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Cecil's Hub ~ Celebrating Men's Health Week

10th - 16th June 2019

Hey Men,

Welcome to a special additional Newsletter, celebrating the annual Men's Health Week 2019, in collaboration with Brian Mier from Lilydale & Yarra Ranges Men's Health Project also, with sources [Men's Health Week](#)

[Actually, in Australia we officially celebrate 'Men's Health Month', with events listed up to four weeks either side of these dates listed on the [National Register of Events](#).]

Q. Why is Australian Male health so in need of attention? Why work on Men's and Boys' health?

Good questions!

A. Because the health status of males in most countries, including Australia, is generally poorer than that of females.

More males die younger at every stage through the life course; more males have work and motor vehicle accidents; more males end their own lives (at double the

number of car accidents each year); and more males suffer from lifestyle-related ill-health conditions than females of the same age. Men's health receives massively less funding from governments than does female health, and hence has less resources.

Meanwhile, Men are less frequent visitors to general practitioners, and the perception is that they don't care about health or that health services are not well-prepared to interact with men effectively.

But that's not what Men's Health Week is about! [Keep reading...](#)

SO – WHAT DO WE DO IN AUSTRALIA?

Many of the events held in honour of Men's Health are listed [here](#) and on the above website.



Men's Health Awards 2019

[by Australian Men's Health Forum](#)

Date and Time: Wednesday 12th June 2019, 4:00 pm – 5:30 pm

Location: Rendezvous Hotel, 328 Flinders Street, Melbourne, VIC 3000

Cost: FREE

Join us to celebrate the winners of the 2019 VIC Men's Health Awards and the

publication of 2019 VIC Men's Health Report Card.

A record number of nominations were made for the Awards across every State and Territory in Australia, with a focus on the very best examples of male-friendly services, programs and initiatives that are working to improve the lives and health of men and boys across Australia.

Guest speakers include:

Jeremy Forbes, Co-founder HALT

Glen Poole, CEO Australian Men's Health Forum

Mountain Men ~ Respectful Relationships



Date: June 18, 2019 @ 7:00 pm – 9:00 pm

Where: Belgrave Community Hub, 1616 Burwood Hwy, Belgrave VIC 3160

Cost: Free

Contact: Mountain Men

[Event website:](#)

Men's Seminars

A series of three seminars will be held at the Belgrave Community Hub, featuring a panel of guest speakers and local experts, to openly discuss a number of topics identified by our members. The seminars will also allow for question time and group discussion after the panel.

Respectful Relationships

Mountain Men Inc. is a community group that supports positive activity, engagement and inclusion of men in Melbourne's Dandenong Ranges. Our aim is to reduce the number of men who are socially disadvantaged, marginalised or isolated to become productive, active members of the local community.

We do this by providing opportunities for Men (18 years+) to come together in open, non-judgemental, safe spaces and participate in a range of social activities that encourage new friendships, normalise help-seeking behaviours and link with local support services.



A further examples of Men's Work in the Shire of Yarra Ranges in Victoria

Here is one example of a series of events which are being held in just one municipality – the Shire of Yarra Ranges in Victoria. It is located in the outer East of Melbourne commencing with outer suburbs around Lilydale, and then stretches into rural areas such as the Yarra Valley and Yarra Ranges.

They are part of or associated with the Lilydale & Yarra Ranges Men's Health Project, a voluntary effort to improve the health and wellbeing of Men and Boys.

Some of the events listed have past, but you can see the extent of events to help Men in this Shire.

- 21 May – 'Men's Health – Does it Really Matter?' – a talk at the Lilydale Library.
- 22 May – 'The Secret of Happy Children', a filmed talk by eminent Australian psychologist Steve Biddulph AM, at Yarra Junction.
- 23 May – 'The Secret of Happy Children', a filmed talk by eminent Australian psychologist Steve Biddulph AM, at Chirnside Park
- 27 May – Book launch 'The Wellness Puzzle', at Chirnside Park.
- 3 June – OM:NI Yarra Glen (Older Men:New Ideas – a men's social discussion group).

- 5 June - 'Raising Boys', a filmed talk by eminent Australian psychologist Steve Biddulph AM, at Billanook Primary School, Montrose.
- 6 June – OM:NI Lilydale (Older Men:New Ideas – a men's social discussion group).
- 11 June – Men's Health Talk at Healesville Library.
- 12 June – Falcons Men's Film Group at Lilydale football club rooms.
- 12 June – 'A Celebration of Men's Health in the Yarra Ranges', at Lilydale. This is a peak event for everyone who provides programs and services focussed on men in the municipality. It includes a meal, launch of a Community Directory of Men's Services, formation of a men's health network, sharing of what's going on in the district, and more.
- 17 June – 'Meandering Mates', a special activity for Men with limited walking mobility – at Lilydale.
- 18 June – 'Enhancing Relationships' – a seminar for men conducted by Mountain Men of Belgrave.
- 26 June – 'Healthy Mates' Men's breakfast at Warburton.
- 26 June – Man Cave Yarra Ranges. This is the launch of a peer support group for men who have chronic ill-health and post-accidents challenges.

For further details of any of the above events contact **Brian Mier, Project Manager, Lilydale & Yarra Ranges Men's Health Project** – info@eaglehealth.net.au, or **0418 326 670**.

Thanks for your time in reading this important update, please visit my [Cecil's Hub ~ Worldwide Men's Group Directory](#), and [Cecil's Hub ~ The Virtual Men's Gathering](#) and share it with your Networks and encourage all Men and Men's Groups to get involved.

Thanks,

Cecil



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