

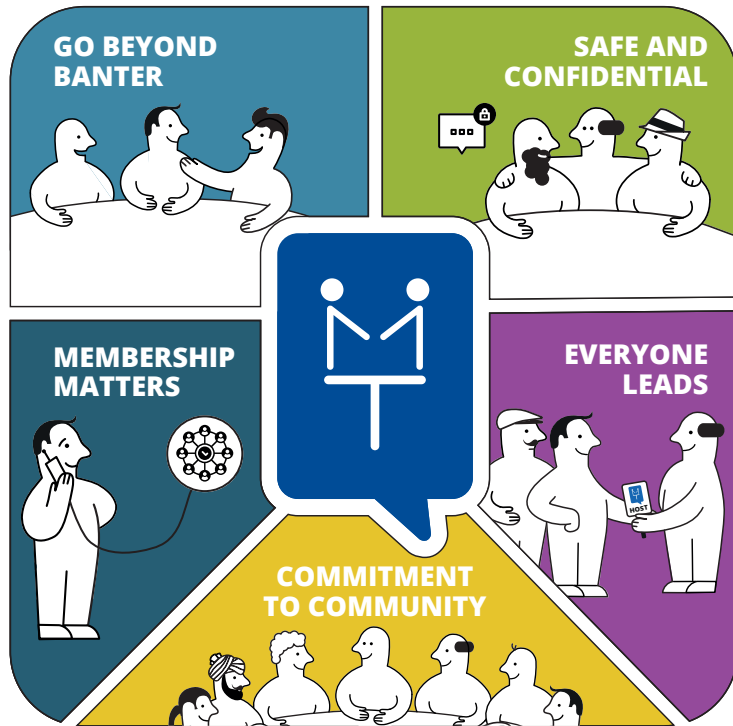


THE MEN'S TABLE

# 2023 Impacts at a Glance

## About the Table program

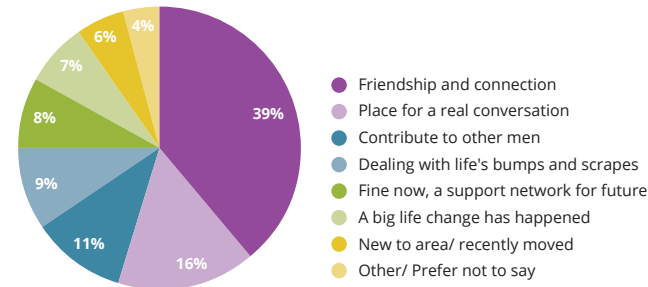
The Fundamentals are our recipe for healthy Tables. Men at Tables value these simple but effective guidelines.



“My Table is a safe place to talk about things I probably could not discuss elsewhere.”

“I am more open to communicating with others rather than keeping to myself and allowing my thoughts and feelings to get out of control.”

## Why Men Attend



We now have Tables in every state and territory across Australia making us a truly national organisation

85% of men say that their Table meets their needs

**FY2023**  
Snapshot  
(\*to June 2023)

**163**  
Entrees

**90%**  
Healthy Tables\*

**77**  
new Tables

**43%**  
Rural/Regional Tables

\* avg of Monthly %



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# A multi-impact program

The Fundamentals create safe places that are unique in allowing men to engage in intentional and quality **conversations**, create solid long-term **connections** and actively engage in a **community** of Men, both at and across Tables.

# 1 in 2

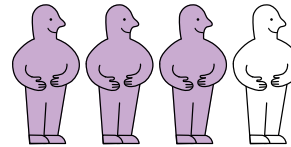
men at Tables have a lived experience of suicide

# 7

 men a day die by suicide in Australia

“I’m developing solid reliable friendships outside my normal circle. I’m a better listener and more empathic than before.”

