

Newsletter – Spring 2020

Introduction

What an amazing few months for Mentoring Men. Highlights include:

- Commencing a contract with South Western Sydney (SWS) Primary Health Network (PHN) to run mentoring as part of the *Proactive approaches to Men's Suicide Prevention* project.
- Reaching 600 men who have now engaged in our program.
- Appointing Angela Guestrau as the SWS Regional Program Manager.
- Commencing our Connection Experience program.
- Converting all our mentor and mentee records into the HubSpot CRM system
- John Ogier voted NSW North Shore volunteer of the year and Mentoring Men voted Volunteer Team of the Year. The NSW state volunteer of the year awards will be announced on 3 December and we are in the running.

My sincere thanks to all the men who have engaged in our program as well as the many supporters who volunteer their time to help us deliver on our mission of "***Supporting men in their life journey***".

Ian Westmoreland - Founder

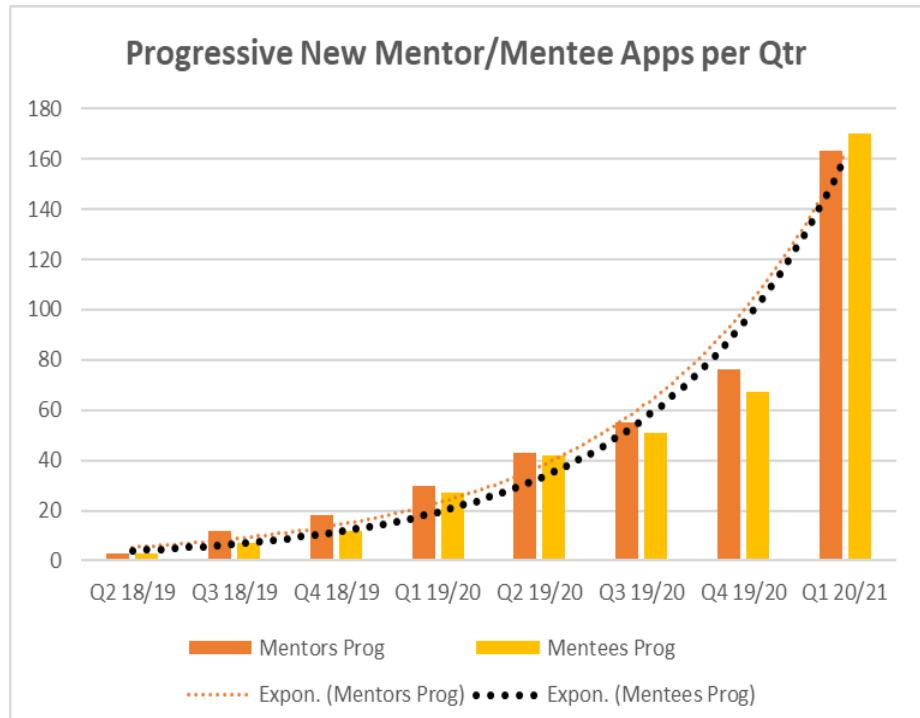
Recent Events

Program expansion

We are seeing record growth in the number of men engaging in our program with 600 men now connected from all over Australia.

This rapid growth has generated an urgency to increase our scalability and to address this we have implemented the following improvements:

- A CRM (Customer Relationship Management) system
- Training additional facilitators to enable us to run more frequent mentor training courses.



South Western Sydney PHN Contract

On 1 October we commenced a 12-month contract with the South Western Sydney (SWS) Primary Health Network (PHN) to run mentoring as part of the “*Proactive approaches to Men’s Suicide Prevention*” project.

This is an exciting opportunity, and it is great to see some of the focus move from crisis support to adopt the preventative early intervention approach of Mentoring Men. Many of the other PHNs will be closely watch the impact of this project.

We are working closely with our contract partners Parents Beyond Break-Up, Lifeline and ROARA to support as many SWS men as possible. Dr Emma George from Western Sydney University will be evaluating the impact of the program.



To help us deliver on this strategic contract we are delighted to announce that Angela Guestrau has been appointed as the Mentoring Men SWS Regional Program Manager.

Angela grew up in SWS and has extensive volunteering experience in Australia and overseas including working with indigenous people in Canada and also supporting buildings works in Cambodia.

