

# 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.

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 Northern Suburbs*

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

*\*booking confirmation required to attend cooking course*

[menofhope.com.au](http://menofhope.com.au)

T: 08 6559 1482 M: 0409 976 426

E: [Gerhard.Rousseau@blackswanhealth.com.au](mailto:Gerhard.Rousseau@blackswanhealth.com.au)

See flip  
side for  
details and  
calendar of  
activities

# MEN OF HOPE

Get in - Get Healthy & Strong -  
Get Going



## Calendar - July 2024 to June 2025 For Northern Suburbs

Activity	Time & Location	Jul	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
<b>Cooking Group</b> Socialise, improve your cooking skills and share a meal with friends. Our experienced team will make sure you feel welcome.	<b>Fridays 2pm to 4pm</b> 85 Marlock Drive Greenwood	5, 19	2, 16, 30	13, 27	11, 25	8, 22	6, 20	17, 31	14, 28	14, 28	11, 25	9, 23	6, 20
<b>Music Group</b> When jamming, karaoke or just enjoying listening to music rocks your world, our weekly Music Groups could be for you.	<b>2pm to 4pm</b> 85 Marlock Drive Greenwood	Tuesdays											
<b>Walking Group</b> For those who enjoy the outdoors, join our walking group and explore the beautiful coastline at North Beach.	251 North Beach Spinifex North Beach (parking at the back)	<b>8am to 10am</b> Tuesdays		<b>8am to 10am</b> Tuesdays						<b>8am to 10am</b> Tuesdays			
<b>Cooking Course</b> Learn cooking skills and healthy eating. Four sessions per course. Booking confirmation required.	<b>12pm to 2pm</b> 85 Marlock Drive Greenwood			Course of 4 Sessions 16, 13, 20 and 27		Course of 4 Sessions 8, 15, 22 and 29						Course of 4 Sessions 2, 9 16 and 23	
<b>Blokes' Afternoons</b> Join us once a month for a cuppa and a chat. Enjoy an afternoon playing games and doing crafts.	<b>2pm to 4pm</b> 85 Marlock Drive Greenwood			20	18	15			7	21		30	27

## Contact Us Today

[menofhope.com.au](http://menofhope.com.au)

T: 08 6559 1482 M: 0409 976 426

E: [Gerhard.Rousseau@blackswanhealth.com.au](mailto:Gerhard.Rousseau@blackswanhealth.com.au)

## 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: