

Promoting Healthier Masculinities in the East for the Prevention of Violence Against Women Steering Group 2020-21

The Promoting Healthier Masculinities steering group consists of a number of partners across the Eastern Region of Melbourne. This group aims to promote and seed efforts that engage with men and boys to promote healthier masculinities for the prevention of violence against women.

Over the course of 2020 - 2021 the Promoting Healthier Masculinities steering group was able to meet seven times online. The steering group focused on how they could promote healthier masculinities throughout the COVID-19 pandemic in the Eastern Region. The steering group was also able to hear from a range of guest speakers representing various organisations such as VicHealth, Movember and The Men's Project as part of the Jesuit Social Services. A number of exciting events and initiatives across the Eastern Region were delivered throughout the year.

Engaging Men: Reducing Resistance and Building Support Guide

Eastern Health, Health Promotion staff Josette O'Donnell and Benjamin Brewin partnered with Assoc. Prof. Michael Flood from Queensland University of Technology and Brianna Myors from EDVOS to develop the Engaging Men: Reducing Resistance and Building Support Guide. This guide was designed to support professionals and practitioners who work in the violence prevention field.

The guide is available here:
https://www.easternhealth.org.au/images/Engaging_Men-_Reducing_Resistance_and_Building_Support_final.pdf

A supporting launch event was hosted between the partner organisations and included guest presentations from representatives from Our Watch and The Men's Project as part of Jesuit Social Services.

Engaging Fathers Systems Mapping Project

This student led project aimed to discover and map the existing system of father engagement for community health and local government services in the EMR. This project was conducted in partnership with EACH, Access Health and Community and Yarra Ranges Council.

- 6 Community Health organisations participated in the mapping process.
- 4 Local Governments participated in the mapping process.

The systems map and summary report were finalised and will be distributed across the region.

Supporting Fathers and Respectful Relationships Forum and Workshop

The supporting fathers and respectful relationships forum and workshop were a series of online events hosted during the 16 days of activism 2020. Both were delivered for professionals and practitioners who work with families in the EMR. The aim was to support their engagement with fathers and male caregivers and promote positive and respectful relationships.

The forum included presentations from:

- Dr Jacqui Macdonald, Deakin University
- Dr Karen Wynters, Deakin University
- Associate Professor Michael Flood, Queensland University of Technology

The workshop was a practice focused event showcasing local case studies that had engaged with fathers and provided those in attendance a chance to reflect on how they could better support fathers through their practice.



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Community Leaders Proposal and Initial Working Group Meeting

Eastern Health undertook an investigation into the feasibility of a community leaders based program with a focus on men and masculinities. The investigation found that community leaders programs can be effective with the proper planning and program management.

An advisory group of partners across the Eastern Region has been formed to support the project. Following discussions with the advisory group the scope of the initial investigation was increased to incorporate a more inclusive approach focused on gender equality and respect. The model will include community leaders from diverse backgrounds including representation from LGBTIQ, ATSI, people with a disability and multicultural populations.

Eastern Health, Health Promotion are in the process of developing a project action plan for 2022.



Mental Health and You Forum

In partnership with Rotary and Yarra Valley Water, Eastern Health supported the Mental Health and You Forum. It was noted that many Rotary members across the Eastern Region had been impacted in a number of ways by the COVID-19 pandemic.

The forum was supported by four guest speakers including:

- Gerard Mansour - Commissioner for Senior Victorians and Ambassador for Elder Abuse Prevention.
- Dave Burt - Founder of Sport and Life Training.
- Sameera Abdeen - Community Inclusion Project Manager at Yarra Valley Water.
- Rob Glas - Councillor Eastern Health.

30 Community and Rotary members attended the Mental Health and You forum.

The steering group seeded 9 activities and events across the region during 2020-21 with an estimated reach of over **8300**.

Eastern Health, Health Promotion shared an evaluation survey with steering group partners to learn how valuable and useful they found the group and found.

100% of respondents noted that the steering group supported them to discuss and reflect on their opportunities to promote healthier masculinities within existing programs, structures or settings.

80% of respondents noted that the steering group supported them to collaborate with partners across the region in promoting healthier masculinities.

For more information regarding the steering group please contact health.promotion@easternhealth.org.au

