

Newsletter - Winter 2021

Hi everyone and welcome to our Winter Newsletter. We've achieved so much over the last few months and below are a few of our main highlights which are also expanded on in the Newsletter:

- Over 900 men have now engaged with Mentoring Men.
- We have refreshed the Mentoring Men brand.
- Our very 1st fundraising event blew our minds with everyone's generosity.
- We completed our first Mentor Training course to Arabic Speaking men.
- We have received over \$120,000 in revenue from the 25twoZERO Movement.

I would like to officially welcome two new people to the Mentoring Men team. Brydan Xavier as our Diversity and Inclusion Manager and Emma Bromley, who will be managing our Tender and Grant applications.

Brydan has a strong academic background and will provide leadership to ensure that Mentoring Men continue to meet our core belief that *"all men regardless of their background or beliefs are welcome to engage in our program"*.



Emma has an impressive corporate and not for profit background that has covered many roles. Emma will be preparing grant and tender submissions on behalf 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".

Ian Westmoreland – Founder & CEO

Top News

Mentoring Men Brand Refresh

Over the last few months, we have been working behind the scenes on the Mentoring Men brand refresh. Our aim was to reinvigorate the brand and to prepare us for the future, which has been achieved by making it fresh, modern, inclusive and more approachable.

While we have made significant updates, one thing that hasn't changed is our mission to support men in their life journey.

Check out our new website to see what we're talking about.

Diversity and Inclusion at Mentoring Men

One of Mentoring Men's core values is 'inclusion' and we're committed to diversity and inclusion. Brydan Xavier, our Diversity and Inclusion Manager has developed a diversity and inclusion framework. Improving diversity and inclusion is a journey, and to kick this off, Brydan is reviewing our diversity and inclusion practices to identify opportunities for us to build on our efforts so far.

There are six key priority areas under the current Diversity and Inclusion Framework, including:

- Men from culturally and linguistically diverse (CALD) backgrounds
- Aboriginal and Torres Strait Islander (ATSI) Men
- Men with disabilities and carers of people with disabilities (learning, intellectual and physical)
- Men with diverse gender expression and sexualities (DGS)
- Men with lived experience of trauma and self-harm
- Neurologically diverse men (e.g. ADHD, Autism Spectrum Disorder, and Asperger's Syndrome)

Focus groups

As part of our review, Brydan will be holding some small focus groups to hear about your experiences and perceptions around diversity and inclusion at Mentoring Men. If you would like to participate in these focus groups, please email Brydan at brydan@mentoringmen.org.au

Reconciliation Action Plan

National Reconciliation Week 2021 was 27th May – 3rd June. Reconciliation Australia's theme for 2021, More than a word. Reconciliation takes action, urges the reconciliation movement towards braver and more impactful action.

First Nations Men is a key diversity and inclusion priority area for Mentoring Men. As part of the work that Brydan and the rest of the team at Mentoring Men will be doing to grow our diversity and inclusion, is developing a Reflect Reconciliation Action Plan (RAP). It's the first of four RAP's and will help Mentoring Men prepare for reconciliation initiatives in successive RAPs.

Committing to a Reflect RAP, allows us to spend time scoping and developing relationships with Aboriginal and Torres Strait Islander stakeholders, deciding on our vision for reconciliation and exploring our sphere of influence, before committing to specific actions or initiatives. This process will help us produce future RAPs that are meaningful, mutually beneficial and sustainable.

So, reconciliation is more than a word, it takes action, and we're taking action by committing to develop a Reflect RAP. If you would like to contribute to the development of the Reflect RAP, especially if you identify as a First Nations man. Please contact Brydan at brydan@mentoringmen.org.au.

#NRW2021 and #MoreThanAWord



25twoZERO Cocktail Fundraiser

Our Mentoring Men 25twoZERO Cocktail Fundraiser on 24th April was a huge success. The Grace Hotel was packed with 190 people to hear inspiring talks that included our Ambassador Julian Leesar and 25twoZERO founder Shay Hare. The evening included a Silent Auction which added to the theatre of the event. In total we raised a massive \$40,485 from the event.

We would like to thank all of our generous sponsors and collaborators who made the evening a success.

