

2026 IMPACT REPORT

CARING MEN, STRONGER FAMILIES.

THE MEN'S TABLE
Strength To Care

Social Outcomes Lab.

ACKNOWLEDGEMENTS

The Men's Table acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respects to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

ACKNOWLEDGEMENT OF CONTRIBUTORS

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IN MEMORY OF HILARY SANSONI

Kitchen Hand, Victoria



Hilary was one of the first men to volunteer with The Men's Table and helped shape the Kitchen Hand program from its earliest days. He was a true pioneer. He was the first Kitchen Hand to nominate a new Kitchen Hand from one of his Tables. He was the first to submit a Complex Situation and provide meaningful guidance and care. He was also the first Kitchen Hand to host an Entree. By taking the initiative, Hilary showed what was possible and helped pave the way for future Kitchen Hands.

Over the years, Hilary embodied everything we look for in a Kitchen Hand. He was calm, generous with his time and heart, a skilled communicator and always curious and caring toward others. He spoke honestly about his own life and experiences and, because of that, our conversations were richer and our community stronger. His willingness to reflect deeply and express himself gave others permission to do the same.

Hilary's commitment to The Men's Table, the Kitchen Hand program and to the men he supported was extraordinary. His contribution will continue to be felt for many years.

I frame The Men's Table as a national peer support network. For me, it is the sanctuary... it's a place where I can go, and I like to think men come to, and can simply be...

...I'd like to share two things that I feel I've lost: one is a **sense of isolation**, and the second one is my **fear of vulnerability**.

...I've gained, through exposure to the intergenerational connections, an enhanced ability to connect with my own sons... **family interactions now just roll – it's much easier**.

Hilary's reflection, 9 July 2026

LETTER FROM THE CO-FOUNDER AND CEO



David Pointon
Co-Founder and CEO

3,000 MEN NOW GIVING AND RECEIVING THE GIFTS OF LISTENING, BEING HEARD AND HAVING A SAFE PLACE FOR A REAL CONVERSATION

There's a lot to be said for Lived & Living Experience to inform good program design. The Men's Table is a great example of this. The experience of 12 men meeting monthly for seven years having open-hearted conversation about life's highs and lows in a safe place led directly to The Men's Table program being formed.

Now, the Living Experience of our growing volunteer Kitchen Hand program continues to inform the evolution and scaling of the program nationally.

We are delighted this year to have formed MT300, being our 300th Table launched across Australia, with over 3,000 men now giving and receiving the gifts of listening, being heard and having a safe place for a real conversation.

There's also a lot to be said for good evaluation confirming the value of Lived and Living Experience. Men's stories have consistently included their own wellbeing improvements, but also the ripple effect to their families and loved ones, which we first evaluated in 2023. This year, we've gotten clearer about how these layers of impact support each other.

Our work with Social Outcomes Lab has yielded a refined Theory of Change, showing that from a man joining a Table, he experiences connection and belonging, and cultivates caring behaviours, which lead to improved mental health and stronger families.

This highlights two interdependent impacts:healthy men as a valuable end in itself, and healthy families as a natural end when men develop caring connection.

The validated impact of stronger families comes at a critical time, when young men are yearning for positive role models as a contrast to the online content they're exposed to, and when safety and respect for women and girls is a national imperative.

Thank you to the staff and volunteers of The Men's Table for all your hard work. Thank you to our funders and partners for your commitment to our cause. Thank you to all the men at Tables who show up for each other and have joined us in this movement of caring connection.



David Pointon

LETTER FROM THE CHAIR



Robert Poynting
Chair

On behalf of the Board, I thank Social Outcomes Lab for completing this 2026 Impact Report, 'Caring men, Stronger families', drawing on survey data and comprehensive interviews, encompassing 764 men.

The report notes in just the past 12 months, over 1,000 men have joined a Table. I commend the impact report to readers, as this document captures and builds on the previous published evaluation reports and it is a testament to the important men's mental health work we are doing.

The Board were pleased with the appointment of the Hon. Dan Repacholi MP as Special Envoy for Men's Health across Australia, signalling growing recognition of the need for practical, evidence-based organisations to contribute more to men's wellbeing and overcome rising social isolation, negative role models and male suicide. The Men's Table Co-Founder and CEO, David Pointon, contributed to strengthening the national voice for men's health in his role as a board member of the Australian Men's Health Forum.

Given the demand for new Tables that reaches across all Australian states, the Board maintains strong governance and oversight whilst seeking to achieve growing sustainable core funding relationships that will support cost-effective Table program delivery.

We are firmly committed to our strategic vision where all men at Tables can develop and improve caring relationships with each other, their families, and their communities. The Men's Table Fundamentals remain a connective tissue which serves to guide men towards openly discussing life's challenges and being nurtured by each other.

The Board acknowledges and sincerely appreciates the hard work, leadership and dedication from the Co-Founder and CEO, David Pointon, and the excellent contribution of all the Volunteers and Kitchen team members who are establishing new Tables and supporting healthy Table cadence. It is your commitment, dedication and passion that make this organisation what it is today – trusted and deeply valued.

