



Autumn Newsletter 2022

What a start to the new year Mentoring Men has had!

Since the last update, we have made some exciting changes and have some new faces that have started to pay dividends in the quality and support to the men in our service. With the intake managers now fully onboard, we have seen significant progress in the speed of our matching, and we are working on creating a better experience through the development of more training and workshops that will be delivered online.

In the next six months, we will see visible growth across the country, focusing on education services such as our community project with Navitas. This has been an excellent opportunity to share our message across their campuses. We have also been working to develop culturally appropriate training for the Indigenous communities in collaboration with Burawa powered by Tranby National Indigenous Adult Education & Training. I would like to share my gratitude towards them for their openness and positivity in this partnership, which I know will provide great things in the future. We are also strengthening our partnerships with other organisations, such as StreetWork, where we were successful in a collaborative grant with new funding. This will allow us to expand into other regions of NSW and successfully develop community events and peer support groups in VIC.

As we come out of Covid and more recently the floods, now more than ever, it is essential to make sure the community around us is feeling supported.

Mentoring Men is there for anyone who feels they need someone to talk to and be listened to. There is an incredible amount of change going on in the world right now, and it's OK to be concerned or anxious. What's not OK is to bottle this up, so feel free to express this and do it with others that may feel the same way. As I like to say, vulnerability is the new masculinity.

Finally, I would like to acknowledge the fantastic work and support we have had from our volunteers across the country. It has been a tough 12 months with much of it in lockdown and mentoring being done online. This has been an incredible achievement and has taught us a lot about providing support in different ways. As the organisation's lifeblood, you have provided valuable insight, experiences and feedback that will allow us to improve and grow moving forward. So, **THANK YOU!**

Simon Jarvis - CEO

Top News

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

Below is some of the exciting news we'd like to share.

Whitsundays Sailing Escape Raffle!

This year we will be doing our first ever Fundraising Raffle to help raise funds for Mentoring Men. Help us to continue to provide our free program that supports men in their life journey and create stronger, healthier communities together by buying a ticket or two!

Buy your ticket today and have a chance to win a 7 day private charter around the Whitsundays. Tickets are just \$50 and can be purchased through our website: <https://mentoringmen.org.au/whitsundays-sailing-escape-raffle/>

There are only 5000 tickets available, so the chances of winning are high!

See full prize details below, this is open to NSW residents only.



Your chance to win a 7 days / 6 nights private charter with a Skipper and Master Reef Guide for up to 8 people on a Sydney Sundancer departing Hamilton Island, Queensland and sailing around the Whitsundays.

- All meals included on-vessel
- \$500 bar tab for on-vessel drinks
- \$1,000 (via bank transfer) to assist with travel to and from Hamilton Island, Queensland.

For a chance to win make sure to grab your tickets now!

Ticket Price: \$50 | Open to NSW residents only

Enter before September 30 to win

Visit <https://mentoringmen.org.au/whitsundays-sailing-escape-raffle/> to enter and to see the full terms & conditions

Upcoming: Gala Dinner



This year we will be holding a fundraiser gala dinner for Mentoring Men.

Come and join us for a night of fun at the Kirribilli Club, Sydney on Saturday 5th November 2022. There will be plenty of entertainment, food & drinks.

A great opportunity to have fun for a cause, there will be a live band, silent auction with fantastic prizes and much more.

Keep your eyes peeled for when tickets become available!



Tranby & Burawa Partnership

We are stoked to be partnering with Burawa who are powered by Tranby Adult Education, Australia's oldest not-for-profit independent Indigenous Adult Education provider.

We are working closely with the Burawa team on their mentoring program which supports Indigenous career seekers in finding and succeeding in the work that they love.

We can't wait to share the exciting work that we will be doing together.

Join us at City 2 Surf - 14th August

This year we're putting together a Mentoring Men team for City2Surf and we would like you to be part of it!

We will be setting up a running group and a walking group so everyone can take part whether they prefer to do a brisk walk or a proper run.

Shortly we'll be sending out full details on how to register and how to start getting sponsorship from your family and friends, but in the meantime, stick the date in your diary and start thinking about who you would like to invite to join our team.

This is open to everybody - all our supporters, our Mentors and Mentees, Mentoring Men staff, and their family and friends of all ages.

Keep an eye on our [EVENTS](#) page on our website for further updates.



Recent Events

It's been a busy start to the year at Mentoring Men, we've already achieved so much over the last few months and below are a few of our main highlights.

Walk n Talk

The rain has certainly impacted our walks in Sydney lately but that hasn't stopped us from meeting. Thanks to all the men who came to our coffee club Walk n Talk in Eagle Vale, it was great to meet new people and see old faces again. Down the coast in Victoria, the community of Whittlesea participated in walks enjoying the Melbourne skyline.

