

MEN OF HOPE

Get in - Get Healthy & Strong -
Get Going

About Us

Experience the joy of life by becoming a part of Men of Hope, a cost-free social group specifically designed for men to regularly connect with one another, engage in fun activities, and enjoy casual meet-ups.

Established in July 2016, Black Swan Health's Men of Hope men's support group has earned recognition for exceptional accomplishments in injury recovery in the Injury Matters Awards of 2021. Additionally, the Men of Hope program was a finalist in the WA Men's Wellbeing Awards 2024.

This year, we are thrilled to expand our reach by launching new groups south of the river, having previously operated only in the north. We look forward to welcoming new members to these groups soon.

Join us at our next meeting and become part of a supportive and vibrant community!



"Men of Hope is a good place to ground yourself. I find it is a place where I can give - it is fulfilling."

It gives me perspective having the guys to confide in."

- Anonymous

Our Activities For Southern Suburbs

- ◆ Cooking Group
- ◆ Music Group
- ◆ Cooking Course*
- ◆ Blokes' Afternoons

**booking confirmation required to attend cooking course*

See flip side for details and calendar of activities

menofhope.com.au

T: 08 6559 1482 M: 0409 976 426

E: Gerhard.Rousseau@blackswanhealth.com.au

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Calendar - September 2024 to June 2025 For Southern Suburbs

Activity	Time & Location	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Cooking Group Socialise, improve your cooking skills and share a meal with friends. Big Kev, our experienced chef will make sure you feel welcome.	Mondays 2pm to 4pm Mount Pleasant Uniting Church 1 Coomoora Rd, Mount Pleasant	2 16 30	14 28	11 21	9 23	20 23	24 10	10 17 24	14 28	5 12 19 26	9 16 23 30
Cooking Course Learn cooking skills and healthy eating with chef Big Kev. Four sessions per course. Booking confirmation required.	2pm to 4pm Mount Pleasant Uniting Church 1 Coomoora Rd, Mount Pleasant		Course of 3 Sessions Oct 7, 21, and Nov 4					Course of 3 Sessions Mar 24, Apr 7, and Nov 21			
Music Group When jamming, karaoke or just enjoying listening to music rocks your world, our weekly Music Groups could be for you.	2pm to 4pm Mount Pleasant Uniting Church 1 Coomoora Rd, Mount Pleasant	Wednesdays									
Blokes' Afternoons Join us once a month for a cuppa and a chat. Enjoy an afternoon playing games and doing crafts.	2pm to 4pm Mount Pleasant Uniting Church 1 Coomoora Rd, Mount Pleasant			18	16		24	10		5	16

*Parking available at the front and the rear of the building

Contact Us Today

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Registration Form - Men of Hope

Name: (first name and last name)		Date of Birth:
Address:		
Phone:	Email:	
Gender:	Ethnicity:	
Are you a Commonwealth Psychosocial Support Participant? YES NO	Support Worker's Name:	
Are you an NDIS Participant? Yes No	Support Coordinator's Name:	
Are you linked to a Case Manager or Support Worker? YES NO		
Agency:	Support Worker's Name:	Contact Number:
Do you consent for us to contact your worker? YES NO		
How did you hear about the Men of Hope Program?		
What do you hope to achieve by attending the Men of Hope Program?		
Tick the activities you would like to participate in:		
<input type="checkbox"/> Cooking Group <input type="checkbox"/> Music Group <input type="checkbox"/> Walking Group <input type="checkbox"/> Blokes' Afternoon <input type="checkbox"/> Cooking Course* (Booking Required)		
Peer participation is a key factor.		
Are you confident in your ability to attend on a weekly basis? YES NO		
If not, is there a plan that can help to improve your capacity to attend?		
Choose a preferred location for the group: <input type="checkbox"/> Greenwood <input type="checkbox"/> Mount Pleasant		
Would you consider going to a group outside your preferred location? YES NO		
Signature		Date: