



MEN'S RESOURCES TASMANIA

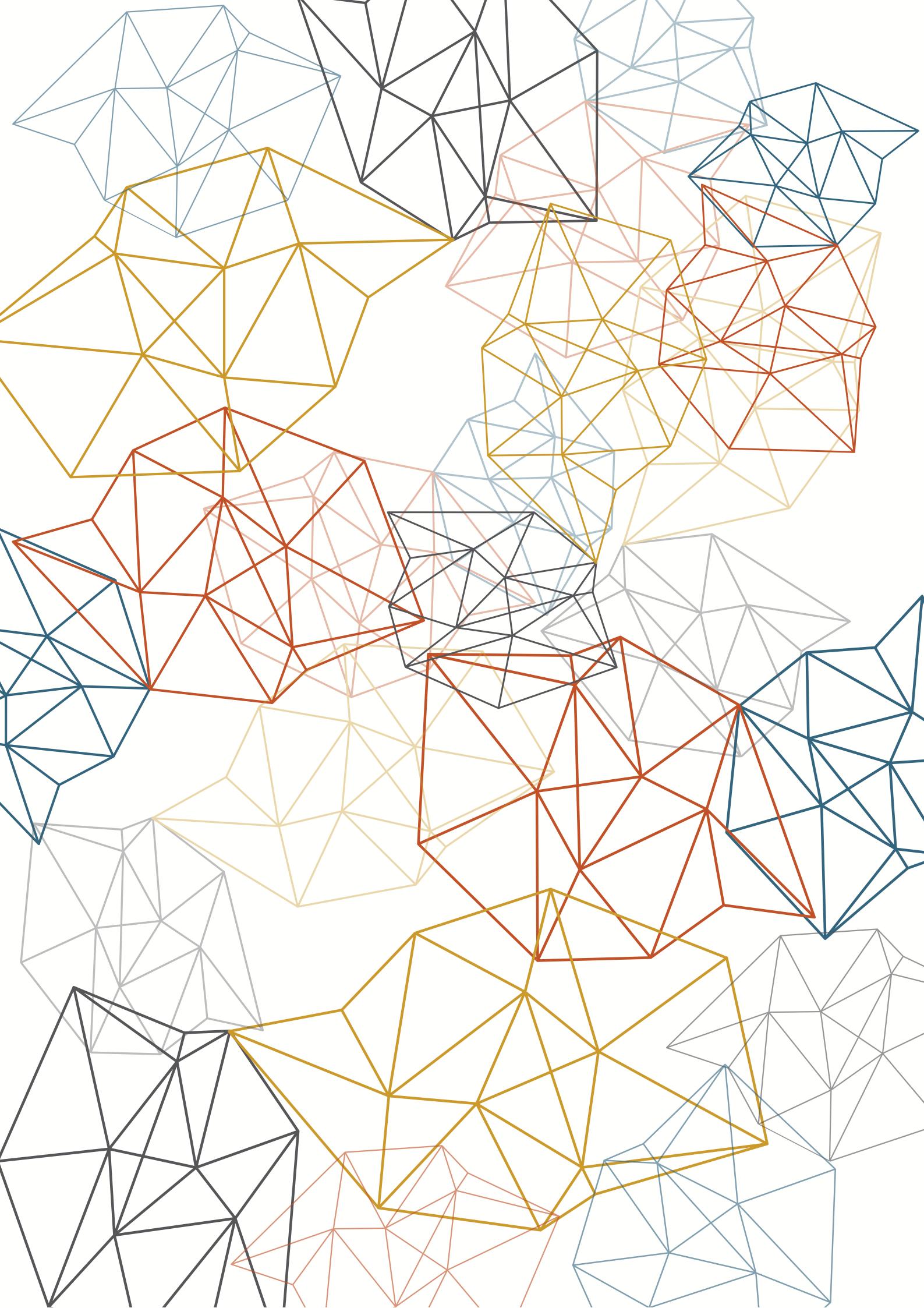


INTERNATIONAL MEN'S DAY BREAKFAST 2023

17 NOVEMBER 7AM

ROYAL YACHT CLUB, SANDY BAY





HI THERE

Welcome to the MRT International Men's Day Breakfast. Of course, this is not just a meal together, this is an invitation to join us on a journey to grow important supports and advocacy for men and boys for the benefit of the Tasmanian community.

