

August 2020 Status Update

Introduction

I wanted to express my sincere thanks to all the men who have engaged in our program so far as well as the supporters who volunteer their time to help us deliver on our mission “**Supporting men in their life journey**”.

We are seeing record growth in the number of men engaging in our program with over 350 men now connected from all over Australia – we have even received several applications from overseas!! In response to this increased demand we recently completed a Train the Trainer course and we now have 5 facilitators able to deliver our virtual mentor training course with courses now scheduled every fortnight.

Our social media profile is also growing and there is increasing interest from related organisations seeking to connect to Mentoring Men.

One of our main drives continues to be to seek a higher percentage of men seeking a mentor and we have been progressing campaigns to help achieve this. If you or someone you know would like to have a mentor in your life please contact us.

Mentoring Men - Corporate Beliefs and Values

Please see below our Corporate Beliefs and Values which we ask all people engaged in our program to adhere to:

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.

Customer Relationship Management (CRM) System

We are in the process of implementing the HubSpot CRM to help streamline our processes and reduce administration overhead – thank you Jeff Silberbach, John Milham and a generous donor for helping make this happen.

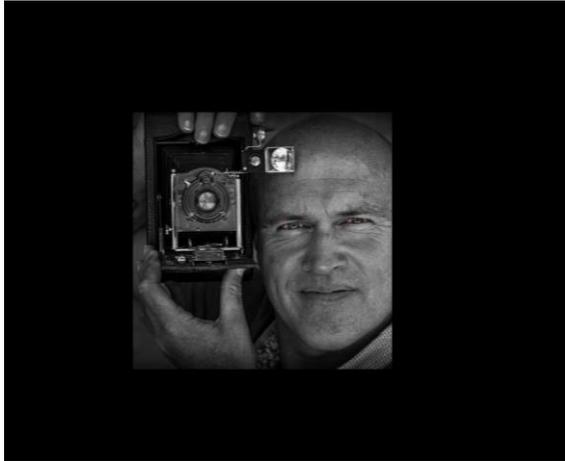
Recent Events

Men’s Forums

Our fortnightly online men’s forums continue to grow with great speakers sharing their stories. At a recent Mentoring Men board meeting it was decided that women will sometimes be invited to attend these events given the key role that they can play in the welfare of the men in their lives and there was a great response to the first of these events where around 70 people joined the virtual session.

Since the previous newsletter we have hosted the following men’s forums:

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



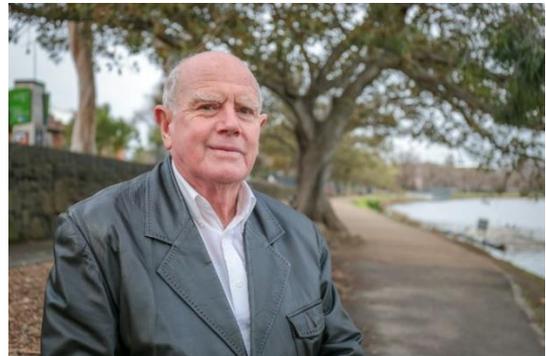
17 Jun – The Importance of Eldership – Miles Protter



1 Jul - Executive Loneliness - Nick Jonsson



15 Jul - A Tour into the Men's Shed with Lindsay Oates



29 Jul – AMHF – Glen Poole



AMHF Events

Men's Health Connected - Ian was invited to speak on "How to upskill your volunteers".

Men's Health Awards 2020 – we were a finalist in the 2020 Men's Health Awards

MEN'S HEALTH CONNECTED

Ian Westmoreland
Mentoring Men

Guest Speaker
How to upskill your volunteers

6 June 11.45am-1pm AEST
Men's Mental Health Movement

menshealthconnected.com

AMHF
AUSTRALIAN MENTAL HEALTH FOUNDATION

MEN'S HEALTH AWARDS 2020
NSW 2020 Men's Health Award Finalists

LOCAL MEN'S HERO AWARD
Joshua Tree | Ian Westmoreland

BEST MEN'S LIVED EXPERIENCE SPEAKER
Joe Williams | David Oliver

BEST MEN'S GROUP OR PROGRAM
Manifest | The Man Walk

WOMEN WORKING IN MEN'S HEALTH
The Top Blokes Team

SIGNIFICANT RESPONSE TO COVID-19
Parents Beyond Breakup | Mr Perfect

AMHF
www.amhf.org.au

Bush Walks

Our bush walks in conjunction with Freeman’s Fitness have restarted.



Mentor Training Team

Meet our very talented team of facilitators who run our virtual training courses:

John Ogier

John is the Founder and Director of Changehead which helps draw out new thinking in people and organisations and stay human about it.

