



delivered by WMH (Inc.)

Six Monthly Report

January to June 2023

PO Box 768 Northam WA 6401
Tel (08) 6314 1436
menshealth@4blokes.com.au



ROYALTIES
FOR REGIONS



 [@rmhi_4blokes](https://twitter.com/rmhi_4blokes)
 regionalmenshealth.com.au
 WORKING WITH WARRIORS PODCAST

Executive Summary

January to June 2023

The Regional Men's Health Initiative (RMHI) had a very busy period across all the educational activities. This is reflected in the statistics for this period. We delivered 101 education sessions to 4335 people. The following highlights a snippet of these Working with Warriors® education sessions across the regions.

- Port Bouvard - Bowling Club (Peel) - 170 participants.
- Boyup Brook - Red Cards for Rabbits and Foxes (SouthWest) - 100 participants
- Carnarvon - Gascoyne Football Association (Gascoyne) – 143 participants
- Albany – Railways & North Albany Football Club (Great Southern) - 185 participants
- Calingiri – Community Men's Mental Health Night (Wheatbelt) - 42 participants
- Broome – Beef Up Forum (Kimberley) - 60 participants
- Esperance – Gibson Football Club (Goldfield/Esperance) – 190 participants
- Paraburdoo – Pilbara Bruthas (Pilbara) – 50 participants
- Three Springs – 3 FIN Agspin farm production group (Midwest) – 25 participants

Our advocacy work through both general and support contacts (via phone calls for assistance, face to face personal support and various meetings) involved 942 contacts. We have delivered 21 Fast Track Pit Stops® which engaged with 913 people and participated in 24 trade displays engaging directly with 4765 people (this includes Think Mental Health promoting our Talk to a Mate® message across the WACFL).

Other media coverage, through our 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.

Social Media – Facebook has now a permanent presence as part of our social media platform

URLs: www.facebook.com/RMHI4BLOKES and twitter.com/RMHI_4BLOKES.

Bowls WA – Country Bowls

We have completed two years of sponsorship of country bowls through the Bowls WA structure with the four country zones. Good traction has been achieved through the 20 bowling leagues to promote our key message of “Talk to a Mate®”, aimed at improving the health and wellbeing knowledge of all country bowlers. We have extended for a further 2 years in sponsorship of the Talk to a Mate® message across the 20 country bowling leagues.

Sponsorship of WACFL “Talk to a Mate®” men's wellbeing round

After 9 years of this round, our sponsorship has finished. The goal posts have shifted significantly with the increase in ladies football participation, rationalizing the compulsory State rounds and a priority focus on mental health through Healthways Funding.

We have traction from this long association and have given WACFL and Healthways permission to attach our talk to a Mate® message to the new round. This year it was promoted as the “Think Mental Health” round promoting the “Talk to a Mate®” message. This round was held on the 10th June and as usual the RMHI team had plenty of involvement with football clubs before and F2F commitments on this round over the State.

Talk to a Mate® song and the M8s band were nominated in the ACT Belong Commit category WAM 2023 Music Awards.

At the awards night on the 22nd of June in Fremantle we were not successful. Well done to Glen, the band, and the team for a great song with a special message.

Business Case 2024 – 2028

Our current 4-year business case funding has one year to run finishing on the 30th June 2024. We have prepared our new business case for the period 2024/2025 to 2027/2028 and are lodging it with the Minister in early August 2023. We have garnished bipartisan political support along with community backing for our program to continue to support best practise of health intervention for men, which enables individuals, groups, and communities to be self-sustaining and self-managing of wellbeing challenges in regional, rural, and remote WA.

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
Executive Officer/Senior Community Educator

