



THE
**REGIONAL
MEN'S HEALTH**
INITIATIVE

delivered by WMH (Inc.)

Six Monthly Report

January to June 2025

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**ROYALTIES
FOR REGIONS**



GOVERNMENT OF
WESTERN AUSTRALIA

 [@rmhi_4blokes](https://twitter.com/rmhi_4blokes)



regionalmenshealth.com.au



WORKING WITH WARRIORS PODCAST

Executive Summary

January to June 2025

The Regional Men's Health Initiative (RMHI) had a busy period across all the educational activities. We delivered 87 Warrior Education Sessions engaging with 4546 people, 41 Fast Track Pit Stops® engaging with 1151 people and 44 trade displays engaging with 1635 people.

The following events highlight a snippet of these Working with Warriors® educational activities across the regions:

- Geraldton (Mid West) – Men's Hub – Warrior Education Sessions
- Albany (Great Southern) – Bowling Club - Warrior Education Session
- Broome (Kimberley) - Walk for a Bloke – Trade Display & Warrior Education Session
- Bridgetown (South West) – Cockies Catch-Up - Warrior Education Session
- Shark Bay (Gascoyne) – Shark Bay Fiesta – Fast Track Pit Stop® & Warrior Education Sessions
- Esperance & Kalgoorlie (Goldfields/Esperance) – Men's Bush Trips - Warrior Education Sessions
- Pannawonica (Pilbara) – Rio-Tinto – Onsite Awareness Events - Warrior Education Sessions
- Wagin (Wheatbelt) – Wagin Woolorama – Fast Track Pit Stop®
- Mandurah (Peel) – Bowling Club – Warrior Education Session

Our advocacy work provides critical links to other services, builds community capacity through networking and partnering and provides short-term personal resilience/referral pathways. Advocacy General involves the many individuals, community, business, and media enquires covering a plethora of issues with 526 contacts. Advocacy Support contacts involve the individual calls for assistance providing personal support/referral pathways which involved 221 contacts.

Over the six-month period, a total of 8,099 people attended the events.

Other media coverage, through our monthly editorials, regular radio time slots and X 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.

Sponsorship Bowls WA

We have just finished our 4th year of sponsoring Bowls WA to facilitate our theme of "...before it all gets too much... Talk to a Mate!!®" into the twenty state-wide country leagues. The aim is to improve the health and wellbeing knowledge of all country bowlers through participation of RMHI at specific sponsored events. Bowlers have engaged actively, and the feedback has been very positive.

At this year's Country Week, two sets of bowls featuring our 'Talk to a Mate®' logo were auctioned off, raising \$2,700 for RMHI. But even more impactful, they sparked important conversations on the greens across the state.

Special Envoy for Men' Health – Federal Parliament – Dan Repacholi MP

Post the federal election the new Government position was created, thanks in part to the strong advocacy work by the Australian Men's Health Forum and their CEO Glen Poole.

"This role is a chance to shine a national spotlight on the unique health challenges facing Australian men and boys, from mental health and suicide prevention to chronic illness and access to healthcare services."

AMHF – National Men’s Health Gathering in Brisbane in October 2025

Our abstract “A primary care approach for hard to reach rural and remote men” has been accepted for presentation at the gathering. The team will also provide our Fast Track Pit Stop® at the conference for a day.

Working with Warriors® Podcast Series

To access our podcast series, please use the following link: <https://regionalmenshealth.com.au/podcasts/> 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.

The URL is www.facebook.com/RMHI4BLOKES

We are also on X, the URL is x.com/RMHL_4BLOKES

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

1/01/2025 to 30/06/2025

	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	87	125	36	13	21	11	7	11	7	13	6	2	
Fast Track Pit Stops	41	40	14	1	6	7		4	2		6	1	
Trade Display	44	60	8	3	4	2	2	5	2	2	32		
Business Meetings	22	108	14	11	14	11	11	12	12	11	12		
Advocacy													
Advocacy Support	221	201	107	23	15	16	21	14	1	1	3	18	2
Referrals to other services	58	51	23	4	3	5	8	7	1			6	1
Advocacy General	526	1657	282	173	205	182	147	180	155	159	174	16	29
Media													
Editorial/Press Releases	6	54	6	6	6	6	6	6	6	6	6		
Radio	26	143	18	17	21	17	13	14	17	13	13		
Internet/Social Media/Twitter/Podcast	8	72	8	8	8	8	8	8	8	8	8		6
Television/Other													
TOTAL	1039	2511	516	259	303	265	223	261	211	213	260	43	38