Our next coordinated walk is planned in Nowra on 9th of April followed by a breakfast. More information can be found in this newsletter below or check out the [EVENTS](#) section of our webpage.

If you have any questions about the walk contact us or email matthew@mentoringmen.org.au



Mentoring Men Photoshoot

This month we held a photoshoot in Manly with help from our wonderful volunteer Mentoring Men models.

We'd like to say a huge thank you to those that attended and Angela Guestrau for her fantastic photography.

We can't wait to share these photos with you, keep your eyes peeled for some fresh new content in the coming weeks.



Markets

Mentoring Men have been busy meeting people out in the community over the last few months from Boot Hill to Bondi.

In February we were at the [Mittagong Markets](#) a friendly, affordable country-style market with a wide range of stalls. There was a bit of rain but that didn't stop friendly faces coming to say hi.

We had a beautiful day at [That Great Market](#) in Lindfield, Ian Westmoreland attended and met some friendly faces throughout the day, some of whom had travelled quite long distances to visit the market. Keep an eye out for the upcoming dates.



We would like to thank all of our volunteers who took the time to represent Mentoring Men at our community events.

We are always on the lookout for passionate men who might be able to assist at upcoming events.

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



Arabic Mentor Training

Mentoring Men broke new ground in 2021 with our Arabic Mentor Training program which was delivered in English and translated in real time through an Arabic speaking interpreter. On hearing about our mentoring program, SBS were so impressed they featured two of the trained Mentors in a Refugee Week documentary to highlight how important it is to be able to open up and talk about trauma.

Our new cohort of Arabic Mentors for 2022 began their mentoring journey with us this March with their first Mentor Training workshop. Again this is a collaboration with iCore Community Services in Sydney and co-facilitated by Mentoring Men and Dr. Yousuf Al Lallo a Professor in Psychology and senior member of the local Iraqi community.

"We understand how important it is to support Cultural And Linguistically Diverse (CALD) members of the community who sometimes need a helping hand to connect with other men who can both understand them and help guide them through the challenges in their life." said Mentoring Men CEO Simon Jarvis.

Do you know of a group of men who have an interest in volunteering to become Mentors? Please get in touch with us or contact johno@mentoringmen.org.au



Life & Art

Mentoring Men with Core Community Services brought together 35 Arabic men to meet and enjoy a morning tea on Friday 25th of March.

Everyone had a great time exploring the NSW Art Gallery and getting to know each other.

Thank you to all that attended!

Upcoming Events

Our calendar is filling up fast with all the exciting events we have coming up, from more training dates, Walk n Talks, markets and even a photoshoot!

Everyone is welcome so don't hesitate to come along and invite a friend.

Walk n Talk

Join us and **The Man Walk** crew for a walk, talk plus a FREE coffee & bite in Nowra.

Walking is great not just for us physically but mentally as well. Being active lowers stress levels, helps you sleep better, and works to raise your self-esteem. Walking with others makes it more fun and it'll give us all the opportunity to make new friends or build up on friendships we already have.

Plus the great news, walking is free and you'll get a bonus drink & bite to eat. A perfect way to start a Saturday morning.

Everyone is welcome, grab your comfy shoes and walk, talk, drink & eat with us.

If you have any questions contact us on 1300 583 925 or email matthew@mentoringmen.org.au

When: Saturday 9th April at 6am

Where: Meet at Kinghorne Bakery, 43 Kinghorne St, Nowra NSW 2541



Upcoming Markets

That Great Market (Lindfield)

Held on the 3rd Sunday of every month, That Great Market Lindfield is a beautiful artisan market known for its relaxed, family-friendly atmosphere and the amazing quality locally designed and made products and produce.

It's a great spot to spend your Sunday and a fantastic day out for the whole family including your fur babies.

Mentoring Men will be having a stall at this Market from the 15th of May until the end of the year, please pop by and say hi if you're in the area!

Visit their website to find out more: <https://www.thatgreatmarket.com.au/>

When: Sunday 15th of May, 9:00am - 2:00pm

Where: East Lindfield Community Hall, 9 Wellington Road, East Lindfield



Bundanoon Market

On the 22nd of May, Mentoring Men will be at the Bundanoon Market! A fabulously friendly local market held in the grounds and hall of Bundanoon Public School.

The market is crammed with arts, crafts and music, fresh local produce, breads, eggs and honey, plus a glorious selection of homemade cakes, jams, chutneys and sauces.

There's plenty to browse so why not come down and say hi.

Visit their website to find out more: <http://makersmarkets.com.au/bundanoon>

When: Sunday 22nd of May, 8:30am - 2:00pm

Where: Bundanoon Public School

Camden Fresh Produce Market

Come say hi to Mentoring Men on 18th June and support local farmers and producers at the Camden Fresh Produce Market.