Local Markets

As part of the SWS project we will continue to promote our awareness of Mentoring Men through local markets. We have found that this is a great way to engage with both men and women many of whom appreciate the opportunity to share their story. We have already had our pop up stall at Camden (where it was near freezing), Boot Hill (Minto) and Bundanoon markets.



Student Placements

Over the past few months tens of students have been working with Mentoring Men to meet their placement requirements. These students are from:

- University of Western Sydney (WSU)
- Australian College of Applied Psychology (ACAP)
- Swinburne University of Technology
- Macquarie University

We want to thank the students for the valuable contributions that they have made to the development and operation of our program.

Men's Forums

Since the previous newsletter the following men's forums have been held.

12 Aug – Eliciting Values – Sandip Mukherjee with Mike Read



29 Aug – Mental Health First Aid – Kim Huckerby



9 Sep - Redefining manhood – John Milham, Chris Ireland, Brydan Xavier and Colin Lee



23 Sep - Healthy, Authentic Manhood through Storytelling – Jeff Lawrence



7 Oct - Grab Life by The Balls – Sam Parker



21 Oct – Staying Alive – Dr Kate Gregorevic



5 Nov - Parents Beyond Breakup – Pete Nicholls



Information Sessions

We have started running Mentoring Men information sessions every fortnight commencing at 6.45 pm prior to the Men's Forums.

These sessions are a great way for people who are interested in finding out more about the program chat with the team and to raise any questions



Bunnings BBQ & Product Donation

A big thank you to Bunnings Thornleigh for donating several items to help promote awareness of our program and then enabling us to do a COVID friendly sausage sizzle (involving 35kg of sausages!) on Sun on 1 Nov.



Grants and Donations

We continue to seek grant opportunities and submit grant requests to help fund our free mentoring program. In the past few months, we have been successful with winning grants to the value of \$19,650 from Wests Leumeah, Ingleburn RSL and Australia Post. We have also received significant donations from an anonymous donor. These grants and donations have enabled to continue to grow and support our program.



Wests Leumeah Grant



Ingleburn RSL Grant



SENIORS Living & Lifestyle

AUSTRALIA POST COMMUNITY GRANT AWARDED TO MENTORING MEN

Locally based community group **Mentoring Men** has been awarded a grant of \$9,650 as part of *Australia Post's 2020 Community Grants Program* for its work in Hornsby.

This grant will fund their 'Getting Out and Speaking Up' project.

The project will help men develop healthier lifestyles both mentally and physically, reduce the impact of worry and build positive connections with their families and communities. Mentoring Men is one of 79 community organisations across the country to receive a 2020 Australia Post Community Grant of up to \$10,000. This year's grants program aligns with Australia Post's commitment to supporting mental health, funding projects that help improve connection and mental wellbeing in local communities.

Australia Post Executive General Manager **Nicole Sheffield** said, "The organisations we've funded aim to help improve the mental health and wellbeing of Australians by helping individuals and communities be more connected.

More than \$500,000 in total will be awarded to not-for-profit community organisations across Australia, with the majority of recipients in rural and regional areas.



The full list of Australia Post's 2020 Community Grants recipients and more information about the grants program is available at auspost.com.au/grants

Find out more - **Mentoring Men:** <https://mentoringmen.org.au/>
Photo above: Group shot of Mentoring Men, Hornsby.

Wests Leumeah Buddy Bench

Wests Leumeah have initiated a "buddy bench" at Wests to support men who were having challenges in their life. On behalf of Mentoring Men Graham Barker and Ken Barnard provided informal counselling to Wests Leumeah male members. Sydney talkback radio host Ray Hadley (2GB) mentioned Mentoring Men involvement in his program during a recent show.

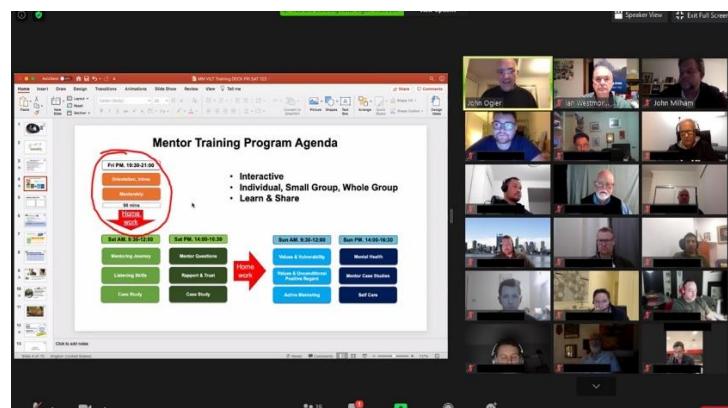
We plan to support this initiative from Wests on an ongoing basis.