THE MEN'S TABLE FUNDAMENTALS REMAIN A CONNECTIVE TISSUE WHICH SERVES TO GUIDE MEN TOWARDS OPENLY DISCUSSING LIFE'S CHALLENGES AND BEING NURTURED BY EACH OTHER

May I thank my fellow Directors for their professionalism, judgement, and commitment during a year of significant growth and change.



Robert Poynting

IN THIS REPORT

Caring involves skills.
At a Table, men practise listening, speaking honestly and accepting support.

This report explores how learning new caring behaviours can reach into family life. The Men's Table seeks sustained national funding to grow and care for a network of 1,000 Tables.

Annual survey findings describe respondents' experiences. The impact chain sets out the change TMT seeks. The reporting period is 1 July 2025 to 30 June 2026. Dated follow-up conversations add depth to the annual evidence.

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HOW THE MEN'S TABLE MAKES A DIFFERENCE

OUR PURPOSE

TO MAKE CARING CONNECTION A UNIVERSAL MALE BEHAVIOUR

OUR VISION

HEALTHY

HEALTHY MEN
HEALTHY MASCULINITIES
HEALTHY COMMUNITIES

THE PROBLEM WE ARE RESPONDING TO

Social expectations about masculinity often encourage men to appear strong, deal with problems on their own and keep their feelings to themselves...

These social expectations make it harder for men to talk openly, build close and supportive friendships, or ask for help when they are struggling. Without this connection and support, men can become isolated, affecting their mental health and wellbeing and increasing the risk that problems become more serious. The consequences for men's mental health and wellbeing can be severe.

Australia is facing a men's mental health crisis.

2,529

men died by suicide in 2024
(ABS, 2024)

76.5%

of all deaths by suicide are men
(ABS, 2024)

Nearly

1 IN 5

men experience a mental disorder
(ABS, 2020–22)

Nearly

7

men die each day by suicide
(ABS, 2024)

Only

36%

receive professional support
(ABS, 2020–22)

A REGULAR PLACE TO PRACTISE CARE

10–12 MEN

One shared meal, once a month

The same local group meets to share the highs and lows of life. Men listen without judgement or trying to fix one another.

The Kitchen
TMT's central team supports local co-hosts and Kitchen Hand volunteers to help Tables keep meeting.

Behaviours are guided by The Fundamentals



OUR THEORY OF CHANGE

This shows the causal chain of impact from the point where a man joins a table. Change unfolds step by step. The journey is not a straight line and each step is a key destination which is measured by a key outcome indicator.



Men join Tables

Men meet monthly over a shared meal.

Output indicators: number of men and Tables

Connection & belonging

The Table environment creates psycho-social safety and a sense of belonging.

Caring behaviours

Intentional conversations and peer support build emotional expression, giving and receiving care, and asking for help.

Mental health & wellbeing

These capabilities improve mental health and wellbeing through stronger connections.

Stronger relationships

A wider ripple effect creates healthier families and communities.

MECHANICS OF CHANGE

Trust takes root

Shared meals and familiar faces build trust. Stories are heard without judgement.

Care is practised

Men share honestly and listen deeply. Giving, receiving and asking for help feel safer.

New habits take hold

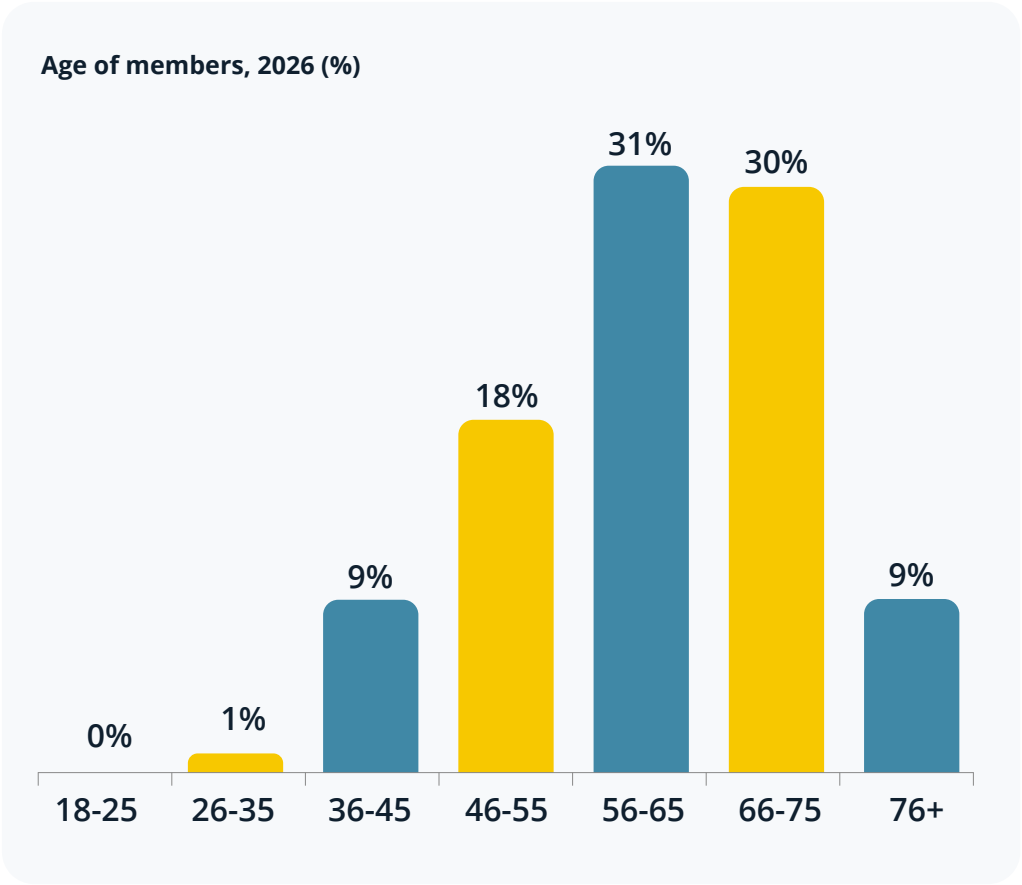
Skills move into daily life. Men reach out earlier and support becomes more reciprocal.