Through communication workshops, coaching and creative meeting facilitation, Changehead clients get to experience new thinking that sparks positive change within individuals and their teams.



Mark Henderson

Mark has a 30-year background in training and workshops in the commercial, NGO, Government, and Education sectors is the facilitator.

Mark has qualifications in Business, Community Services, Emergency Management, IT and Human Services, and has developed and delivered training encompassing soft skills, technical, and human services for IBM, ASIC, Lifeline, TAFE NSW, Dept Human Services.

Mark is also an active mentor and participates in peer support and supervision regularly.



John Milham

John has a passion for teaching leadership and personal development following a 25-year corporate IT career.

As a coach and presenter, John has worked with many organisations to build leadership capability and transform work culture .

John delivers programs to improve skills in Mental Well Being, High Performance, Leadership, Communication, Collaboration, Innovation, Customer Centricity and Emotional Intelligence and personal effectiveness.



Mike Read

Mike has enjoyed an international 30-year career in the communication industry, via the fields of consumer marketing, advertising, innovation, and HR.

15 years ago, he set up PigsCanFlyToo, a business committed to helping individuals, teams and organisations realise their potential, and has worked with numerous clients who have enjoyed award winning outcomes from these same projects.

He is passionate about helping people bring their authentic selves to how they 'show up' and buys into the mantra that 'he or she who has the most stories wins'.



Vinay Nair

Vinay has a passion to empower individuals and facilitates learning inspires attitude and behaviour change to create a positive approach to mental health and wellbeing.

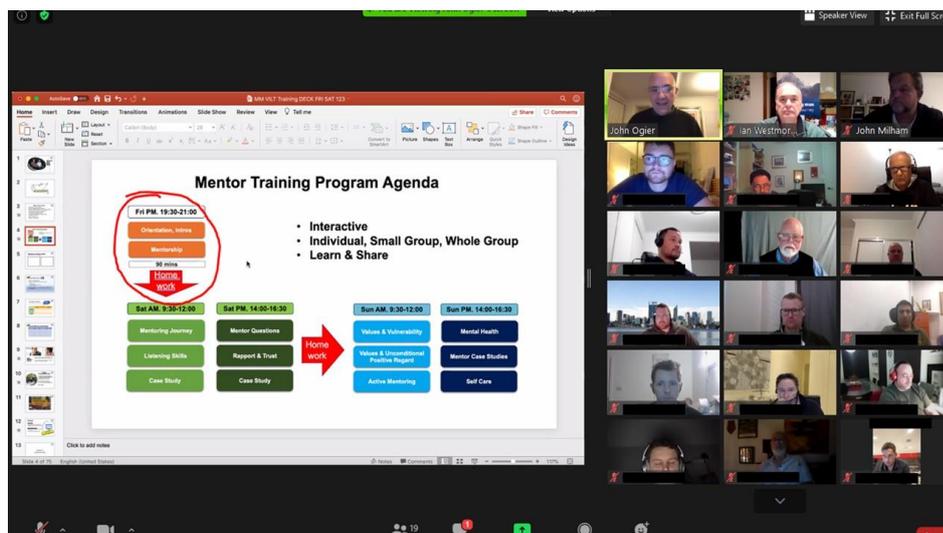
Vinay's impact goal is to empower and support international students, recent migrants, and young people from culturally diverse families. He believes that all of us have a story to tell and it is nothing to be ashamed of especially if you have been through hard times.

Vinay's mission is to reduce the inequality and make this a fair and inclusive society.



Mentor Training

Our virtual mentor training courses are now running every fortnight and are usually booked up weeks in advance. John Ogier has done a great job converting the Face to Face training format to enable these courses to run virtually.



Suicide Awareness and Prevention Training

We ask our mentors to attend the suicide and awareness training. Initially this was the Lifeline Accidental Counsellor course, but Lifeline were unable to keep up with demand resulting in mentors sometimes needing to wait over 6 months to complete this training. We are currently progressing arrangements with Wesley LifeForce to provide their suicide prevention training to our mentors as an alternative and the first of these courses will be run during August.

Other Training Opportunities

We are progressing the following options training and personal development opportunities for interested mentors:

Neuro Linguistic Programming (NLP) - James Pearson (one of our mentors) will provide a 1-day NLP workshop on Sunday 18 October. Please contact Ian if you would like to attend.

Mental Health First Aid (MHFA) – Kim Huckerby (The Wellbeing Affect & speaker at our Men’s events) will provide MHFA training. Please contact Ian if you would like to attend.



Fundraising

We continue to submit grant requests wherever suitable opportunities are identified. We are waiting to hear about a tender that we submitted to the South Western Sydney (SWS) Primary Health Network (PHN) to provide mentoring to SWS PHN men with a goal to reduce male suicide. If successful this will be an exciting and strategic project for Mentoring Men.