Born in 2015 with a mission to resource men and boys, Men's Resources Tasmania (MRT) is not just an organisation; it's a force, a movement dedicated to channelling attention towards the unique needs and challenges faced by males in our community.

MRT isn't just flipping pancakes; we're flipping the script on men's health in Tasmania. By joining us today, you're not just attending an event; you're becoming part of a movement that advocates for men's health.

So, grab your coffee, pull up a chair, and let's delve into a morning to celebrate the men in our lives, and explore a little of some of the challenges men face. The MRT International Men's Day Breakfast isn't just about breaking stereotypes; it's about building a healthier, more supportive environment for men and boys in our community.

Welcome to a breakfast that nourishes not just the body but the spirit of change.

Thank you for joining us at the table!



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When you see this symbol, click for more



INTERNATIONAL MEN'S DAY

'HEALTHY MEN, HEALTHY WORLD'

“...IMD is representative of the need to extend empathy to those who appear to need it least. We ask why it is that boys are struggling academically, prisons are full of men and the most common cause of death for men under 50 is suicide. We consider that IMD is not about 'othering' women and justifying misogyny but is more about a celebration of male diversity, giving vulnerable men choice and positive hope for the future.”

Rebekah Valero-Lee, Marketing Director Morson Group, 2021

Downloads

-  Men's Mental Health
-  Exercise + Men's Health Toolkit
-  How to Help a Mate Doing it Tough
-  Talking About Men
-  Men's Heart Health



International Men's Day is held annually on 19 November. It is an opportunity to celebrate men and boys in all their diversity.

Many people also use the day to highlight some of the key social issues that men and boys around the world face. In Australia, these "men's issues" include the fact that:

- 3 out of 4 suicides are men
- 2 out of 3 violent deaths are men
- Men die 6 years younger than women on average
- Boys underperform girls at every stage of education
- Dads who want to be more involved in their children's lives face a range of barriers

There is overwhelming evidence that men and boys face a range of issues related to their physical, mental and social health and wellbeing, International Men's Day is a great opportunity to take part in a global conversation about manhood, masculinity and men's issues.

While there is many ways to celebrate International Men's Day, as a general rule, the majority of celebrations share one or more of the following six objectives:

- Valuing male role models
- Acknowledging the contribution of men and boys
- Improving male health
- Tackling discrimination and disadvantage
- Fostering positive gender relations
- Making the world a safer place for everyone

International Men's Day recognises that there are a broad variety of laws, values and viewpoints around the world that affect men and boys in different countries, in different ways. There is also a diversity of opinions about those laws, values and viewpoints, which are held by people of different genders and gender identities throughout the world.

International Men's Day places a focus on that which unites humanity, giving everyone who wants to celebrate International Men's Day the opportunity to work together towards the day's six key objectives, which apply equally to all males irrespective of their age, ability, social background, legal status, race, beliefs, sexual orientation or gender identity.



ORDER OF EVENTS

6:45AM

Doors Open

7:00AM

Men's Resources Tasmania's International
Men's Day Breakfast 2023 officially opens

7:05AM

Opening Address
Welcome to Country

7:10AM

Consumption of Delicious Food
Featuring Eat Well Tasmania's:
Lamb Koftas
Pork Skewers
Zucchini and Kohlrabi Fritters

7:50AM

Key Note Speaker - Dean Yates

8:10AM

Q&A Panel - 'Men are talking, are we listening?'

8:50AM

Closing Remarks



WHO ARE MRT?

BUILDING RESOURCES FOR MEN AND BOYS ACROSS TASMANIA

Men's Resources Tasmania (MRT) stands for the wellbeing of men and boys in Tasmania. As a community-based, not-for-profit organisation, MRT was incorporated in 2015 with a mission to enhance health outcomes by channeling attention towards the specific needs and challenges faced by males in the community.

At the heart of MRT's initiatives is a commitment to providing a male perspective in community conversations and influencing public sector policies. Through workshops, presentations, and community consultations, MRT actively engages with individuals and organisations to address health and wellbeing issues relevant to men and boys. Operating primarily through the dedication of volunteers and with support from members and other contributors, MRT has steadily grown its impact since its inception.

A key aspect of MRT's work involves contributing submissions to inform public policy, ensuring that the voices and concerns of men in Tasmania are heard and considered. The organisation also shares up-to-date research, news, and resources with the community sector, fostering a continuous improvement in opportunities for men and boys.

