

# THE REGIONAL MEN'S HEALTH INITIATIVE

## Quarterly News

January to March 2016

### **News Topic: Empowering the Community.**

The occurrence of a number of serious bushfires across the South West region of WA (Esperance in November and the Waroona/Harvey fires in January) has seen the RMHI team attend a number of events in these areas (community requests for both presentations, general advocacy and resilience support). These requests have come via the community and being able to respond on demand is an important arm of our organisation.

It is at these times that the bottom up approach comes to the fore. It is invariably the communities that know what is best for them and predominantly where the best and most sustainable support, through primary care, comes from.

The RMHI directly saves lives through personal support services and indirectly through empowering (giving permission) and equipping men and communities with the knowledge and capacity to help others.

### **Highlights from the activities in the quarter with RMHI staff in attendance:**

#### **Snapshot of Events:**

- Cookernup – presentation – South West dairy/beef farmer meeting (fires) - 14/01
- Moora – presentation – Men's Shed community dinner – 21/01
- Waroona – presentation – South West Fires – farmer meeting – 27/01
- Lancelin – Fast Track Pit Stop (FTPS) – Aglime of Australia Men's Health Bushfire Appeal -11/02
- Pingelly – presentation & FTPS – Men's Health Night – 23/02
- Scadden – presentation – SEPWA – Secret Men's Business (fires) – 07/03
- Esperance – presentation – SEPWA – Crop Updates 2016 – 11/03
- Wagin – FTPS – Wagin Woolorama – 11 & 12/03
- Perth – presentation – WA Assoc. Mental Health – State Mental Health Conf. 14/03
- Albany – presentation – Aust. White Suffolk Association Conference – 15/03
- Busselton – presentation – Prostate Cancer community education day – 20/03
- Bunbury – presentation – SW Football League – Talk to a Mate WACFL Round - 22/03
- Horsham (Victoria) – 6 x presentations to community – 22/03 to 24/03
- Mandurah – presentation – Peel Football League –Talk to a Mate WACFL Round -23/03

**Advocacy:** General and Support – 335

To find out more visit [www.regionalmenshealth.com.au](http://www.regionalmenshealth.com.au)

Owen and the Team at RMHI

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