Care moves outward

Men are more present at home. Friendships, workplaces and communities benefit.

THE MEN WE SERVE

The Men's Table serves a demographic that is a priority group, with almost half having lived experience of suicide, and a growing proportion of long-standing members.



Age range

62%

of members are between 56 and 75 years old and socialised in an era of masculine emotional suppression

Lived experience of suicide

45%

have had suicidal thoughts, survived an attempt, supported someone in crisis, or are bereaved by suicide

Hold a degree qualification

40%+

are highly educated; varied professional backgrounds including retirees, tradespeople and executives

Time at a Table

2.1 YEARS

average time members have been at their Table (2026)

Profile drawn from 2025 (n=953) and 2026 (n=764) Have Your Say surveys

OUR IMPACT AT A GLANCE

OUR DATA SOURCES

Six sources of evidence, including a matched dataset of the same men across two years.
Reporting period 1 July 2025 to 26 June

COLLECTED FOR THIS REPORT

Have Your Say surveys

The Men's Table

953 · 764

respondents in 2025 · 2026

Current member outcomes and open-text themes.

Have Your Say matched dataset

The Men's Table

405

men who answered both the 2025 and 2026 surveys

Change over a year for the same men.

Retrospective change survey

Social Outcomes Lab

15

current members rating themselves before joining and now

Change on validated instruments. Small sample.

Impact Conversations

Social Outcomes Lab

6 · 26

focus groups · participants, 1.5 hours or more each

How and why change happened, in members' own words.

INDEPENDENT REPORTS

Independent evaluation

James Cook University

10 new Queensland Tables · 123 men

Reach, effectiveness and implementation of new Tables. Strong qualitative findings; quantitative data limited.



Monitoring and reporting framework

Deloitte, July 2025

15 consultations with the Kitchen, members and sector stakeholders

A refined theory of change and indicators that shaped this report.

IMPACT OVERVIEW

One result per outcome from each of three sources: what members say now, how the same men changed over a year, and how members rate themselves since joining.



	Men join Tables	Connection & belonging	Caring behaviours	Mental health & wellbeing	Stronger relationships
HAVE YOUR SAY 2026 % who agree, excluding unsure / not applicable	**2,967** **men at Tables, 30 June 2026** *+8.6% since Sep 2025*	**83%** **supportive male friendships at their Table** *2025: 81%*	**74%** **more confident expressing their feelings** *2025: 69%*	**85%** **say their Table supports their mental health** *2025: 85%*	**63%** **positive impact on their family relationships** *New question in 2026*
SAME MEN, ONE YEAR ON Change 2025 → 2026, matched cohort (n = 405)	**1,010** new men joined Sep 2025 – June 2026	**▲ +7.4 pp** **connection with Table members outside meetings** *Statistically significant*	**▲ +3.5 pp** **more confident expressing their feelings** *Statistically significant*	**▲ +5 pp** **"my mental health is good" (76% → 81%)** *Not significant: stable*	**▲ +2.6 pp** **relationships with friends and colleagues** *Not significant · community −8.8 pp*
SINCE JOINING Change before joining → now, retrospective survey (n = 13–14)	**12% → 24%** members with 3+ years (HYS 2025 → 2026)	**▲ +23%** **belonging score (4.49 → 5.51 / 7)** *General Belongingness Scale · p = .007*	**▲ +27%** **giving care score (6.11 → 7.75 / 10)** *CEAS (giving care) · p = .003*	**▲ +19%** **mental health score (56 → 66 / 100)** *WHO-5 · p = .025*	**▲ +25%** **satisfaction with relationships (6.0 → 7.5 / 10)** *Personal Wellbeing Index · p = .011*

THE VALUES BEHIND THE CHANGES

Before and after values for each change on the previous page.
Lines: same men a year apart. **Bars:** same men before joining and now. ***** statistically significant.