As a tax-deductible gift recipient status charity, MRT relies on the generosity of supporters to continue its vital work. Donations can be made at www.mrtasmania.org/donate, offering individuals an opportunity to contribute to the betterment of men's health in Tasmania.

In essence, Men's Resources Tasmania is not just an organisation; it's a movement dedicated to fostering positive outcomes and resourcing men and boys in Tasmania. With a comprehensive approach that combines advocacy, community engagement, and strategic planning, MRT invites individuals to join the cause and actively participate in shaping a healthier and more supportive environment for men and boys in the community.



MEET OUR TEAM

Stig Stover

President

Passionate about working with men in leadership roles to deliver coaching and mentoring through deep and open self-development processes. Brings extensive community and executive leadership experience.



Nikki Titmus

Secretary

A dynamic advocate and empathetic leader, uplifts and empowers. Dedicated to transforming research into action. Fierce challenger of norms, fostering cultural and social transformation.



Aaron Meldrum

Board Member - ManUp

Co-founder of Man Up, passionate about lowering barriers to accessing mental health services in North West Tasmania. Better Blokes Project Podcast speaker and producer.



Brennan Wilson

Board Member - TasDads

Designer, present and loving father to my young daughter and passionate about men's health and mental health - with a focus on the experience of dads in the community.



James Ryan

Board Member

My focus is wellbeing in corporations, organisations, and communities; development of social and emotional intelligences through a huge variety of lenses.



Jonathan Bedloe

Vice President

Previous president of the Australian Men's Health Forum. Trainer and facilitator. Passion about working collaboratively with diverse people and groups to generate ideas and uncover solutions.



Ken Reid

Treasurer

Dedicated career as a public servant. Avid world traveller and motor cyclist. Passionate about helping people live fulfilling lives. A proud Building Pathways Coach.



Brendan Sullivan

Board Member - Building Pathways

Executive and Life Coach. Passionate about reconnecting men who have been incarcerated back to the community to life full, prosocial lives.



Peter Callandar

Board Member

Passionate about helping those with alcohol, tobacco, and other drug issues. A dedicated counsellor and psychotherapist.





GROWING SUPPORT FOR MEN AND BOYS ACROSS TASMANIA



STRATEGY 2023-2024

ADVOCACY & NETWORK BUILDING

Establishing Leadership

- Position ourselves as the peak body for men's health and wellbeing in Tasmania.
- Develop and maintain a network of Tasmanian organisations dedicated to men's health.
- Actively consult with organisations and groups invested in men's health.

Government Advocacy

- Advocate at Federal, State, and Local levels for policies that enhance men's health outcomes in Tasmania.
- Foster partnerships with other State and National peak bodies.

Community Engagement

- Host impactful events.
- Collaborate with organisations to create activities promoting men's health.
- Represent men's health in public forums and media.

Workplace and Community Presence

- Present as the recognised peak body for men's health to workplaces and community spaces.

COMMUNITY IMPACT OPERATIONS

Building Pathways Program

- Refine the program to qualify for funding and enhance its impact.

Public Conference 2024

- Organise a compelling public conference in 2024 to address key men's health issues.

Fee-for-Service Programs

- Develop and deliver fee-based men's health and wellbeing programs.

Resource Generation

- Create and distribute resources and educational materials, such as the 'Blokes' Book,' for men and supporting organisations.

SUSTAINABLE GOVERNANCE & OPERATIONS

Board Empowerment

- Clearly define roles, functions, and responsibilities of the board.
- Establish policies and procedures for seamless organizational functioning, separating governance from operations.

Financial Sustainability

- Develop a multi-tiered corporate donation campaign.
- Implement fundraising and income-generating strategies for practical capacity growth.

Membership Growth

- Expand membership, partnerships, and sponsorships for financial independence.

Organizational Relationships

- Clarify relationships with auspiced organisations.

Capacity Building

- Invest in board and volunteer training to enhance knowledge and skills.

BUILDING



PATHWAYS



Coaching and Mentoring Program





MENTORING AND COACHING FOR THOSE WHO HAVE BEEN INCARCERATED RETURNING TO COMMUNITY

What We Do

At the Building Pathways Program (BPP), we empower individuals and equip them with the tools and guidance to build meaningful lives away from criminal activity. Our approach combines coaching, mentoring, educational workshops, advocacy, and community engagement to foster positive change and instil trust, self-confidence, and motivation.