Mentor Training

Due to the rapid growth in demand from men seeking to engage in our program we have increased mentor training frequency to run every fortnight.

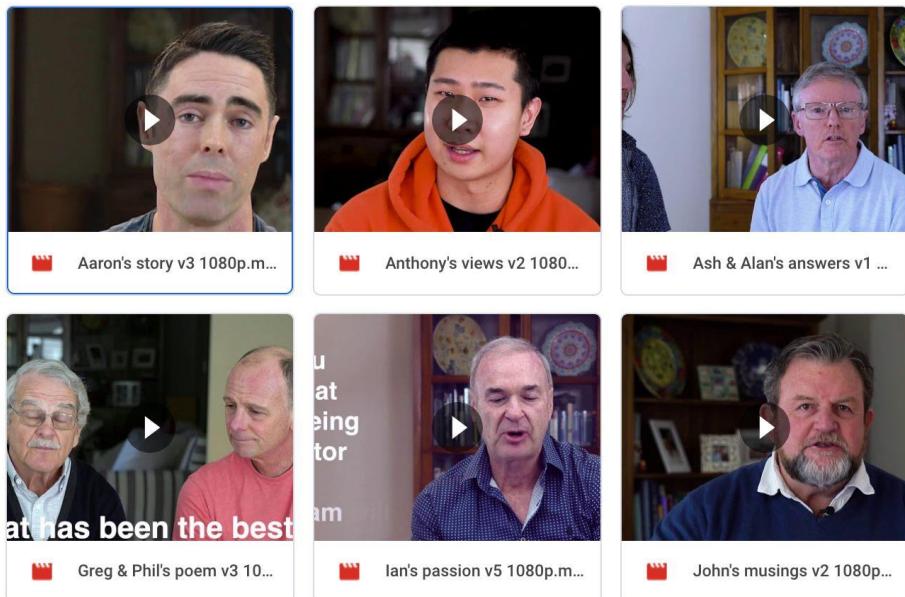
Some comments from training attendees:

- *"Compared with most training courses this was well prepared and structured and the presenter spoke with confidence and knowledge"*
- *"I thought the training was great and really appreciated it"*
- *"John was authentic and engaging"*
- *"Well delivered via Zoom – great bunch of guys"*
- *"The most important 3 days of my life"*
- *"I feel more comforted, empowered and supported as a mentor"*



Mentor and Mentee Video Interviews

A huge thank you to Peter Ulmer and Peter Spicer for filming and editing interviews of some of the mentors and mentees engaged in our program. You can view these on our website – <https://mentoringmen.org.au/> and our YouTube channel - https://www.youtube.com/channel/UCKmSzGLDAHeQ_CM_VAIHQbQ

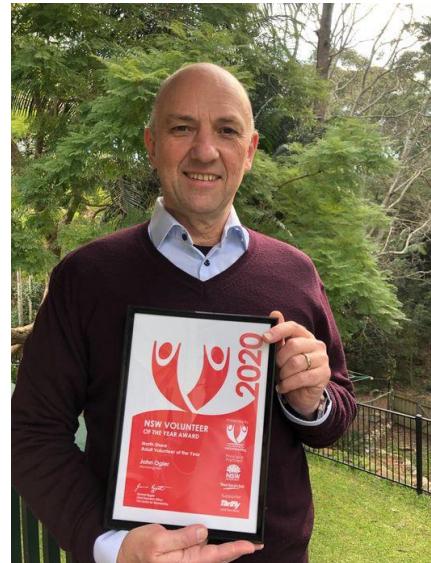


2020 NSW Volunteer of the Year Awards

We are delighted to announce that we had 3 winners in the 2020 NSW Volunteer of the Year Awards:

- Mentoring Men was the winner of the North Shore Volunteer Team of the year.
- John Ogier was the winner of the North Shore Adult Volunteer of the year.
- Ian Westmoreland was the winner of the Upper North Shore Senior Adult Volunteer of the year.

The NSW state winners will be announced at a presentation ceremony on 3 Dec 20 and it is great that Mentoring Men is in the running for the state awards.