Camden Fresh Produce Markets are held every Saturday from early until noon. All products sold at this market must be grown, produced or made by the person selling them.

A great market in Camden for a relaxing weekend activity by the pond. The community garden next door could also be a treat for botanists!

Visit their website to find out more: <https://www.camdenproducemarket.com.au/>

When: Saturday 18th of June

Where: Camden Town Farm, 40 Exeter Street, Camden, NSW



Exeter Village Market

We will be at the Exeter Village Market on Saturday 2nd of July, this is a great country market with a vibrant community of makers, producers and sellers in one of the most beautiful settings in the NSW Southern Highlands.

This market has something for everyone so you won't regret popping by to say hi.

Visit their website to find out more: <https://www.exetervillagemarket.com/>

When: Saturday 2nd of July, 9:00am - 1:30pm

Where: Exeter Park, Exeter Road, Exeter

Volunteer Models Wanted

An opportunity to tell your inspirational story through a photoshoot and film session.

We are doing a photoshoot on the [12th of April in Parramatta](#) and we're on the lookout for men who would like to tell their inspirational story (and yes everyone has an inspirational story) through the lens of a camera. No experience required!

If you're interested in taking part drop an email to matthew@mentoringmen.org.au

When: Tuesday 12th April, 10:30am - 12:30pm

Where: Parramatta NSW



Upcoming Events Schedule

Event	Date	Location
Nowra Walk N Talk	Saturday 9th April	Nowra
Mentoring Men's Photoshoot	Tuesday 12th April	Parramatta
Face 2 Face Mentor Training	29th & 30th April	Narellan
City2Surf	Sunday 14th August	Sydney
Winner of the Whitsunday's Sailing Escape Raffle announced	Tuesday 11th October	NSW
Gala Fundraiser Dinner	Saturday 5th November	Kirribilli

Suicide Prevention Training for All



"For me, the course was an eye-opener and made me more comfortable to ask openly about suicide."

David, Sydney NSW

Join our FREE 1 day online Suicide Prevention Training and learn how to recognise and respond to someone having suicidal thoughts in your community. The training is free to anyone living in Australia and over the age of 18.

Please note, this training is not suitable for anyone experiencing anxiety, depression or suicide ideation.

Suicide Prevention Training will teach you to:

- Know the extent of suicide in Australia
- Understand the barriers to offer help
- Identify the signs that someone may be at risk of suicide
- Be able to ask about suicidal thoughts
- Encourage an at-risk person to accept help
- Take the appropriate action and bring that person to safety

Suicide Prevention Training Dates | Online

Friday	April	8th
Thursday	May	12th
Saturday	June	18th
Tuesday	July	12th
Friday	August	12th
Saturday	Sept	10th
Thursday	October	13th

Visit our website <https://mentoringmen.org.au/mentor-training/> and click on the link next to your preferred date to book directly onto the course.

Face 2 Face Mentor Training - Narellan

Join us at our **FREE** face 2 face Mentor Training course on the 29th & 30th April.

Learn life changing skills and help empower men in your community to live fuller, happier, lives. Every man needs a listening ear from time to time. Making a commitment to becoming a volunteer Mentor to help another bloke in his life journey can have a profoundly positive impact not only for the bloke you are supporting but for you as well.



A Mentor is someone who will listen, encourage, and support self-guidance and personal growth in another, whilst maintaining their own self-care.

About the training course:

This is a face 2 face training course which runs over 1.5 days. It is an interactive course where you will work as an individual, in small groups and as a whole group.

Mentor Training outcomes:

- Learn active listening and validation skills
- Develop an understanding of boundaries and referrals
- Enhance self-care management

For details or to book your spot head to: <https://bit.ly/36sYAun>
Use the code **MM21** to register

When:

29th April: 6pm – 9pm
30th April: 9am – 4pm
(includes lunch)

Where:

Narellan Community
Congregational Church,
4/38 Exchange Parade,
Smeaton Grange, NSW 2567

There are more dates available for our **Online Mentor Training**.

Visit our website to see available dates and register to become a Mentor:
<https://mentoringmen.org.au/mentor-training/>

Thank You

Mentoring Men would like to thank the following organisations for their much needed support for our program, ensuring that we can continue to offer free, one-to-one life mentoring for men before they spiral into crisis.



Help support Mentoring Men

As a registered charity, we rely on your generosity. If you share our vision to help support men living in Australia who need help before they spiral into crisis, we would really appreciate your support.

Your 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 donate:

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



Follow Us

Stay up to date on Mentoring Men's latest news and events by following our socials.



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mentoring-men

Thank you to everyone for your continued support!



The Mentoring Men Team

Supporting Men In Their Life Journey