



THE
**REGIONAL
MEN'S HEALTH**
INITIATIVE

Delivered by WMH (Inc.)


Six Monthly Report

July to December 2022

Office Contact Details
PO Box 768, Northam WA 6401
PH (08) 9690 2277
menshealth@4blokes.com.au

wheatbelt men's health inc.



 @rmhi_4blokes

 regionalmenshealth.com.au

 WORKING WITH WARRIORS PODCAST

Executive Summary

July to December 2022

The Regional Men's Health Initiative (RMHI) had another busy period across all the educational activities. This is reflected in the statistics for this period. We delivered 77 education sessions to 3208 people. Our advocacy work through both general and support contacts (via phone calls for assistance, face to face personal support and various meetings) involved 725 contacts. We have delivered 41 Fast Track Pit Stops® which engaged with 2184 people and participated in 28 trade displays engaging directly with 1156 people. This half of the year is always our busy period for Our Fast Track Pit Stop® program attending the major State field days and the many agricultural shows across the State from Kununurra to Esperance and in-between.

Other media coverage, through our regular monthly editorials, regular radio time slots and major twitter feeds, continue to keep the team busy, along with the continuation of our podcast series. The information in the statistical analysis for this period reflects the coverage across the State and Nationally.

Working with Warriors® podcast series

To access our new podcast series, please use the following link:

<https://regionalmenshealth.com.au/podcasts/> and/or simply search for "Working with Warriors®" in your favourite podcast app.

COVID-19 Pandemic

Delivery of the program at grass roots community events has continued to be affected in the 2022/2023 year. For this 6 months there were 8 cancelled/postponed events and 240 projected attendee numbers.

RMHI Program Review - 4 years 2018 to 2022 was completed at the end of September and endorsed at 20th October 2022 MCM.

Five major points from this final evaluation, are summarized by the following quotes from the executive summary of the review.

- 1) The report found compelling evidence that regional stakeholders and individuals continue to place a high value on RMHI which is seen as highly credible organization and continues to fill an important gap in regional men's health and wellbeing education, advocacy and service delivery.*
- 2) RMHI has surpassed expectations in terms of directly connecting with approximately 62,344 individuals over the project period. This is an annual average of 15,586 participants per annum, either through direct participation at RMHI events or direct discussions and well above the 10,000 annual target of participants.*
- 3) The RMHI is successful because of its quality products and presentations, targeted and effective communications and the fact that the service delivery model is male friendly and appropriate for regional men.*
- 4) There is compelling evidence that RMHI has influenced individuals, community and industry organizations, in opening up conversations and behaviour change in relation to physical and mental health.*
- 5) Yet more still needs to be done – now is not the time to 'drop the ball' and RMHI should continue its current approach and it will require continued funding support over the years to come to embed the cultural changes required.*

Overall a very positive evaluation of the program, which both endorses what we are doing and providing a positive framework in the preparation the next business case.

Warrior Ambassador Awards – Novotel Vines Swan Valley – 20th October 2022

75 guests attended (members, stakeholders and warrior ambassadors) thanks to our chairman Ross Ditchburn for being guest speaker on the night.

- 6 out of 10 new Inductees were present.
- 10 previous Warrior Ambassadors in attendance including our 3 pioneers.
- **Talk to a Mate® theme song** successfully launched by Glen and band M8s.
- From feedback and comments, we have received, it was a highly successful event.

Conference Attendance and delivery of papers.

- WA Mental Health Conference. 7-8 November – Optus Stadium – Perth
Paper – “Empowering Men and Communities”
Owen Catto delivered this paper on the 8th of November.
- Australian Rural & Remote Mental Health Symposium. 9-11 November – Adelaide
Paper – “A primary care approach for hard to reach rural and remote men”
Owen Catto delivered the paper on Friday the 11th – Glen Dunkerton also in attendance.

The Regional Men’s Health Initiative is an important education and advocacy/support tool for **regional, rural, and remote** men, their families, communities, and health services. This initiative is best summarized by the following statement:

- **“We do more than encourage men to seek help. We have reframed the language and the approach to men and communities to make it more active and empowering so that blokes can make a difference to their lives.”**



Owen Catto
Senior Community Educator/Executive Officer

CONTINUED DELIVERY OF SERVICES AND PROGRAMS

1/07/2022 to 31/12/2022

	Total Events	Total Impact Across Regions	Wheatbelt	Midwest	South West	Goldfields-Esperance	Peel	Great Southern	Gascoyne	Pilbara	Kimberley	Metro	National
Events/displays/shows that impact across regions													
Presentations	77	136	45	11	22	12	9	11	8	9	9	3	2
Fast Track Pit Stops	41	40	16	3	5	4	1	4		5	2	1	
Trade Display	28	43	8	2	5	3	2	10	3	2	8		2
Business Meetings	37	158	21	16	17	17	16	17	17	18	19		1
Advocacy													
Advocacy Support	214	192	72	52	18	7	3	24		2	14	20	2
Referrals to other services	47	40	17	4	5	2	1	7		1	3	5	1
Advocacy General	517	1597	287	157	196	169	146	177	146	160	159	28	41
Media													
Editorial/Press Releases	7	55	6	7	6	6	6	6	6	6	6		
Radio	24	168	22	23	15	23	15	15	23	16	16		
Internet/Social Media/Twitter/Podcast	20	180	20	20	20	20	20	20	20	20	20		20
Television/Other													
TOTAL	1012	2609	514	295	309	263	219	291	223	239	256	57	69