Workplace Wellness Festival

Ian spoke at the Workplace Wellness Festival to an audience of 2,376 people!!

A screenshot of a virtual conference interface from the Workplace Wellness Festival 2020. The top bar shows "Workplace Wellness Festival 2020" and "11 Conferences". The main screen displays a panel discussion titled "HEALTH & WELLNESS | PANEL: HOW DO WE SUPPORT PEOPLE'S WELLBEING DURING GREAT DISRUPTION?". Five speakers are visible in video feeds: Lucas Finch, Beth Langley, Berger Auerbach, Chantal Huard, and Brian Ladd. The left sidebar includes links for "Reception", "Stage", "Sessions", "Networking", and "Expo". The bottom right corner shows a chat window with several messages from attendees.

Community Radio

We are growing Mentoring Men awareness through community radio including our regular spot on 100.1 2HHH (Hornsby area) “Monday Focus” with Adrienne, Northside Radio FM99.3 (North Shore) and in South Western Sydney on SWR 99.9FM. Please tune in.



SWR 99.9 FM
SYDNEY'S WEST

Introduction to NLP Masterclass Workshop

We held our first “Introduction to NLP Masterclass” workshop with James Pearson and Peter Hanna from Lifeshift facilitating. The feedback from the workshop was excellent and it covered some of the key NLP tools that were very relevant to mentoring and personal development for our mentors.



Upcoming Events

Upcoming Event Schedule

| Event | Dates | Comment |
|--|--------------------------|---------------------------|
| Lifeline Accidental Counsellor course | Fri 13 Nov 20 | |
| Wesley Suicide Prevention Training | Fri 13/Sat 14 Nov | Virtual |
| Men's Forum - Assoc Professor Lis Murphy | Tues 17 Nov | Focus on New Fathers |
| Mentor Training Course | Fri 20/Sat 21/Sun 22 Nov | Virtual |
| Men's Forum – Ross Durkin | Wed 2 Dec | Building Resilience |
| Mentor Training Course | Fri 4/Sat 5/Sun 6 Dec | Virtual |
| Men's Forum - Maggie Hamilton | Wed 16 Dec | What Men Don't Talk About |
| Wesley Suicide Prevention Training | Dec - TBA | Virtual |
| Mentor Training Course | Fri 18/Sat 19/Sun 20 Dec | Virtual |
| 2nd Birthday Celebration | Sat 6 Feb 21 | |
| Mt Kosciuszko hike | Sat 13 Mar 2021 | |

Upcoming Men's Forums

Tues 17 Nov - Focus on New Fathers –
Associate Professor Lis Murphy



Wed 2 Dec – Building Resilience – Ross Durkin



Connection Experience

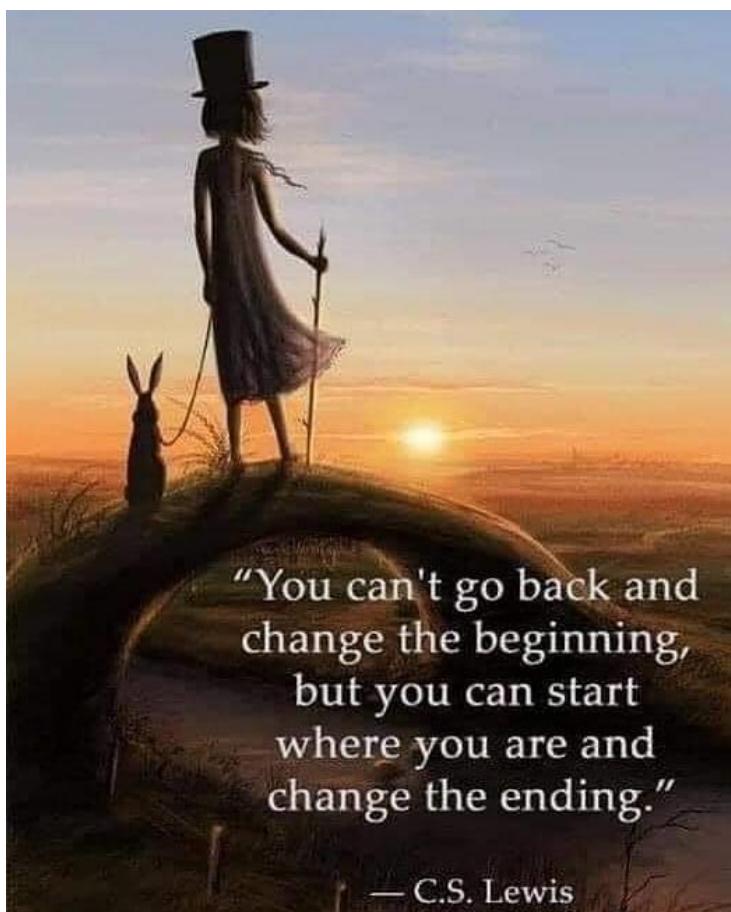
MENTORING MEN presents: *The CONNECTION Experience*