SAME MEN, ONE YEAR ON

Matched Have Your Say respondents, % agree, 2025 → 2026 (n = 405)

SINCE JOINING

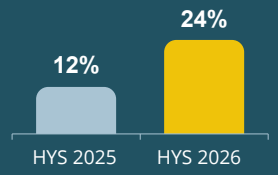
Retrospective survey, average score before joining → now (n = 13–14)

Men at Tables



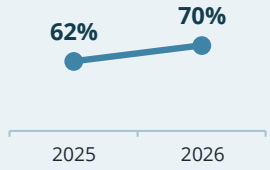
▲ +234 men (+8.6%)

Members with 3+ years



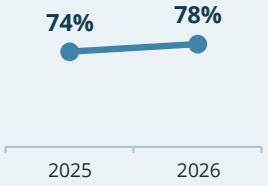
▲ doubled · all respondents

Connection with Table members outside meetings



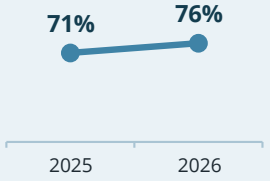
▲ +7.4 pp*

More confident expressing feelings



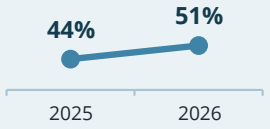
▲ +3.5 pp*

Know how to engage the Kitchen for support



▲ +4.5 pp*

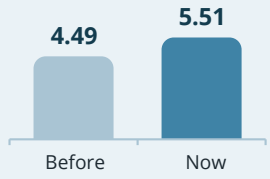
Connection with men from other Tables



▲ +6.3 pp*

Belonging score

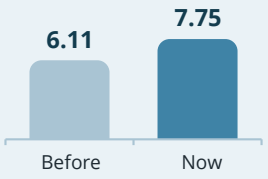
(GBS, 1–7)



▲ +23% · p = .007

Giving care score

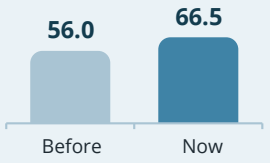
(CEAS, 1– 10)



▲ +27% · p = .003

Wellbeing score

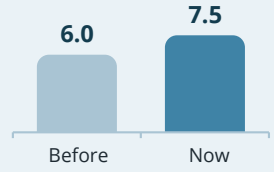
(WHO-5, 0– 100)



▲ +19% · p = .025

Satisfaction with relationships

(PWI, 0–10)



▲ +25% · p = .011

WHAT MEMBERS SAY MATTERS MOST

Biggest positive impact of a Table. (ranked)

1	**Role modelling and masculinity** Seeing other men be vulnerable changed how members see themselves. The dominant theme across both survey years.
2	**Safe space to share** Psychological safety as a distinct and valued outcome: a rare context for authentic disclosure.
3	**Connection and belonging** Friendship described as rare, meaningful and lasting.
4	**Support in tough times** Members showing up during crisis, separation and bereavement: peer support with no agenda.
5	**Personal growth** Increased self-awareness, emotional capacity and reflectiveness. Change is gradual and described as lasting.

THE ONLY PLACE I CAN TALK HONESTLY ABOUT HOW I AM ACTUALLY GOING

I now have a circle of men I genuinely trust.

WHAT CHANGES: BEFORE AND AFTER

How members describe themselves before joining and after sustained membership

	BEFORE JOINING	AFTER SUSTAINED MEMBERSHIP
Mental wellbeing	Loneliness and isolation; few places to share authentically	**Less lonely; energy from attending; consistently high wellbeing**
Help-seeking	A strong barrier to admitting difficulty or asking for support	**Less self-stigma; more willing to check in on and encourage others**
Belonging	Connection present but surface-level; few trusted male friendships	**Deeper belonging; friendships surviving life transitions; contacted when absent**
Empathy and perspective	A narrower social world; little sight of other men's experience	**Exposure to diverse lives; recognising shared struggle; greater compassion**
Emotional expression	Emotions suppressed, or moving quickly to solution mode	**More able to open up; practising listening without fixing**
Conflict and directness	Conflict avoided or left to fester; resentment building	**Raising problems directly and respectfully without damaging relationships**

