

Karrinyup Men's Shed Bulletin 3 June 2019

From: Karrinyup Men's Shed <kcmensshed@iinet.net.au>

To: Karrinyup Community Men's Shed members

Men's Health and Wellbeing Policy launch

An invitation to participate in the launch of the Western Australian Men's Health and Wellbeing Policy

On behalf of the Health Department Western Australia, Men's Health & Wellbeing Western Australia are hosting this special event to launch the Western Australian Men's Health and Wellbeing Policy on June 10th. You are invited to attend and participate in the following panel and audience discussion.

State Library Theatre, Perth Cultural Centre, Francis St, Perth 2:30 - 4pm Monday June 10th 2019

The new policy has important implications and long-term benefits for boys and men, their employers, sporting organisations, service providers and in fact all Western Australians.

If anyone would like to join KCMS Secretary Tony Strickland, they are most welcome.

Secure your free ticket now at <https://www.eventbrite.com.au/e/wa-mens-health-and-wellbeing-policy-launch-tickets-62241216153>

Contact: John Rich - Secretary MHWWA www.menshealth.org.au - 0433 691 541

Hard journey - this cancer survivor taught me what kind of support ill people need

An email from Miles Protter at Men's Business, to KCMS Secretary Tony Strickland.

Supporting people on a hard journey.

I recently interviewed David Dyke, a friend who's just completed treatment for prostate cancer. During his illness, he did three really smart things.

First, he couldn't find much information on the different treatment options he was being offered. Nor was there any discussion of the 'taboos' of prostate cancer - incontinence, erectile dysfunction, and other things no one (especially men) wants to talk about.

His solution was to go public by making a short film of his entire journey, from visiting the doctor, to preparing for the operation to post-op recovery. All the taboos are now out in the open! The film will be released mid-June in Perth, and then worldwide on-line.

"I hope it gets men to talk," says David. But who will they talk to? That's the second smart thing he did.

David didn't wait for his friends to offer support. He made the first move, gathering men he trusted and requesting what he needed from them as 'mentors'. They learned to listen to him talking through all his fears and hopes.

Third, in spite of the presence of friends, he knew he'd have to face a lot of the ordeal on his own. "I had to learn to love myself," he says.

Watch my conversation with David at https://www.youtube.com/watch?v=dilAPOil_w0

Most of us back off at these times, too embarrassed or unsure what to do or say.

But David taught me to reach out immediately to anyone going through a serious illness, invite them to talk, and to keep doing that over time.

"Ask him, 'What are your fears? What are you going through?' All the taboos!"

Please share this video with anyone you think will be interested.

=====

This email from



Karrinyup Community Men's Shed

6 Jedda Rd, Balcatta

Email kcmensshed@inet.net.au

Website <http://karrinyup.mensshedsWA.org.au/>

PO Box 281, North Beach, WA 6920

Facebook <https://www.facebook.com/karrinyupmensshed/>

ABN: 88 397 817 632

=====