A big thank you to Peter Ulmer (one of our mentors) and Jeff Silberbach from the Waverley Community Men's Shed who restore furniture and donate the proceeds to Mentoring Men



ROADSIDE ITEMS TO THE RESCUE

Peter Ulmer and Jeff Silberbach have been working together restoring items they have found by the roadside and selling them to raise money for Peter's "other interest", Mentoring Men. We have previously told you a little about this organisation.

We know that when it comes to mental health, men often don't seek support. The Mentoring Men approach of reaching out to men in their time of stress and allowing them to talk openly in a safe, and supported mentoring environment, creates an opportunity to share their possible thoughts of suicide and open up pathways of providing appropriate support.



There are several hundred men engaged in this rapidly growing program, and when family, friends and workmates are added the program, it is positively impacting thousands of people in the communities in which we live and work. The program is inclusive, culturally diverse and not affiliated with any religious or political organisations. You can check them out on www.mentoringmen.org.au



This mentoring program supplements what we do here at the Waverley Mens Shed where we also encourage fellow members to "open up", but it actually involves having professionally trained volunteer male mentors who can provide non-judgemental support and connection. Mentoring can make a positive difference in men experiencing a range of distressing and possibly life-threatening circumstances including loneliness, isolation, anxiety, depression, self-esteem issues, low motivation, dips in confidence, helplessness and hopelessness, all are challenges that could lead to suicidal feelings are prevented through mentorship.



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Politics in the Pub

Ian presented Mentoring Men "Changing the World" in conjunction with Ben Hughes from the Men's Table at a "Politics in the Pub" event in Sydney during July.



Corporate Sponsorship

A big thank you to Mark Thomas (one of our mentors) for producing a great presentation of our program to be shown to selected corporates seeking sponsorship of our program. We strongly believe that we have a great value proposition and we hope to see multiple corporate sponsors in the near future

Mark Thomas



Our new look corporate presentation



HHH Community Radio 100.1 Interviews

We continue to have our monthly spot on the HHH community radio "Monday Focus" to talk all things Mentoring Men with Adrienne.



Upcoming Events

Macquarie University

Around 10 to 15 Macquarie University students will be placed with Mentoring Men from August onwards working on various projects including researching the effectiveness of our program as well into the variations of mentoring approaches across different cultures.

Upcoming Event Schedule

Event	Dates	Comment
Men's Forum	Wed 12 Aug	Eliciting Values
Mentor Training Course	Fri 14/Sat 15/Sun 16 Aug	Full
Wesley Lifeforce Suicide Prevention Training	Fri 21/Sat 22 Aug	
Men's Forum	Wed 26 Aug	MHFA
Mentor Training Course	Fri 28/Sat 29/Sun 30 Aug	Full
Mentor Training Course	Fri 11/Sat 12/Sun 13 Sep	
Lifeline Accidental Counsellor course	Wed 16 Sep 20	
Mentor Training Course	Fri 25/Sat 26 Sep/Sat 3 Oct	
Mentor Training Course	Fri 9/Sat 10/Sat 17 Oct	
NLP workshop	Sun 18 Oct	
Lifeline Accidental Counsellor course	Thu 22 Oct 20	
Mentor Training Course	Fri 23/Sat 24/Sun 25 Oct	
Lifeline Accidental Counsellor course	Fri 13 Nov 20	
MHFA Training	TBD	

Workplace Wellness Festival

Ian will be speaking at the Workplace Wellness Festival as part of a panel on ***“how do we support people's wellbeing during great disruption?”***

The screenshot shows the homepage of the Workplace Wellness Festival website. At the top, there is a navigation menu with links for Home, Our Story, Attend, Program, Sponsor/Exhibit, Contact, and Regis. Below the menu, there is a grid of speakers and their affiliations:

- Dr Moira Junge**, Health psychologist & Board Member, **Sleep Health Foundation**
- Dr Nicola Gates**, Director and Clinical Neuropsychologist, **Brain and Mind Psychology**
- Gerard Beven**, Head of Customer Care, **Assure Programs**
- Catherine Birchall**, Founding Director, **Money 101**
- Ian Westmoreland**, Founder and Chairman, **Mentoring Men**
- Fay Calderone**, Partner, Employment & Workplace Relations, **Hall & Wilcox**
- Amanda Reid**, National HSW Manager, **Mirvac**
- Evan Sutter**, Co-Founder & CEO, **Hapzly**



Men's Forums

12 Aug – Eliciting Values – Sandip Mukherjee with Mike Read



29 Aug – Mental Health First Aid – Kim Huckerby



Birthday Celebration

Our 2nd birthday celebration is now planned for Feb 21. Watch this space for more information.



Ian Westmoreland

Founder