OUR IMPACT IN DETAIL

MORE MEN FINDING A PLACE AT A TABLE

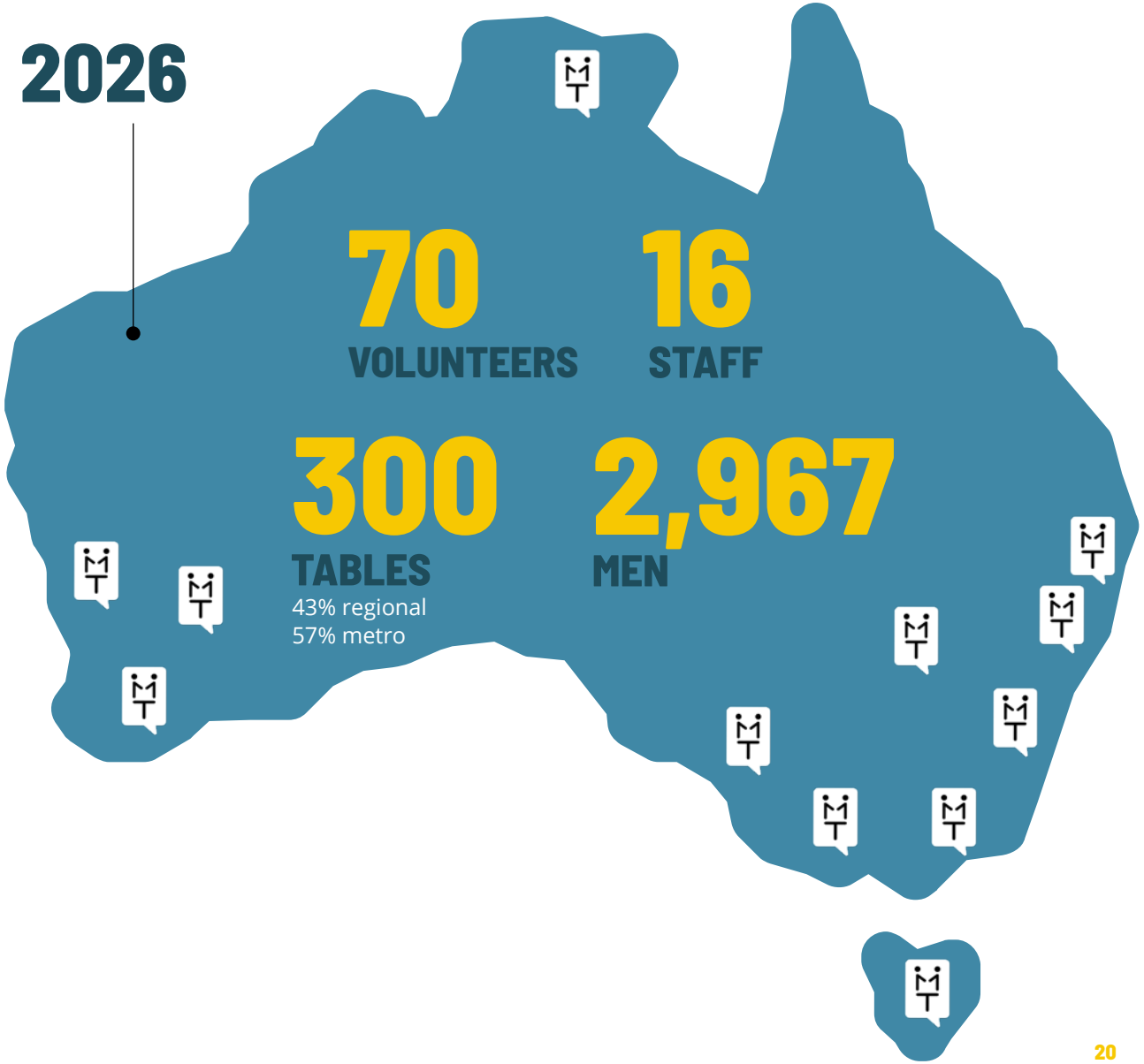
A scalable solution: an efficient, repeatable model meeting a widespread need.



2019



2026



WHAT MEN SAY

I CAME IN NOT KNOWING ANYONE. NOW I HAVE FRIENDS I'D GENUINELY CALL IN A CRISIS. THAT'S RARE FOR MEN MY AGE.



I already know that the men on my Table are going to be lifelong mates and that they've got my back. One of the members of my Table has also opened up connections for me to other meaningful friendships, which is very rewarding.



When I am at the Table I can feel the genuine care, concern and friendship between the men. We are now arranging other get-togethers between Table meetings.



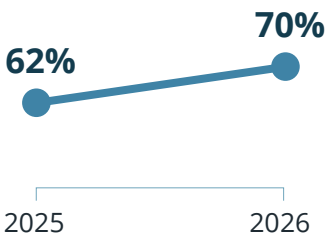
CHANGE BEGINS WITH ACHIEVING A SENSE OF SAFETY AND BELONGING AT THE TABLES.



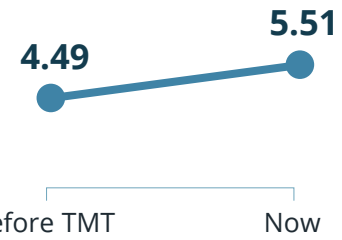
BELONGING BEGINS WITH SAFETY

Change begins when men feel safe at their Table. Sharing the highs and lows of life without judgement builds trust and friendship — the foundation for every later step in the impact chain.

