

Newsletter – Summer 2021

Introduction

What an amazing few months for Mentoring Men with continued high growth of men engaging and the program and several exciting new opportunities and partners. Some highlights include:

- 700 men have now engaged with Mentoring Men and this is forecast to grow even more rapidly over the next 12 months.
- Partnering with Core Community Services where over 100 Arabic speaking men will engage with Mentoring Men.
- We had three finalists in the NSW Volunteer of the Year awards.
- Officially launching the “**25twoZERO Movement**” initiated by Shay Hare one of our inspirational mentors.
- Providing consistently high-quality content from our fortnightly Open Forums with some great speakers.
- Started advertising for a full-time General Manager to help maintain the operation and growth of Mentoring Men.

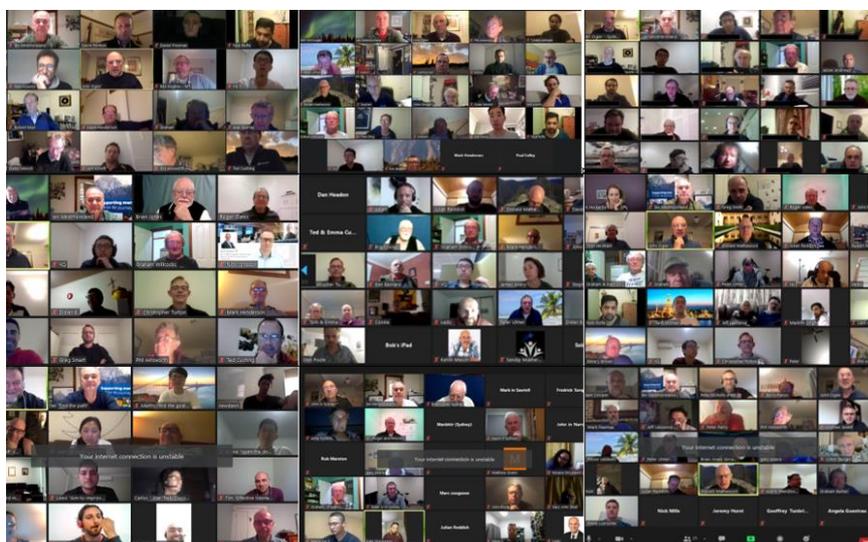
My sincere thanks to all the men who have engaged in our program as well as the many supporters who volunteer their time to help us deliver on our mission of “**Supporting men in their life journey**”. I also want to thank Peter Ulmer, Jeff Silberbach, Peter Spicer and the MM Board who volunteer much of their time to support and guide Mentoring Men.

Ian Westmoreland – Founder

Recent Events

Operating Under COVID-19

We continued to operate several aspects of our program via Zoom in the COVID-19 environment including Mentor Training, Suicide Prevention training and Open Forums. Many of the mentoring relationship meetings also moved to virtual which has opened up several new opportunities.



The “25twoZERO Movement”



In January we launched the **25twoZERO Movement** that was, founded by our very own mentor Shay Hare.

The **25twoZERO Movement** aims to raise awareness on the 2500 plus Australian men who suicided in 2019 and promote the movement and its benefits in helping reduce levels of stress and anxiety.

You can join the movement as a participant by walking, cycling, swimming, crunching your abs with sit-ups... any manner of exercise activity as long as it has a measurable target of 2520. You can also follow Shay's journey at <https://www.instagram.com/the2520movement/> , share the news and spread awareness.

Mentoring Men is 100% behind Shay's **25twoZERO Movement** and we will be widely sending the following letter:



The 25twoZERO Movement

Over 2,500 Australian men suicided in 2019. Suicide is the leading cause of death for Australians aged from 15 to 44 and 75% of those who take their own life are male. This is a horrific number; that is double the road toll statistics (2019) and I believe we need to take action to address this NOW.

A mentor with Mentoring Men, Shay Hare, was moved to action by the suicide of a friend. In honour of his mate and for the other men lost, Shay started the 25twoZERO Movement to cut the number of male suicides from over 2,500 to Zero. Shay is running (a rather massive!) 2,520 km this year to increase awareness and raise funds to help reduce the number of Australian men in crisis and at risk.

Mentoring Men are honoured to be Shay's chosen charity. We support Australian men in their life journey with our successful, free 1-to-1 life mentoring program. With around 700 Australian men already engaged with Mentoring Men, we are actively improving and saving men's lives by fostering healthy mindsets and behavioural choices to prevent those men from reaching a point of crisis.

Why 'Movement'

Physical exercise is proven to help reduce levels of anxiety and promote wellbeing. The 25twoZERO Movement uses exercise as the common bond for all men and women to take part and make a difference. Team members are signing up to walk, cycle, swim, crunch their abs with sit-ups... any manner of exercise activity as long as it has a measurable target of 2520 to help everyone focus on the underlying importance of this movement. My wife Helen and I are very excited about what Shay is doing so I will be riding 2520 kms and Helen will be riding 2 x 2520 kms!!

No Man Runs Alone!