Mentoring Men have partnered with Graham Barker (Supporting Lives) to develop an exciting new free program called "The Connection Experience". Students from the Australian College of Applied Psychology (ACAP) will also support the program which is designed to help more vulnerable men find answers to the sometimes hard to answer questions like:

- How do I connect with the activities I want to do in life?
- How do I get better connected with friends and groups?
- What are my options when it comes to living the life I want to live?

This program will initially run out of our Ingleburn office commencing 18 November. To find out more information please call Graham on 0416 684 021.



2nd Birthday Celebration (Sydney)

On Sat 6 Feb 21 we celebrate our 2nd birthday and naturally we want to celebrate with you so please:

Save the Date

Sat 6 Feb 2021 - 7.00 pm to 10.00 pm

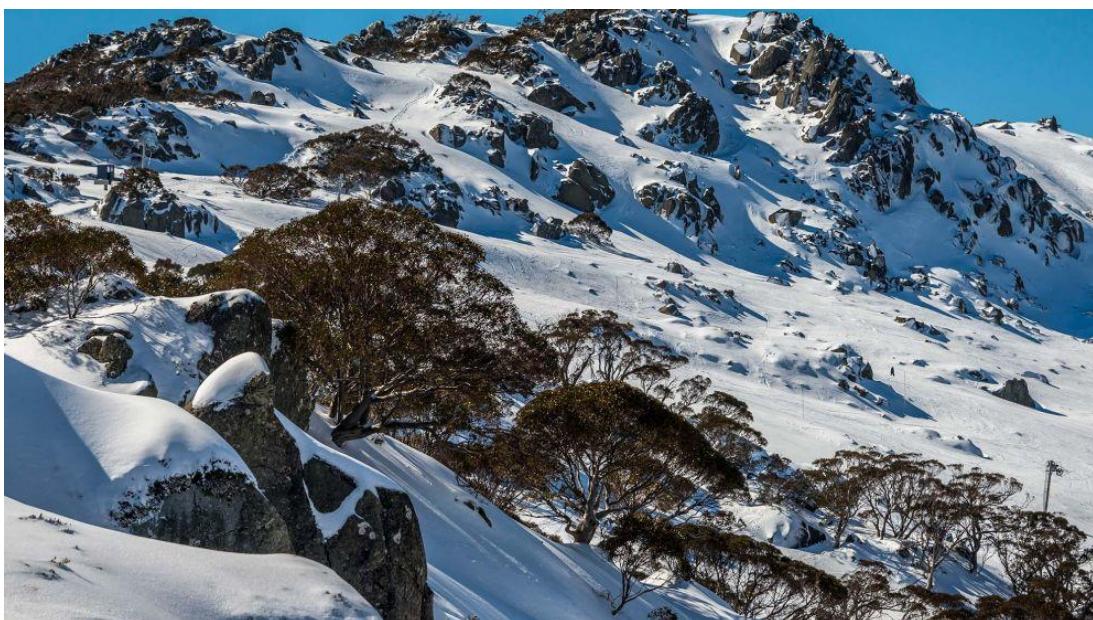
Tickets \$60 – click below to reserve your seats:

<https://events.humanitix.com/mentoringmenthankyou>



Mt Kosciuszko Hike – Sat 13 Mar 2021

Our long-awaited hike from Charlottes Pass to Mt Kosciuszko is scheduled for Sat 13 Mar 21. This aim of this event is to promote awareness of Mentoring Men, encourage people to exercise, raise funds and to connect. The hike is open to everyone – please contact Ian for more information.



Our Newest Member (not really but too cute not to share!)



Thank you for your continued support!!

The Mentoring Men Team