Also a special thanks to the Event Manager Skaidy Gulbis, our MC Colin Lee and the entire volunteer team, the event would not have been possible without you guys.



25twoZERO Movement

It was great to have Matt Kean NSW Minister for Energy and Environment get behind the 25twoZERO movement to help raise awareness to reduce male suicide. Watch his clip here:

<https://www.facebook.com/profile.php?id=100005089007984&sk=videos>

So far we have 36 people/groups participating in the 25twoZERO movement. This part of the movement has raised over \$15,000, which is all being donated to Mentoring Men.

There is still time to get involved in the 25twoZERO movement. Run, swim, jump, surf, do sit-ups. Any physical activity is great. All we ask is that you assign a variation of the number 2520, as a show of solidarity for the movement (e.g 252 hours walked/2520 pushups completed). To sign up, get more information or to donate, click here [25twoZERO Movement - Preventing Suicide Together \(raisely.com\)](#)

25twoZERO Merchandise

Exciting warm news!

We have a new range of 25twoZERO winter merchandise that can be purchased from the on-line shop. Please check it out. They also make great gifts this time of year.

<https://www.25twozero.org.au/shop>.



COVID Community Support Program - April

Mentoring Men received a \$5,000 grant as part of the COVID Community Support Program.

Recent Events

Picnic in the Park

We were delighted to partner with Core Community Services to host a guided tour and picnic in the Sydney Botanical Gardens for 70 Arabic speaking men. These men are mostly Syrian and Iraqi refugees. They are engaging in Mentoring Men to provide mentoring support back into their local communities. It was such a fun and engaging event.



Driver Training Program

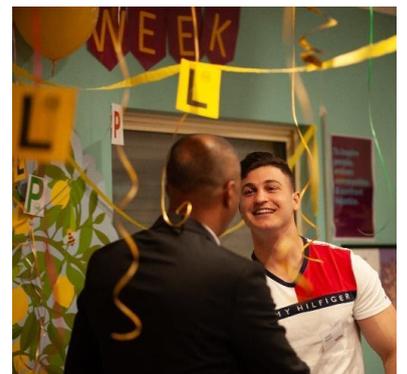
Driver Mentors Helping Men get on the Road

We have recently partnered with Uniting to help men obtain their drivers licence.

This unique and collaborative project sees volunteers from Mentoring Men connecting with male learner drivers during their 120 hours of driving time. The program empowers men to gain their driver's license whilst receiving shoulder to shoulder life support from local Mentors in the community.

It is such a rewarding experience for everyone. At the end of the program the learner drivers have gained a greater involvement in family, enhanced career prospects and an overall sense of freedom. The volunteer Mentors love watching each individuals self esteem grow.

The joint driver program will continue to run throughout the year. For more information please visit <https://campaigns.uniting.org/120-countdown/>



Bunnings BBQ Thornleigh

Another successful Bunnings BBQ was held on 8th May at Thornleigh. Thanks to Bunnings for the opportunity and our team of volunteers led by Rob Muir to help raise funds and more importantly raise the profile of our free mentoring program.



Local Markets

Over the last couple of months we have been to the Mittagong and Lindfield 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 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



AMHF Men's Health Connected Event

John Milham and Ian Westmoreland spoke on behalf of Mentoring Men at the recent AMHF Men's Health Connected Event on 12th May.



The Modern Masculine Podcast

Shay Hare (25twoZERO) and Ian were recently interviewed by Helen Glover from The Modern Masculine. In the podcast Shay shares about his superpower!! Have a listen here:

<https://www.facebook.com/divorcecoachtransformationspecialist/videos/504692990890691>



We Are Men Videos

Docobites, who are one of our South Western Sydney (SWS) Primary Health Network (PHN) partners have released a series of awesome “We Are Men” videos which now include two of our Mentors, Ian Forest-Jones and Carl Mason sharing their stories. To meet all the men sharing their personal stories click here:

<https://wearemen.com.au/videos/>

Mentor Training

Our highly regarded Mentor training courses continue to run every 1 or 2 weeks.

These courses are available via Zoom or Face to Face. For available dates please see our Events section on our website.

On 19th May John Ogier in conjunction with the interpreter Steve completed our first Mentor Training course in Arabic. It was a huge success for all involved, even The Mayor, Frank Carbone came to the presentation ceremony.