How We Do It

We focus on three to six months of regular coaching sessions tailored to individual needs. Our coaching is rooted in SMART (Simple, Measurable, Achievable, Realistic, and Time-focused) goals to empower clients. Mentoring is integrated as needed, providing practical guidance to ensure clients achieve their action plans. Educational workshops enhance communication skills and social connections while coaching and mentoring guide clients toward better life choices. Advocacy is a core element as we support clients in navigating life's challenges, reducing stress, and minimising the risk of further criminal behaviour.

Why We Do It:

We believe in the potential for positive change in every individual. Our mission is to address the root causes of criminal behaviour, foster personal growth, and break the cycle of recidivism, creating safer communities. We're committed to equipping individuals with the tools they need to become empowered leaders of change. We aim to promote belonging, purpose, and resilience as alternatives to punitive measures.

Guiding Principals

Respect and Empathy: We treat everyone with respect, empathy, and without judgment, supporting their potential for positive change.
Client-Centred Focus: We prioritise the client's perspective, experiences, and goals, creating a safe space for them to explore challenges and personal growth.

Empowerment: We help clients make decisions aligned with their values, fostering confidence for a meaningful life beyond criminality.

Strengths-Based Approach: We identify and amplify clients' strengths and resources to overcome challenges and achieve lasting change.

Trust: Trust is key. We build it through open dialogue, genuine connections, and a commitment to providing a safe space.

Holistic Perspective: We address immediate challenges and underlying factors contributing to criminal behaviour for comprehensive healing and growth.

Continuous Learning: We commit to ongoing learning and improvement, staying open to feedback and incorporating new research.

Community Connection: We recognise the importance of social support, offering community engagement opportunities and advocating for clients' needs.

The Impact

The Building Pathways Program creates profound change, extending beyond individual clients. As clients engage with our team, trust grows, and with increased self-confidence and motivation, clients experience improved life skills, repaired relationships, and newfound confidence.

Effective communication and healing enhance personal outcomes, relationships, and well-being. Clients are encouraged to join community support groups, gaining vital mental health benefits. We also invite clients who have completed the program to consider careers as coaches and mentors, expanding our program's reach.

The ripple effect of our work is evident as clients develop improved life skills, healthier relationships, greater security, and the ability to navigate challenges with newfound confidence. Healing through improved communication leads to harmonious personal outcomes, stronger relationships, and overall improved wellbeing.

Man Up *Tas*



The logo for Man Up Tas is a blue speech bubble shape with the words "Man Up" in white and "Tas" in orange script below it.

**Man
Up** *Tas*

Aaron Meldrum

My passions outside of design rest with being a present and loving father to my young daughter and in the men's health and mental health space - with a focus on the experience of dads in the community. I've always been a North West Coast boy and have always lived on the Central Coast. After many experiences of poor mental health, both personally but also seeing those around me suffer, in 2020, during the early stages of the Covid-19 outbreak, I decided that I needed to do something about the shocking state of mental health in our state, in particular the experiences of men.



It was incredibly important to me when starting Man Up Tasmania that it was researched, analysed and co-designed by the community! It needed to be a grassroots community-led response to mental health outcomes for men. After establishing a working group, we met regularly over the course of 12 months to design and develop most of what Man Up Tasmania has become today. In our infancy, Men's Resources Tasmania – the peak body for Men's Mental Health in Tasmania approached us to act as our auspicing body and their support has been instrumental in our current success! I must give credit to Ben, one of our original founders, who came up with our name. Since then, we have launched the brand, started delivering our signature program "MUT's Mates" and continued to form some absolutely amazing partnerships with various organisations from not only across the state, but also the nation. In the past 6 months, we have established our first "board" as we begin to transition into our own non-profit organisation.



"If you give a man a fish, he will eat for a day – if you teach a man how to fish, he will eat for a lifetime." It is this old proverb that best explains our approach to mental health support. We believe that, to truly make a sustainable difference in community, it takes more than one action, more than one event or series of events; it takes cultural change! To make cultural change you need to educate the community from within. We believe that all actions towards improved mental health outcomes are important tools for change, but unless you can encourage community to make change as whole, you will always rely on external people or organisations to force "good ideas" onto people.