Connection with Table



Belonging (score out of 7)



Safe place

95%

say their Table is a safe place to share feelings and life's highs and lows

Supportive friendships

83%

have developed positive, supportive male friendships

Someone to call

81%

could contact someone at their Table in a rough time

Less lonely

76%

feel less lonely because of their Table

JUST HAVING SOME MEN SIT THERE, NO JUDGMENT, JUST QUIETLY LISTENING TO WHAT YOU'RE TALKING ABOUT — IT'S JUST AN IMMENSE GIFT.



I am better able to listen and not try to jump into solving mode. I'm better at validating people's feelings and assessing if they want my input in solving.



As boys and men, we're raised to be invulnerable. So it's a challenge for a lot of men.



WHAT MEN SAY

“

One thing that's really stood out to me is how different the support is compared to what I've experienced elsewhere. I'm quite an emotional person, and support has been a significant part of my life, but at the Table there's no pressure to solve anyone's problems. We simply listen, validate each other's experiences, and, if someone asks for it, offer our perspective or advice. If they don't, we just listen.

That approach has been incredibly valuable for me. It creates a space where you feel genuinely heard without feeling judged or criticised. There are always plenty of laughs, honest conversations, and insights from men with completely different backgrounds and life experiences. Despite those differences, everyone shares the same goal: to support one another.

What has surprised me most is that the support doesn't stop when the meeting ends. The men genuinely care about each other and are always happy to catch up for a coffee or check in outside of the monthly Table.

For me, The Men's Table has given me more than just a place to talk. It's given me a community of like-minded men where I feel valued, heard, and uplifted every time I leave. I feel incredibly lucky to have found this group, and I genuinely look forward to catching up each month, sharing my experiences, and hearing everyone else's.

I believe you get out of The Men's Table what you're willing to put into it. The difference is that everyone there wants to be there, and they genuinely want to be there for each other. That sense of authenticity and mutual support is what makes it such a special place. ”



WHEN MEN FEEL SAFE TO SPEAK OPENLY WITHOUT JUDGEMENT, THEY BUILD TRUST AND NEW WAYS OF CONNECTING.



CARE CAN BE LEARNED

Caring involves skills. At a Table, men practise giving and receiving care, expressing their emotions and asking for help — and they use these skills in the rest of their lives.

Giving care

81%

say they are better listeners since being at their Table

Receiving care

82%

feel other Table members are showing up for them

Emotional expression

74%

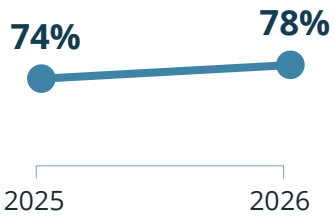
feel more confident expressing feelings and emotions

Asking for help

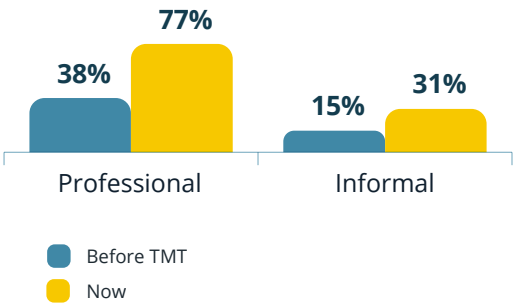
70%

know when and how to engage the Kitchen for support

Confidence in expressing feelings



Percentage of men likely to seek help before TMT and now



WHAT MEN SAY

Listening, understanding, knowing that I am not the ONLY person who struggles every day. I can cry if I need to, and so can they.

When I recognise there's integrity around the table, and when people who have been there longer open up — then I recognise: yes, this is a safe space.

I am more able to catch myself wanting to fix my wife's situation. More often now, I bite my tongue and just let her tell her story without hijacking her moment of sharing with my thoughts.

WHAT MEN SAY

“Eighteen months ago I was living in Queensland going through a rough patch, and I went looking for mental health support up there. Then we moved our family to South Australia to be closer to my wife's family and her support network. But I still needed something for myself.

I did a Google search and found an Entree with The Men’s Table coming up. It came at the best possible time: my marriage was disintegrating and I was going through a separation. I’ve leaned on the group hard, and it’s been an amazing support for me during this time.

Honestly, this program has done more for my mental health than any of the counselling or therapists I’ve seen before. There’s something about going on a path with other guys, knowing you’re not alone, that’s really powerful.

I’ve been at the Table for five or six months now. At meeting two I was very emotional and I really needed to talk things out. I teared up and broke down, and two of the guys reached out separately to check in on me. I think the more you put out, the more you get back and when I share, sometimes the guys just listen; sometimes I ask for advice and they’ll offer their perspective. Several of them are going or have gone through similar things to me, so it helps to get their advice and know I’m not alone. I try to stay upbeat and see the positive through this tough time. I’m trying to look out for the light at the end of the tunnel.