### Conversation

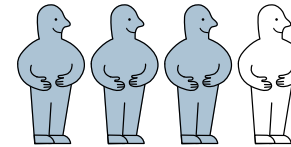


Three out of four men feel able to **share and be vulnerable** at Tables

# 83%

of men say Tables are **safe places** to share and be heard

### Connection

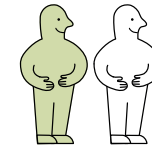


Three out of four of men report improved connection and **friendship**

# 74%

of men report positive impacts on their **relationships with other men**

### Community



One in two men report increased community **participation**

# 61%

of men report improved sense of **belonging** to a community

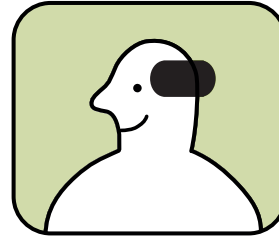
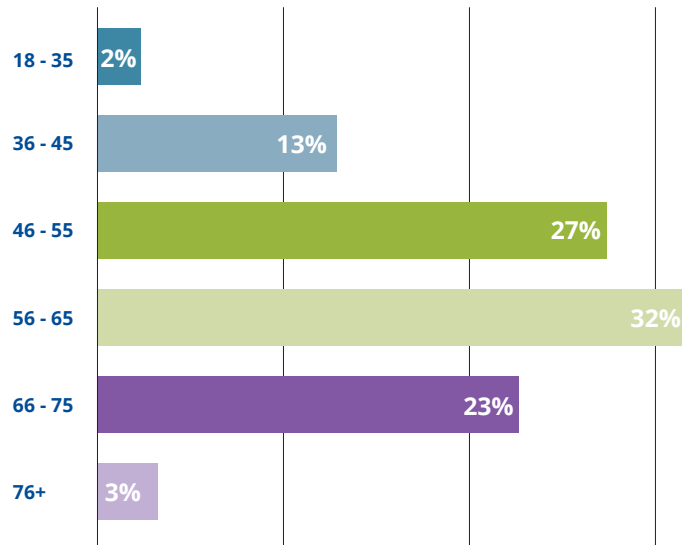


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# 2023 Impacts at a Glance

## We advocate for Healthy Men, Healthy Masculinities, Healthy Communities

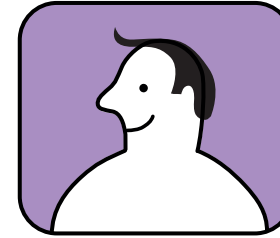
Age profile of men at Tables



*I understand my emotions and why they exist and how I can better process them."*

# 52%

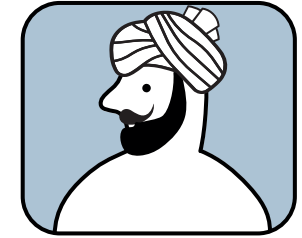
of men report improved mental health



*I get to model a type of manhood that I would like to see more of."*

# 62%

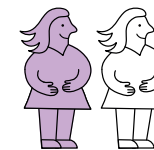
of men experience healthier versions of masculinity



*I feel more confident that I belong and have a sense of satisfaction in making a contribution to others and my community."*

# 82%

of men are more aware of the benefits of contributing to others as a result of being at a Table



One in two women observe healthier versions of masculinity in the man in their life

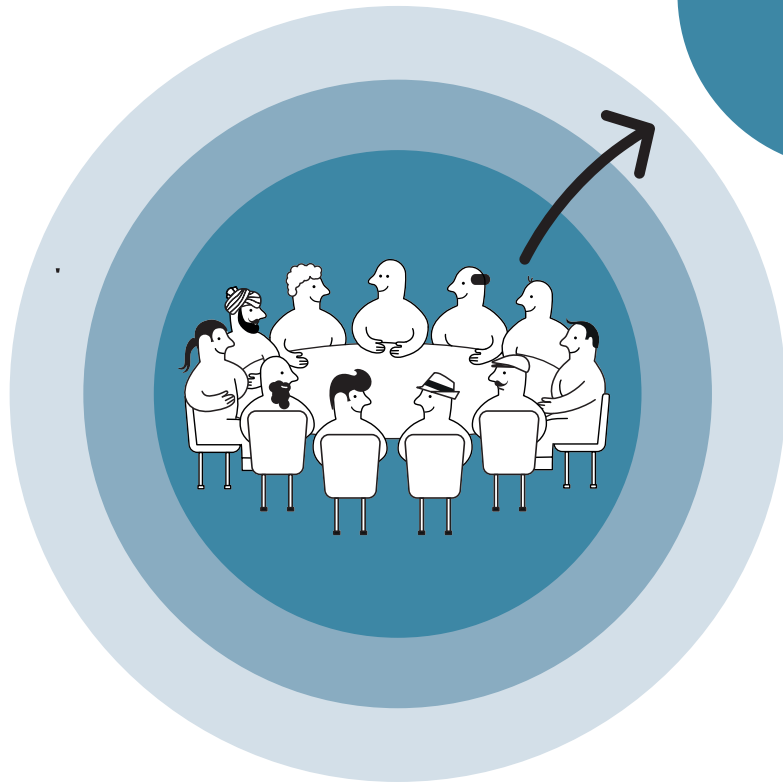


THE MEN'S TABLE

## 2023 Impacts at a Glance

# Positive ripples into society

Healthy masculinities promoted at The Men's Table can benefit the whole of society.



**Healthy  
Tables**

**Healthy  
Communities**

# 90%

of men say their relationships have improved

# 10%

of women experience less anger and/or violence as a result of a significant man in their life sitting at a Table

# 43%

of women say that the man in their life is more emotionally available

# 24%

of women report healthier family relationships

## “

*The Men's Table was an important step in maintaining our relationship and our marriage.”*

Partner of man at Table

## “

*I'm feeling safer talking to my Dad.”*

Daughter of man at Table