Our MUTs' Mates program is about partnering with any and all organisations to help them design a mental health strategy for their micro-community and providing them with free training, resources and support for two of their members to act as our champions within the organisation to help advocate for positive mental health outcomes from within their organisation. It's not about flashy events or huge publicity, it's about having well informed conversations that, over time, create a community that can better manage its mental health wellbeing





TAS
DADS

DADS GROUP



Brennan Wilson

My passions outside of design rest with being a present and loving father to my young daughter and in the men's health and mental health space - with a focus on the experience of dads in the community.

Having gone through my own struggles with mental health these past few years, it took a lot from me. As a new dad, I struggled with what was diagnosed as perinatal depression. Many of us know that depression related to pregnancy and birth can affect mothers, but it's important to remember that fathers are at risk as well. Fathers can also suffer silently, feeling they don't "deserve" to feel the way they do having not gone through the physical aspects of pregnancy and childbirth, and not wanting to take away from the mother's experience. I know I did. I've dealt with other bouts of depression since, including around the breakdown of my marriage.

In Australia up to 5 per cent of fathers develop postnatal depression in the year after having a baby. Anxiety conditions are likely to be at least as common. In Tasmania alone, 4 in 5 suicides are men. Globally, the rate of male suicide is alarmingly high too. Too many men are dying. Too many men are 'toughing it out', keeping their feelings to themselves and struggling in silence.

But my struggles have also given me the drive and tools to look within and work on myself and become the best version of me I've known to date. It takes talking, it takes global awareness and self-awareness, and it takes reaching out to start that work.

We first began in 2019 as 'Dads of Hobart' with a Facebook group and a couple of coffee catch-ups. We started because there was a void in the parenting support system for fathers that desperately needed filling. Dads need a place to connect with other dads, share stories and parenting tips, and feel safe to talk about the highs and lows of being a dad with other like-minded people, just like mums do. It just didn't exist here.

TasDads is a dads group dedicated to promoting positive parenting, providing access to resources, and supporting Tasmanian fathers and father figures – expecting, new or seasoned.

The role of a dad is more hands-on than ever in today's society, and with it comes a need to have support. There's no doubt that with the overwhelming joy of parenthood, it can also have its challenges. We aim to assist fathers that may be quietly suffering with mental illness, feelings of social isolation or disconnect from their children and families. We give dads a place to speak freely and safely while forming lasting friendships with like-minded fathers.

We provide a platform for dads to connect with other dads, sharing their experiences and the ups and downs of parenting. This is primarily through active and growing Facebook groups. These groups also allow dads to reach out and find the right support services for them in times of difficulty. On top of our online communities, we offer a range of organised in-person catch-ups with and without children, as well as larger family events.

Together, we can break down social barriers and help improve the health and well-being of men and their families, including the mental health issues some experience with being a dad – which can, at times sadly, result in social isolation, the breakdown of families, or even end with suicide.

Our mission is to help Tasmanian dads and father figures feel confident, supported and connected. Through connection and shared experiences, we can empower dads to be the best fathers they can be.



Hobart & South



Launceston & North



22 days swims

**November
2023**

Ivan Cunningham

The 14th July, 2023 was my 200th consecutive day of ocean swimming at Hinsby, Tarooma & Kingston beaches.

As I needed a new challenge, I made the decision to swim 22 swims in 22 days this November around different locations in Tasmania. We would start at the mouth of the Derwent River, moving anti-clockwise around the island, swimming at various beaches along the East Coast, North and Northwest Coast, and down the West Coast, and the final swim will end at Sandy Bay Beach.

Each swim will have a minimum distance of 2km, with some swims being up to 10km. It is anticipated that the entire event will reach well over 50 km.



This event was an opportunity for me to promote to others who live with trauma and suicidality that there are many positive options to help overcome – or, at the very least, manage – their issues. Swimming is my personal chosen method, and I am very happy to use this as a way to raise money for a Men's Mental Health charity. That charity being Mens Resources Tasmania.

It is my hope that, while swimming at these 22 locations around Tasmania, I have the opportunity to meet with the community, speak about mental health, and listen to the stories of how other people have conquered their fears, issues and obstacles.

Each day we will update our various Social Media platforms, and there will be a website where people can make a donation to this cause. If you are a member of a group and would be interested in holding a breakfast or lunch to discuss and raise money for Men's Mental Health, please get in touch.

I welcome those who love to swim to come swim with me at any or all of these venues around our beautiful state. This is not a race – you can swim as fast or as slow as you like. The point is to understand how a simple action can bring a huge amount of peace.