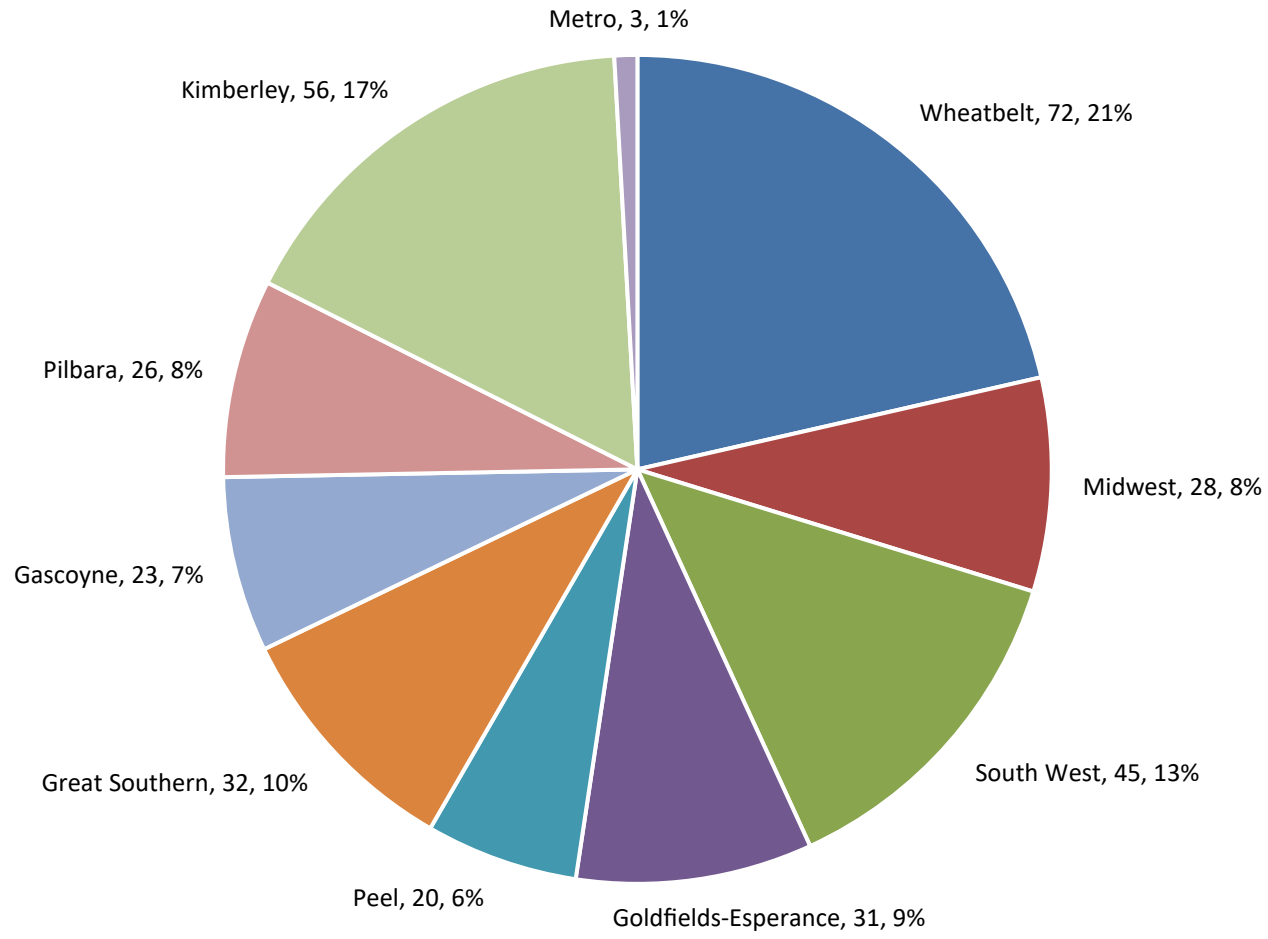
ACTUAL EVENTS DELIVERED AND ATTENDEE NUMBERS

	Events	Participants	Discussions	Total
Presentations	87	3983	563	4546
Fast Track Pit Stops	41	528	623	1151
Trade Displays	44	651	1004	1655
National Connections	38			
Advocacy Support		221		221
Advocacy General		526		526
Subtotal	210	5909	2190	8099

Total Impact Across Regions

Presentations, Pit Stops, Trade Displays & Business Meetings

Jan 2025 - Jun 2025





Broome - Walk for a Bloke Event
22nd March 2025