



HEALTHY

HEALTHY MEN.
HEALTHY MASCULINITIES.
HEALTHY COMMUNITIES.

Why talking relieves isolation. The old saying "a problem shared is a problem halved" has stuck around over the years, and for good reason. An opportunity to voice how circumstances and occurrences impact us helps relieve the burden, even if it doesn't fix the problem.

The idea too, that men don't talk has stuck around, however a recent study has uncovered that men are not necessarily reluctant to talk about life issues, they simply seek a safe place in which to share; one they feel confident

and supported in rather than one that leaves them feeling inadequate.

Bottling up thoughts and feelings, particularly in the wake of life-changing events or trauma, can lead to growing social isolation, which in turn has an enormous impact on mental health. Some of the expected characteristics of socially isolated men include a steadfast observance to traditional masculine norms – that they are expected to be strong, self-reliant and in control. They typically describe themselves as 'fixers of problems' and not 'people who talk about problems.'

Patrick Westwood, who has spent 15 years as a first responder for NSW fire agencies and now works for Resilience NSW, saw a need for a men's group in his southern NSW community that encouraged social connection and an opportunity to talk. "It's been a tough couple of years with bushfires and COVID lockdowns and restrictions," he says.

"It's affected a lot of business and families, individuals and men and there's a lot of pressure on many people out there. Things are going to remain in this upset state for a while and people need a safe place to talk about what's happened to them and how they are feeling. We - men - don't tend to do that so well

to talk about what's going on for them. "Men are encouraged to share but they are welcome to just listen until they are ready," says co-founder David Pointon. "It's as much about helping others as it is about helping yourself and sometimes an attentive ear is all another man needs."

Belonging to a Men's Table



THE MEN'S TABLE
MEN SERVING MEN

and we wanted to create a space for men where they felt safe and comfortable to talk about their challenges and feel supported," he said.

Enter The Men's Table, a grassroots charity dedicated to creating "Tables" of eight to twelve men around the country who meet once a month over a meal and a drink

contributes to mental, emotional, and social wellbeing whilst being a powerful support to individual members travelling their life journeys. "We recognise that men can be wary of change and hesitant or unfamiliar with opening up about their feelings," David continues, "yet connecting with other men when they feel stuck

or troubled can really help someone before illness or despair develops."

Further work is required to support the growing need of Australian men for the social connection that is essential for mental health and The Men's Table are planning to launch more Tables, currently 52 tables.

George Abramowicz from Sydney saw such a need on Bribie Island and sent out an invitation to form a table. The overwhelming response was very gratifying. Over 120 women like the idea of the men in their lives to belong to such a table.

The great news is that Bribie Island now has the first Qld Men's Table with more to come. Well done Bribie Islanders!!

If you are interested in joining, please call Craig on 0432669233 or Dale on 0408364939

For more information, visit www.themenstable.org or email hello@themenstable.org

Visit us on facebook

Easter Trading Hours

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