And for those who prefer to stay dry, please come along as a spectator and help support us with your encouraging cheers.

I am honoured to have the support of Christopher Guesdon (Patron) and Doug Hughson (President) of the Australian Long-Distance Swimming Federation (ALDSF) assisting me with this event.

And a special thanks to my beloved swimming tribe from Hinsby and Kingston (The Weedy Seadragons Ocean Swimming Group), without whom this idea would never have manifested into something tangible.

PROUDLY SUPPORTING:



SUPPORTED BY:



INTERNATIONAL MEN'S DAY BREAKFAST PARTNERSHIPS



The Royal Yacht Club of Tasmania, founded in 1880, is a prestigious yacht club located in Hobart, Australia. Situated on the picturesque Derwent River, it is renowned for organising world-class sailing events, including the iconic Sydney to Hobart Yacht Race. The club boasts a rich maritime history and has been a focal point for sailing enthusiasts, fostering a vibrant sailing community. With a commitment to promoting seamanship, camaraderie, and competitive sailing, the

Royal Yacht Club of Tasmania continues to be a hub for maritime excellence, attracting sailors from around the world to its stunning waters and world-renowned regattas.



eat well
tasmania

Eat Well Tasmania promotes healthy eating in Tasmania, Australia, fostering a culture of nutritious food choices. With a focus on community engagement, education, and collaboration, the initiative strives to improve overall well-being by encouraging individuals and families to make informed dietary decisions.

Through various programs and resources, Eat Well Tasmania aims to create a sustainable and supportive environment for healthier lifestyles, addressing the nutritional needs of the community.



Merch Window Pty Ltd is an innovative Australian company revolutionising the custom merchandise industry. Their platform, free for all, empowers businesses, charities, artists, and communities to easily design and sell a diverse range of quality products.

We streamline the process from design to customer delivery, handling fulfilment, bulk orders, and direct shipping, eliminating the need for warehousing time consuming logistics or eCommerce subscriptions.

Committed to sustainability, we offer eco-friendly product choices and are pioneering Australian-made, sustainable materials. Merch Window makes access to custom merchandise widely available, fostering creativity and reducing environmental impact in the rapidly changing world of fashion and branding.



INTERNATIONAL MEN'S DAY BREAKFAST PARTNERSHIPS



Makita Australia is a leading subsidiary of Makita Corporation, a globally renowned power tool manufacturer. Established in 1991, Makita Australia has become a trusted name in the Australian tool market, offering a comprehensive range of high-quality power tools, outdoor power equipment, and accessories.

Known for innovation and durability, Makita products cater to professionals and DIY enthusiasts alike. The company prioritises customer satisfaction through reliable products and exceptional service. With a commitment to sustainability, Makita Australia continues to contribute to the country's construction and industrial sectors, maintaining a strong presence in the Australian tool industry.



25 years young, Peopleworks focuses on people-centric matters, assisting employers to enhance their businesses by prioritising employee health, wellbeing, recovery, and development. Specialising in identifying root causes of workplace issues, we offer tailored services, including but most certainly not limited to rehabilitation, counselling, EAP, coaching, training and NDIS support coordination and plan management. With a dedicated team of experienced professionals and collaborations with external experts, Peopleworks ensures your unique needs are the priority.

Our desire is to create an enduring legacy through promoting leadership in how people should be valued and respected in all facets of work and life in order they be the best version of themselves.



Guild Insurance is Australia's leading provider of insurance solutions for allied healthcare professionals. For more than 50 years, we've been providing exceptional products and services and unparalleled customer experiences, driven by a genuine care for our clients' professional and financial wellbeing. We pride ourselves for our future focus, recently being recognised for a third year in a row by the AFR BOSS Most Innovative Awards.

At the heart of what we do is being there for those our communities rely on.



Take a minute is designed to empower Tasmanians to take charge of their mental health and wellbeing.

It asks us to consider the simple things that we can do, and often already do, to stay on top of and boost our mental wellbeing.

Taking a proactive, preventative approach to your mental health can help you live a happier, healthier, more productive and fulfilling life.

That's what Take a minute is all about!

Find out more and take the **7 minute challenge** at takeaminute.com.au



Got a minute to Take a minute?
takeaminute.com.au



• international
MEN'S DAY

 **MEN'S
RESOURCES**
TASMANIA

THANK YOU

