – thank you John Ogier. The course was first run on 22, 23 and 24 May and the feedback was excellent. It has been decided that when COVID constraints are removed we will continue to run a combination of VILT and Face to Face courses.



Video Interviews

After being put on hold because of COVID we completed our first round of video interviews over the 30/31 May weekend. A big shout out to Peter Ulmer and Peter Spicer for providing their talent, time, enthusiasm and humour to film interviews with many of our Mentoring Men mentors and mentees over the weekend. Also thank you to the men who were happy to openly share their stories and insights as part of the interviews.



HHH Community Radio 100.1 Interviews

We continue to have our monthly spot on "Monday Focus" to talk all things Mentoring Men with Greg and Adrienne.



Mentoring Men "Fun with Fitness Video Challenge"

At the height of the COVID constraints we launched our "Fun with Fitness Video Challenge" to encourage men to get exercising and have some fun. Here are some of the very funny entries we received:

Ian Westmoreland's entry – [The Great Sporting Challenge](#)

Peter Ulmer's entry - [Move over Rocky!!](#)



Andrew Duncan's entry - [Workout with the Family](#)



Upcoming Events

Mentor Training Course (Virtual)

Our next mentor training course will also be virtual and will be run as follows:

- Friday 19 Jun (evening module)
- Saturday 20 Jun (morning and afternoon modules)
- Sunday 21 Jun (morning and afternoon modules)

If you have been thinking about giving back to the community as a mentor to another man, please get in touch. To reserve your FREE seat please contact Ian on 1300 583 925.

Please be quick - Reservations for this course close on Friday 12 June

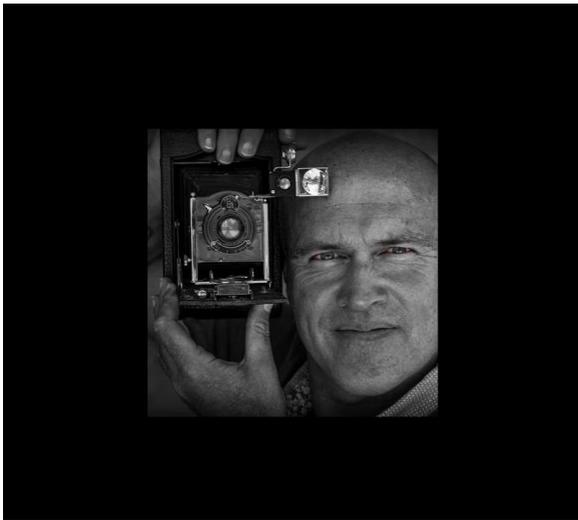
Men's Health Connected Summit

Ian Westmoreland will be speaking at the Men's Health Connected Summit that is being run throughout June. You can register here: - <https://menshealthconnected.menshealthconnected.com/>

Men's Forums

3 Jun – Managing Mindset in times of crisis – Julian Andrews

18 Jun – The Importance of Eldership – Miles Protter



Birthday Celebration

We have a major celebration planned for our 2nd birthday in November. Watch this space for more information.