CONTINUED DELIVERY OF SERVICES AND PROGRAMS

1/01/2023 to 30/06/2023

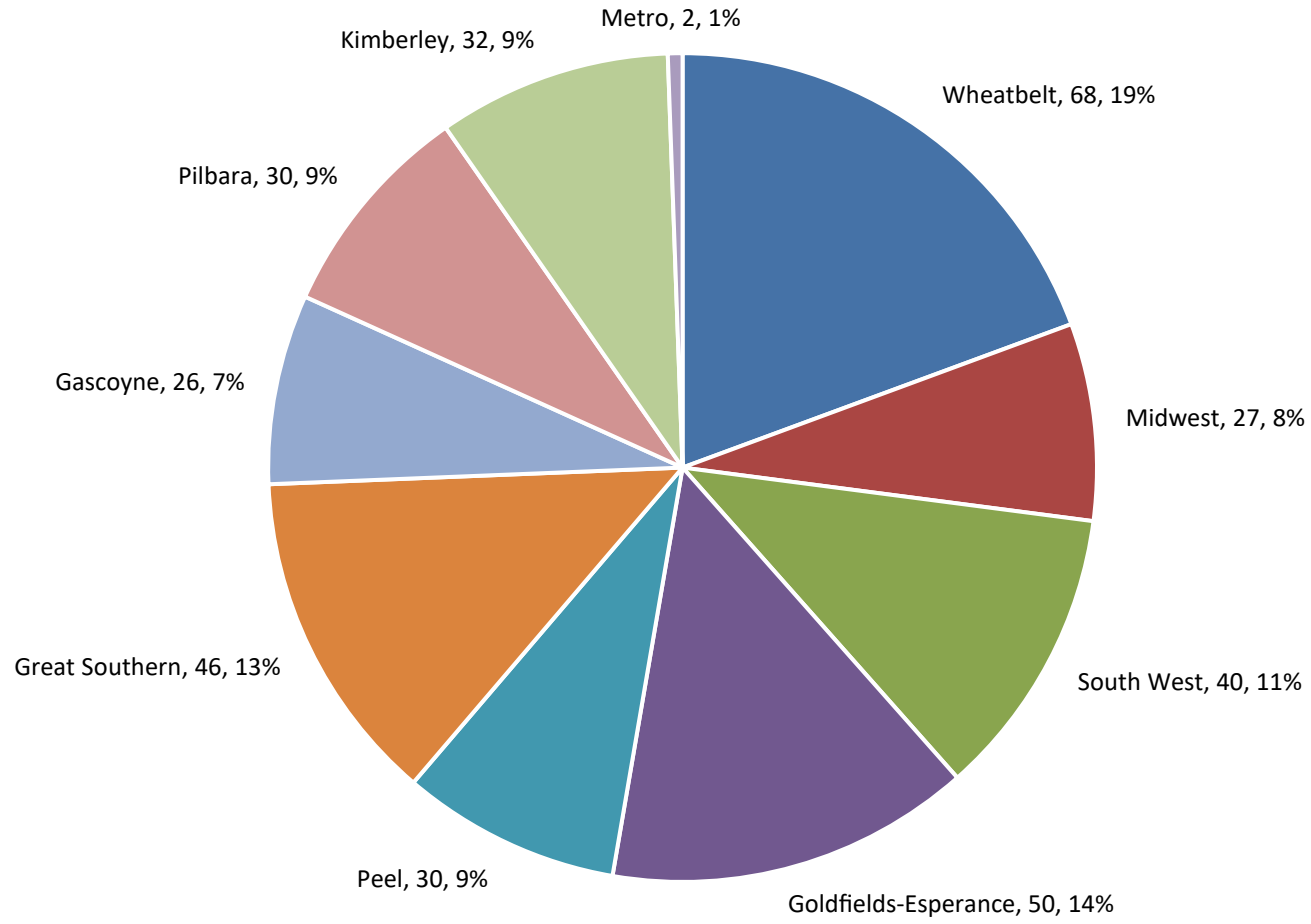
	Total Events	Total Impact Across Regions	Wheatbelt	Midwest	South West	Goldfields-Esperance	Peel	Great Southern	Gascoyne	Pilbara	Kimberley	Metro	National
Events/displays/shows that impact across regions													
Presentations	101	140	34	9	13	25	13	22	8	9	7	1	
Fast Track Pit Stops	21	21	9		5	7							
Trade Display	24	39	4	2	7	3	3	3	3	6	8	1	
Business Meetings	40	149	21	16	15	15	14	21	15	15	17		1
Advocacy													
Advocacy Support	242	226	146	31	12	5	9	6		3	14	16	
Referrals to other services	46	46	37	2	1	3	2				1	1	
Advocacy General	700	1940	337	211	214	234	173	200	174	199	198	23	40
Media													
Editorial/Press Releases	6	54	6	6	6	6	6	6	6	6	6		
Radio	22	134	17	17	12	18	12	14	17	13	14		
Internet/Social Media/Twitter/Podcast	15	135	15	15	15	15	15	15	15	15	15		15
Television/Other													
TOTAL	1217	2884	626	309	300	331	247	287	238	266	280	42	56

ACTUAL EVENTS DELIVERED AND ATTENDEE NUMBERS

	Events	Participants	Discussions	Total
Presentations	101	3893	442	4335
Fast Track Pit Stops	21	367	546	913
Trade Displays	24	4237	528	4765
National Connections	56			
Advocacy Support		242		242
Advocacy General		700		700
Subtotal	202	9439	1516	10955
Cancelled/Postponed Events & Projected Attendee Number Reduction due to COVID-19				

Total Impact Across Regions

Presentations, Pit Stops, Trade Displays & Business Meetings
Jan 2023 - Jun 2023





2 WHEELS TO WAGIN

18TH FEBRUARY 2023

facebook **Lifeline** 13 11 14 **RUOK?**

SUICIDE PREVENTION
Helping to stop the hurt, raising funds and awareness!

ALL BIKES & VEHICLES WELCOME Registration **\$50** CASH ONLY

MOTORCYCLE DICE RUN

MEET AT BP SERVICE STATION
549 ABERNETHY RD KEWDALE
REGO STARTS AT 8.00AM TO DEPART 10.30AM SHARP

For trade stall enquiries 0429 651 998
Camping - huge area undercover if raining

ART OF DYSFUNCTION HEAVY BLUES ROCK
2 LIVE BANDS
BON'S & SALUTE AC/DC TRIBUTE BAND

GENERAL ADMISSION \$15
GATE ENTRY AT WAGIN SHOWGROUNDS

ROLLING BIKE SHOW
- MOST OUTSTANDING
- CLASSIC
- PEOPLES CHOICE

RAFFLES THROUGHOUT THE DAY
• MEGA PRIZE DRAW
• CASH PRIZES
• TROPHIES

• LICENSED BAR 'TIL MIDNIGHT •

PROUDLY SUPPORTED BY:

WAGIN CARE and SHARE **WAGIN** REGIONAL BEDFORD ARMS HOTEL CUBALLING TAVERN

REGROUP **Wagin Palace Hotel** **Connelly Images** **THE MCGRAPHICS**

FIND US: [FACEBOOK.COM/2WHEELS2WAGIN](https://www.facebook.com/2wheels2wagin)