Mentoring Men strongly endorse Shay's 25twoZERO Movement. We will be actively promoting this initiative and we need as many good people like you as possible, to join this life saving quest. We will be grateful if you will help to raise awareness and funding for the 25twoZERO movement and cut the number of male suicides from 2520 to Zero. We're all so excited to have your participation.

Please register on the GoFundMe page below, set yourself (or organisation) a 2520 exercise-related target and reach out to your personal contacts for donations to help you along. Or create a team of mates or work colleagues to hit a really big target!

Join the 25twoZERO Movement at: <https://www.gofundme.com/f/the2520movement>

Keep moving! Ian Westmoreland, Founder Mentoring Men

MEDIA ENQUIRIES:

Mentoring Men Ltd

Jean Wong
E: Info@mentoringmen.org.au
T: 1300 583 925
W: www.mentoringmen.org.au

25twoZERO Movement

Shay Hare (Founder)
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M: 0478 008 106
F: <https://www.facebook.com/shaydenhare92>

Core Community Services

In late 2020 we signed a Memorandum of Understanding with Core Community Services to offer mentoring engagement to over 100 Arabic speaking men in the Fairfield area.

As a first step Mentoring Men will be providing a lunch to many of these men on 19 Feb to introduce them to the program.



The Man Walk

The Man Walk is an Australian NFP that provides an opportunity for men to get together to walk, talk and support each other in a regular and healthy way. They currently have over 70 walks throughout Australia and new walks are continually being added.

Mentoring Men is working closely with The Man Walk to:

- Encourage our mentors to join their local Man Walk so there is a trained mentor on hand to provide a listening ear where required.
- Provide Suicide Prevention training to each Man Walk organiser (called Manbassador).



A list of all the current Man Walks are on <https://themanwalk.com.au/join-a-man-walk/> so please join in if you are free.

Mentell Interview

Ben Jenkins and Charles Amsden interviewed Mentoring Men Founder Ian Westmoreland as part of the Mentell series.

Ben is passionately committed to doing whatever he can to stem the tide of the global crisis in men's mental health. Ben chats with those helping to break down the stigma that men need to tough it out and keep their personal struggles under wraps.

Here is a link to the interview with Ian Westmoreland -
<https://shows.acast.com/mentell/episodes/ian-westmoreland>



Website Redesign

Peter Ulmer and Jeff Silberbach are currently redesigning the Mentoring Men website <https://mentoringmen.org.au/> to modernize the look and feel and introduce new features such as:

- Ready accessible library of all media content
- Support credit card donations
- Include bios of more of the Mentoring Men team

Mentor Peer Support Circles

There are now multiple peer support circles running across Australia. If you would like to find out more about joining one of these groups please contact John Milham – john@mentoringmen.org.au.

Movember

Late last year we submitted a proposal to Movember to develop a new Mentoring Men digital platform that would support the secure transfer of data between mentors & mentees. The proposal was well received, and we are currently waiting for Movember to decide if they are going to fund this initiative. This link provides an overview of the proposed new Mentoring Men digital platform -

<https://drive.google.com/file/d/1xpqBHLstiUKrpliw-L-QEmZMJQxfeTRx/view?usp=sharing>

Local Markets

Local markets play a key role in helping increase awareness of our program in the community. We will be running regular local market promotions particularly in the South Western Sydney area and we are looking for volunteers to assist.

If this is something you would like to help with please contact Angela Guestrau angela@mentoringmen.org.au or Ian Westmoreland ian@mentoringmen.org.au.



Claymore Walk & Talk

We held our first Claymore Walk & Talk event on 14 Jan in a rather warm 40 degrees. Fortunately, PharmaCare had donated over 500 cans of men's deodorant so these were handed out on the day! The event received broad coverage in the local area including C91.3 Macarthur Radio who sent two of their road crew vehicles to cover the event.



NSW Volunteer of the Year Awards

A group of enthusiastic Mentoring Men supporters gathered to watch the state winners of the NSW Volunteer of the Year awards being announced.

We had three finalists in contention but unfortunately we did not win one of the state awards this year.

We will be trying again for the big one next year!!



Open Forums

Since the previous newsletter the following Open Forums have been held.

17 Nov – Supporting New Fathers– Associate Professor Lis Murphy, Snr Clinical Advisor

Video Link -

<https://www.facebook.com/MentoringMenAus/videos/420190238987978>



2 Dec - Building Resilience and Practical Life Strategies – Ross Durkin

Video Link -

<https://www.facebook.com/MentoringMenAus/videos/436362427622052>



15 Dec – Your Father's Voice – David Forrest

Video Link -

<https://www.facebook.com/MentoringMenAus/videos/992749131134363>



13 Jan - What Men Don't Talk About – Maggie Hamilton

Video Link -

<https://www.facebook.com/MentoringMenAus/videos/867751820733533>



QBE

QBE provided a grant to Mentoring Men to establish more mentoring relationships and also kindly donated a signed Swans shirt to be auctioned at our next fundraising event.

A thank you to Mentoring Men mentor James Pearson from QBE who helped arrange this.



