

15 November 2019

Sharing men's stories builds resilience

A project to empower men in the Macarthur region is now up and running.

Local men enjoyed a game of barefoot bowls, ahead of International Men's Day on November 19, and to announce the beginning of the important initiative, the Tackling the Challenge: Talking Men's Health Project.

South Western Sydney Local Health District Mental Wellbeing Health Promotion Officer, Brendan Bennett, said personal crises or challenges were not typically talked about by men.

"Sharing stories of resilience can help men learn from each other, to speak out and to ask for help," Mr Bennett said.

The project collects and shares stories of how men overcome life challenges. For example, divorce, migration, unemployment, mental distress and injury. The stories are published through a range of mediums including newspaper, radio, online and social media.

The project looks at making a lasting and positive impact on men's health issues by sharing stories of how men navigate through hard times.

"By sharing these stories, these men are telling other men they do not have to go through difficult times alone," Mr Bennett said.

He said participants could help men discover the variety of help available, not just in "bricks and mortar" health services.

The rollout to the Macarthur region follows a successful pilot program in the Southern Highlands earlier in the year.

South Western Sydney Local Health District has teamed up with Macarthur-based community workers, Men's Shed volunteers, local council workers and residents to bring the project to life.

If you are interested in participating in Tackling the Challenge, please call Brendan on 8738 5983.

The project will be rolled out in Bankstown, Liverpool and Fairfield, and launched on International Men's Day on Tuesday 19 November at Fairfield Adventure Park in partnership with Woodville Alliance.