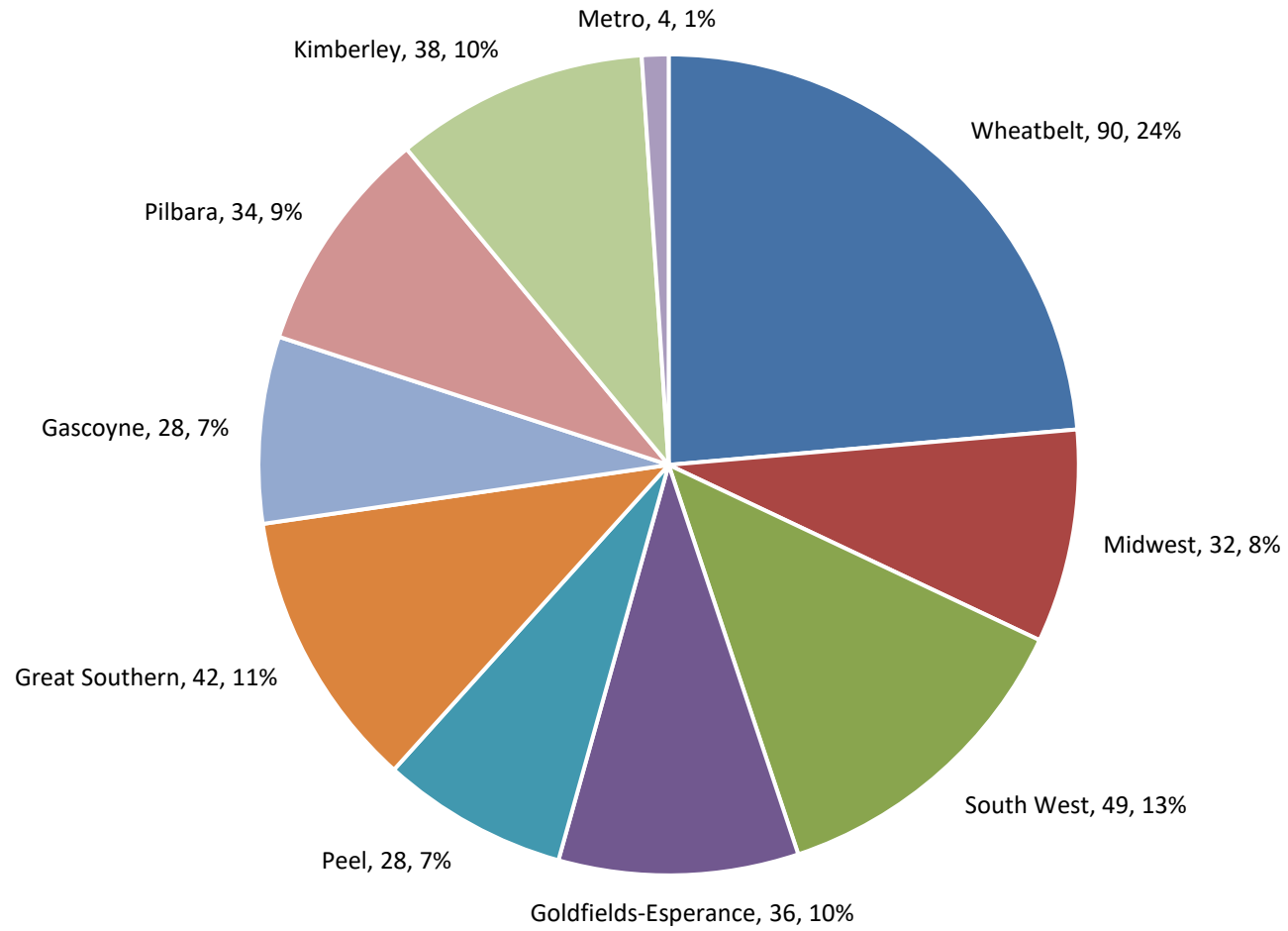
ACTUAL EVENTS DELIVERED AND ATTENDEE NUMBERS

	Events	Participants	Discussions	Total
Presentations	77	2856	360	3216
Fast Track Pit Stops	41	449	1741	2190
Trade Displays	28	573	583	1156
National Connections	69			
Advocacy Support		214		214
Advocacy General		517		517
Subtotal	215	4609	2684	7293
Cancelled/Postponed Events & Projected Attendee Number Reduction due to COVID-19	8	240		240

Total Impact Across Regions

Presentations, Pit Stops, Trade Displays & Business Meetings

Jul 2022 - Dec 2022





...before it all gets too much...

Talk to a Mate!![®]

THE
REGIONAL
MEN'S HEALTH
INITIATIVE

regionalmenshealth.com.au |   

Proudly Supported By 

...before it all gets too much...

Talk to a Mate!!

THE REGIONAL MEN'S HEALTH INITIATIVE