

# FRIENDS OF DOUBLE BAY

*When News Limited ceased printing 112 local community papers in May 2020 it was a major blow to many sections of the community. Classified advertising disappeared, street festivals lost sponsors and locals could no longer find local news all in one place.*

As CITAP\* says, "Local news outlets play an important role in informing community members about local government, elections, and other civic events. They also help to shape community views around common values and beliefs, creating a sense of shared purpose that can be a powerful uniting force within a town or suburb."

Eastern Suburbs Life can't turn back the social media tide, but it can seek to recreate local community publishing on a suburb by suburb basis using a mix of Hard Copy and Online services.

We've started the process in the Double Bay Area by:

- Running regular social nights so that people can meet each other again.
- Creating the Friends of Double Bay Facebook Group for people to share information.
- Creating the Double Bay Area News Facebook Page to publish curated news.
- Publishing a Double Bay Area community directory to help people find each other.

- Creating a Friends of Double Bay Membership website to help members work together.
- Pioneering collaborative projects to make it easier to people to work together as a group.
- Creating a Community Publishing Platform that professionals can use to publish news.
- Creating a Double Bay Area classifieds section in the Eastern Suburbs Life local paper.
- Working with local businesses and community groups to share curated news and events.
- Starting work on a Friends of Double Bay website to provide a home for all the above.

### WOULD YOU LIKE TO BE PART OF THE PROJECT?

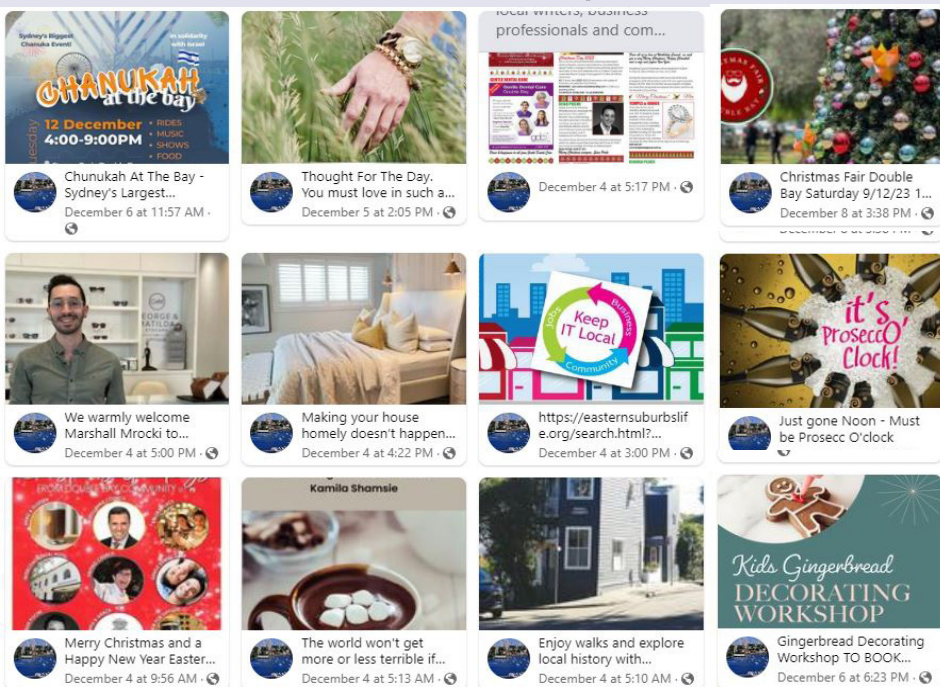
If you are interested in helping us "help each other", or if you have unused or under-utilised skills that need a home call Rose on **0493 499 264** for a friendly chat.

To become a member of "Friends of Double Bay" visit [www.joinheretoday.org](http://www.joinheretoday.org) Individual Membership is \$10 a month - Business Membership starts at \$25 a month. In case you change your mind there's a four week cooling off period.

For regular news updated visit: [www.facebook.com/doublebayareanews/grid](https://www.facebook.com/doublebayareanews/grid)

\*See full article on <https://citap.unc.edu/news/local-news-platforms-mis-disinformation>

## DOUBLE BAY AREA NEWS NOW ONLINE 24/7



SIMPLY GO TO:  
[www.facebook.com/doublebayareanews](https://www.facebook.com/doublebayareanews)

Eastern Suburbs Life now brings you regular Double Bay area news using Facebook. It's the same news we publish in hard copy, but it's now constantly updated and conveniently at your fingertips 24/7.

Better still, you can also contact us directly to publish your own News, Articles, Events and Special Offers whenever you wish. For more

info call Rose on **0493 499 264**, or email [rose@easternsuburbslife.com](mailto:rose@easternsuburbslife.com)

You can also click on the QR code.



# MEN'S TABLE: BUILDING MEANINGFUL MALE FRIENDSHIPS & CONNECTIONS



*Men's Table is a grassroots community organisation that invites men to connect and talk over a simple meal once a month. The first Men's Table (MT1) began in 2011 with 12 men who have met once a month for dinner ever since. Now, it helps more men build meaningful male friendships and connections by creating safe places to share, overcoming the stigma that "men don't talk".*

"It's not a facilitated group, local men run it themselves," says Regional Host, Anthony Garnham. "But it's designed in such a way to encourage men to go beyond the banter and open up in a different way to pub talk or golf club chat."

Himself a member of a Table in Randwick, Anthony is keen to let other local men know about Tables in the Eastern Suburbs. "Men sit at Tables for so many reasons. Some want to be in a community of peers or give back, others might be suffering loss, financial stress, family issues, personal struggles. Some are just new to an area and want to build a social circle. Whatever the case, navigating the ups and downs of life can be tough to do alone or without someone you can share the load with," he explains. "It's about sharing the highs and lows of your lives, and just having those different types of conversations that are really helpful for the

men but then also helpful for the broader community."

The Men's Table currently have established Tables in Bondi Junction, Paddington, Surry Hills, Randwick and Coogee that are looking for new members, or are always open to men who want to start their own local Table.

Loneliness and social isolation is a growing issue and recognised as a public health priority in many countries. Male suicide has long been a cause for concern, with 75% of all suicides in Australia being boys and men, and traditional masculine norms such as being stoic and self-reliant are not helpful or healthy for men or their families. With Tables in every State and Territory, the Men's Table are building on their motto 'Healthy Men, Healthy Masculinities, Healthy Communities' with every group of local men they meet.

"At the end of the day we're trying to build healthier communities by connecting people together," Anthony says. "By meeting once a month for dinner and a chat with the same group of guys, friendship and support grows. Some men can find it hard to communicate with their peers. In this environment they know what they say is confidential, they won't be judged and they can be heard. It works wonders."

[www.themenstable.org](http://www.themenstable.org)