It’s hard to build a new friend circle in your mid-40s and when we moved I didn’t have any friends in Adelaide outside of my wife’s social network, so I wanted to build my own. It’s been 6 months so I wouldn’t call us close friends yet, but I know I could throw a message out to the group when I need support, and they’d be there. Our Table is a very friendly group of guys.”



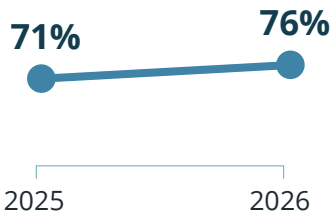
PRESSURES AND EXPECTATIONS OF HAVING TO FACE THE WORLD ALONE ARE REDUCED AND MEN EXPERIENCE BETTER MENTAL HEALTH AND WELLBEING.



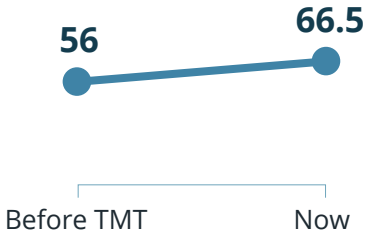
SUPPORT THROUGH LIFE'S HIGHS AND LOWS

When the pressure to face the world alone eases, men report better mental health and wellbeing. A Table is not therapy, but it is a place where men are noticed and supported through hard times.

Engage The Kitchen for support



Mental wellbeing (score out of 100)



Mental health support

85%

say their Table supports their mental health and wellbeing

Coping

66%

cope better with life's highs and lows

Managing stress

62%

better manage anxiety, stress or depression

Seeking help

56%

are more likely to seek professional help when needed

WHAT MEN SAY

THE TABLE HAS ENHANCED MY LIFE IN MANY WAYS. IT HAS ORGANICALLY, SUBTLY MEANT MY FAMILY CAN RELAX AND KNOW MY MENTAL HEALTH AND SOCIAL CONNECTIONS ARE MORE SOLID AND STABLE THAN EVER.



It's not therapy — but it's certainly a place where people feel they can get stuff off their chest. And for a lot of guys, that's the first time they've ever had that.



Being involved has definitely helped me through a difficult time in my life with physical and mental health challenges.



WHAT MEN SAY

“Moving back to Adelaide to be closer to family meant that my social network was diminished further and despite wonderful kids, a pretty patient partner and family support I was still struggling and struggling with the idea that I was struggling.

Despite medication and therapy it really felt I was in a hole and that saw me irritable with my partner and kids and prone to breaking down.

Joining the Men’s Table (coupled with medication and therapy) has had a profound effect on me. Beyond the community and care that develops between the men, to me, just being witness to the trials and triumphs of other men’s ever-changing lives has given me a powerful perspective on my struggles and allowed me to reframe and deal with my lows better. On my Table alone I’ve seen members come out of quite profound depression and attribute that solely to the Table and being able to talk candidly and openly to other men.

The relief that the Table has contributed to my mental health has clearly flowed on to my family, making me a calmer, more loving partner and father which will no doubt give my children a better chance in life. I’m sure the other members of my Table would say the same.

I cannot speak more highly of the Men’s Table. It’s such a simple, powerful idea that essentially allows men to simply help themselves and results in the benefits from that rippling out from each Table.”



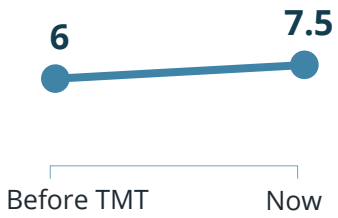
MEN CARRY THESE CAPABILITIES BEYOND THE TABLES, CHANGING HOW THEY CONNECT WITH FAMILY, FRIENDS AND COMMUNITIES.



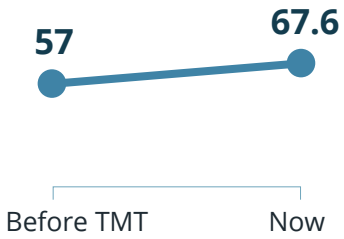
THE CARE MEN CARRY HOME

Men carry what they practise at the Table into family life: listening to partners and children, and showing up with more confidence as partners and fathers.

Satisfaction with personal relationships (out of 10)



Emotional expression (score out of 100)



Family relationships

63%

report a positive impact on their relationships with family

Listening to partners

66%

are better equipped to listen to their partner

Listening to children

62%

are better equipped to listen to their children

Confident fathers

59%

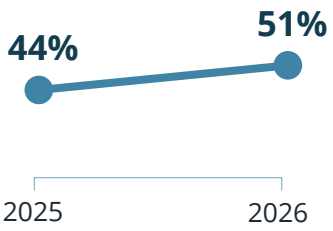
feel more confident as a father



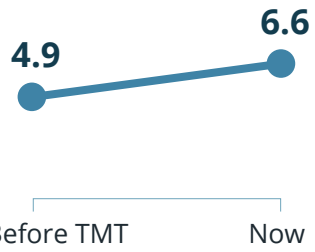
BEYOND THE TABLE

The ripple reaches past the family to friends, colleagues and the wider community, and to the next generation of men.