Mentor Training

Our in-house mentor training courses are now being run most weekends via Zoom. These courses have been life changing for many of the mentors. If you want to find out more please contact John Ogier – johno@mentoringmen.org.au.

We will be bringing the well-regarded Wesley Lifeforce Suicide Prevention training in house starting in March. This will enable us to run these courses as required to meet the ever-growing need from new mentors.

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) with John Ogier and in South Western Sydney on SWR 99.9FM. Please tune in.



SWR 99.9 FM

Upcoming Events

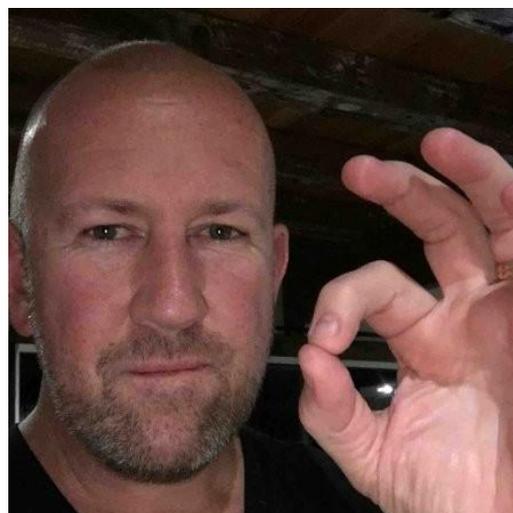
Upcoming Event Schedule

Event	Dates	Comment
Open Forum – John Ogier	Wed 27 Jan	How is Your Brain Wired?
Mentor Training Course	Sun 24 Jan & Sun 31 Jan	Virtual
Open Forum – Mark Burns	Wed 10 Feb	The Man Walk
Mentor Training Course	Sat 13 Feb & Sun 14 Feb	Virtual
Lunch for Arabic speaking men	Fri 19 Feb	Fairfield
Open Forum – David Burns	Wed 24 Feb	CEO Collective Leisure
Open Forum – TBD	Wed 10 Mar	
Walk to the Roof of Australia (Mt Kosciuszko)	Sat 13 Mar	
Wesley Suicide Prevention Training	March – final dates TBA	Virtual
25twoZERO Movement Fundraiser	Sat 24 Apr 21	

Upcoming Open Forums

**Wed 27 Jan – How is Your Brain Wired?
– John Ogier**

Wed 10 Feb – The Man Walk – Mark Burns



Website Photos

We are currently updating our website to include photos that show the rich diversity of men that are engaging in Mentoring Men. One of our core corporate values is that ***“all men are welcome regardless of their background or beliefs”*** are welcome to engage and we want our website photos to reflect this.

We have arranged a photo shoot at a studio in Tempe, Sydney on either Thursday 11 Feb or Thurs 25 Feb. If you are part of Mentoring Men and are happy to have your photo on our website can you please contact Angela for more information – angela@mentoringmen.org.au



Reducing Male Suicide - 25twoZERO Movement Fundraiser

An evening in aid of a vital cause that will also include excitement, fun, food and at long last a chance to dance with a live band!!

On Sat 24 Apr 21 our Mentoring Men 25twoZERO Movement Fundraiser will be held and we want you to join in so please

Book now

As numbers are strictly limited

Sat 24 Apr 2021 - 7.00 to 10.30 pm

Tickets \$60 – click below to reserve your seats

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



*“Supporting Men in their
Life journey”*

Walk to the Roof of Australia (Mt Kosciuszko) – Sat 13 Mar 2021



The Mentoring Men “Walk to the Roof of Australia” on Sat 13 March is open to everybody, - mentors, mentees, volunteers, staff, family and friends.

Jindabyne is the meeting point - about 5 hours from Sydney, 6.5 hours from Melbourne and 2 hours from Canberra by car. We suggest you arrive the day before the walk.

The best choices for accommodation are at Jindabyne eg. NRMA Jindabyne Holiday Park - <https://www.nrmaparksandresorts.com.au/jindabyne> and it is recommended you book early.

The walk is free, but donations are appreciated - you may wish to get family and friends to sponsor you, but this is your choice. There is a choice of two Mentoring Men walks. Let us know your preferred walk.

1. THREDBO VILLAGE WALK (easy Grade 3) starts at Thredbo Village, chairlift up the mountain. From the top of the chairlift the board walk to the summit is 13kms or 4-5 hours return trip.

2. CHARLOTTE’S PASS WALK (a bit harder - Grade 3) starts at Charlotte’s Pass and is 9.3kms or 2.5 hours one way to the summit. From the summit, you walk down 6.5kms or 2 hours using the chairlift to get to Thredbo Village.

A celebration dinner at the Kosciuszko Pub (Banjo Paterson’s) in Jindabyne after the walk.

Please register your attendance with Peter Ulmer at pulmer145@gmail.com

Thank you for your continued support!!

The Mentoring Men Team

1300 583 925



MENTORING MEN

"Supporting men in their life journey"

Web: www.mentoringmen.org.au

Facebook: fb.me/MentoringMenAus