Due to its success a subsequent Mentor Training course to Arabic attendees has already been planned.

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.

Diversity and Inclusion Peer Support Groups

Belonging to a marginalised group can come with its challenges. In the coming months, we will be establishing peer support groups (PSGs) for mentors that identify with one or more of our six key priority areas. To coordinate this, we will be developing a registration form for Mentors to register their interest in joining one or more of these D&I PSGs. However, in the meantime, if you identify with one of these six priority areas and you would like to be part of our new D&I PSGs, please email Brydan at brydan@mentoringmen.org.au and let him know which groups you identify with.

Upcoming Events

Upcoming Event Schedule

Event	Dates	Comment
Workplace Wellness Festival	22nd and 23rd June	Virtual
Family Quiz Night	25th June	Virtual
Open Forum – Impact of separation and divorce on men	30th June	Helen Glover

For details on our Mentor Training and Wesley LifeForce Suicide Prevention courses visit the Events section on our website.

Workplace Wellness Festival – 22nd and 23rd June

Mentoring Men are very excited to be supporting Workplace Wellness Festival as an endorsing partner this year!

Workplace Wellness Festival has established itself as Australia's big online festival of all things workplace health and wellness. Bringing together over 200 expert speakers from Australia and overseas; the industry's top vendors; and thousands of business professionals.

Held online over two days, the Festival features a plenary stage, 8 conference tracks, panels, Q&A, roundtables, networking and virtual expo booths.

Don't miss out. We have secured 100 x FREE tickets to giveaway - first come, first served!

www.hopin.com/events/workplace-wellness-festival-2021




MENTORING MEN

PROUD ENDORSING PARTNER OF

WORKPLACE WELLNESS FESTIVAL *Virtual*
22-23 JUNE 2021

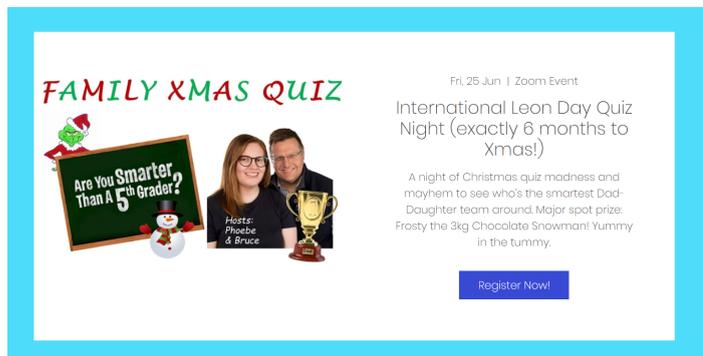
JOIN THE REVOLUTION
IN WORKPLACE HEALTH
AND WELLBEING!
WWW.WORKPLACEWELLNESSFESTIVAL.COM.AU

Family Quiz Night – 25th June

The next Family Quiz night is on Fri 25th June.

This was a real blast last time so don't miss out. It is open to all parent/child combinations. See if you can match it with Ian (our founder & CEO) and his daughter Sally. Please register at:

<https://www.daddaughter.events/>.



FAMILY XMAS QUIZ

Fri, 25 Jun | Zoom Event

International Leon Day Quiz Night (exactly 6 months to Xmas!)

A night of Christmas quiz madness and mayhem to see who's the smartest Dad-Daughter team around. Major spot prize: Frosty the 3kg Chocolate Snowman! Yummy in the tummy.

Hosts: Priscilla & Bruce

Are You Smarter Than A 5th Grader?

Register Now!

Open Forum with Helen Glover from The Modern Masculine



Helen Glover is the founder of The Modern Masculine and will be speak on navigating the unexpected emotional impacts of separation and divorce on men.

Time: June 30th at 7:30pm. **Zoom link:** <https://zoom.us/j/92013560321>



Make an EOFY Tax-deductible Donation

As a registered charity, we rely on your generosity. If you share our vision to help support Australian men who need help before they spiral into crisis, we would really appreciate your support. Your EOFY tax-deductible donation will help us build our programs so we can support more men in their life journey. Please head to our website to find out more

<https://mentoringmen.org.au/donate/>

Thank you everyone for your continued support!!



The Mentoring Men Team

"Supporting men in their life journey"

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