Satisfied with connection with men from other Tables



Satisfaction with feeling part of the community (score out of 10)



Friends and colleagues

62%

report a positive impact on relationships with friends and colleagues

Supporting younger men

86%

say it matters more to them that younger men are supported to be good men

Healthier masculinity

69%

are better able to model healthier versions of being a man

Volunteering

44%

say they are more likely to volunteer in the community

WHAT MEN SAY

171

family and relationship stories in the 2026 survey

The analysis identified themes of closer family relationships and role modelling for children and partners.

MY WIFE NOTICED BEFORE I DID. SHE SAID I WAS ACTUALLY LISTENING TO HER INSTEAD OF JUST WAITING TO SOLVE THE PROBLEM.



I feel I am more patient around my partner. I have encouraged my son-in-law to express his feelings more.



I'm closer to my daughter aged 36 after being part of The Men's Table.



WHAT'S NEXT

TOWARDS 1,000 TABLES

Sustained national funding can help more men find caring connection and support Tables to last.

GROWTH

Local outreach, introductory Entrée events and support to establish new Tables.

CARE

Develop co-hosts and volunteers, with central support when Tables face difficulties.

EVIDENCE

Track participation and outcomes, and hear more directly from families.

PROGRAM IMPROVEMENTS

1

VOLUNTEER KITCHEN HAND TEAM

We're delighted to have embedded a formalised volunteer 'Kitchen Hand' team helping us support Tables.

Through the experience, skill and commitment of the current team, volunteer roles will continue to expand to:

- Kitchen Hand Carers
- Kitchen Hand Activators
- Kitchen Hand Concierges

2

TABLE FIDELITY

On average, 92% of Tables were rated Healthy each month during this year.

Wobbly Tables are more likely in their first 6 months as men establish commitment, trust and use of the Fundamentals.

We will strengthen our processes of support for Table fidelity, including minimum membership numbers and co-host capability, during the forming period.

As the Kitchen Hand team grows, so does our ability to provide this extra level of support.

3

THE MEN'S TABLE, NOT A MEN'S TABLE

The direct experience of new men is becoming part of a local Men's Table.

Yet at the same time, they're becoming part of something bigger: a movement of caring connection.

We can expand our welcoming of new men to help them feel part of the bigger picture of The Men's Table, whilst also helping them connect at their own Table.

The growth of the Kitchen Hand team also provides all men more visibility of the opportunities to contribute.

4

SAFEGUARDING AND SAFETY FOR ALL MEN

Our newly launched Kitchen Call Bell gives men easier access to clinically informed support and pathways for complex situations.

We will continue to build capability across our team, and strengthen referral partnerships to services men need.

We will keep enabling safe and welcoming environments for diverse cohorts, including men identifying as Aboriginal and Torres Strait Islander, from CALD backgrounds, from the GBTQAI+ community, and younger men.

INDIVIDUALLY AND COLLECTIVELY, THE RESEARCH FINDINGS SHOW THAT THE MEN'S TABLE IS MAKING A POSITIVE IMPACT. THROUGH GROWTH AND CARE, MORE MEN CAN FIND A DEPENDABLE PLACE TO PRACTISE CARE AND CONNECTION. **TOGETHER, WE CAN MAKE A BIGGER IMPACT: START NEW TABLES AND SUPPORT THEM TO LAST.**

PARTNERSHIPS

EVALUATION AND ACADEMIC PARTNERS

In conjunction with the Queensland Mental Health Commission, James Cook University conducted an external evaluation of new Tables being established across QLD from June 2024 - June 2025.

The Men's Table is partnering with Macquarie University, Monash University. Through our student placement programs, psychology students have the chance to apply their learning in real-world settings that support our work. These partnerships not only bring valuable skills and fresh insights to The Men's Table but also help us keep learning and evolving as an organisation.

FOUNDATIONS

Thanks to the generosity of organisations including Snow Foundation, Wilson Foundation, Hands Across Canberra, Geelong Community Foundation, Newcastle Permanent Charitable Foundation, James Frizelle Charitable Foundation, James N Kirby Foundation, Australian Philanthropic Services, Anthony Costa Foundation, Andrews Foundation and Perpetual, we have been able to serve men and their families in Canberra and Southern NSW, Geelong and region, Gippsland, Newcastle and Hunter region, and South East Queensland in 2025.

GOVERNMENT FUNDERS

We are appreciative of the Government funders that have enabled us to engage with communities across the country, including many regional centres and small towns. Thanks to Commonwealth Dept of Health, Disability and Ageing, a number of Primary Health Networks, Qld. and WA Mental Health Commissions, Health departments of ACT, NSW, South Australia and Tasmania, and many local councils across the country.



THE MEN'S TABLE

Strength To Care

Contact us at:
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See here for more detailed data or scan the QR code