

MEDIA RELEASE

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Glen Innes Natural Resources Advisory Committee

Men's Night Out with Legendary Race Car Driver, Dick Johnson

Calling all men, women, farmers, community members and car enthusiasts! You're invited to an evening of good mates and good times at the Men's Night Out at the Glen Innes District and Services Club this month.

Any rural person can relate to the hardships endured by farmers and communities during times of drought, but men in particular struggle with methods of talking about these stressors or recognising when it's time to seek help. Facilitated by GLENRAC and HealthWISE, the Men's Night Out will give people the chance to brush up on the latest information and advice around men's health and wellbeing, whilst also catching up with mates over dinner.

A highlight of the evening is sure to be hearing about the life and experiences of the lead guest speaker, icon and legend of Australian motor sport, Dick Johnson. Dick is a five-time Australian touring car champion, a three-time winner of the Bathurst 1000 and is a co-owner of the V8 supercar team, DJR Team Penske.

"I'm looking forward to a night of fun and also discussing the serious topic of men's health," says Dick. "I'm keen to hear what the health professionals have to say and I hope my fellow Ford fans are as well. I suppose we'd better let the Holden blokes take advantage of the free health checks available on the night too!"

Fellow speaker, Rob Anderson, will also talk about his own struggles with mental health on the night, including the stressors of life on the land as a third-generation farmer and the severe depression he suffered after being forced to give up his family property. Rob's honest discussion of how life can continue after the farm is something many will be interested to hear about.

"The reason why we run these nights is that it gets people off the farms, out of the businesses and away from the drought that we are all struggling with," says HealthWISE nurse, Chris Connor. "It's a great chance for men and their partners to mingle with others – like-minded friends, colleagues or community members – who are experiencing similar pressures. It's also a free event, with the only cost to participants being what they choose to put over the bar."

The evening will also include a chat with Rural Adversity Mental Health Program (RAMHP) Coordinator Leticia Cross, who will be talking about the general health and wellbeing of men, and the importance of monitoring others who might be struggling. HealthWISE nurses will also be on site to offer free general health checks to all attendees, including checking blood pressure, blood glucose levels and pulse rates.

"We pick up a lot of things in these health checks," says Chris. "While it's not as intensive as going to a doctor, it's a true indicator of the persons wellbeing and gives us a chance to see how they're handling the stressors. At the end of the day, if a person isn't travelling well on a health level or if their mental health isn't in the right place, everything else suffers."

This free event is made possible by drought support funding received by the Glen Innes Severn Council and distributed to GLENRAC through the Australian Government Drought Communities Programme (DCP).

Men's Night Out. Friday 17th May, 2019. 6:30pm for a 7:00pm start. Glen Innes and District Services Club, 120 Grey Street, Glen Innes.

Please RSVP to GLENRAC by 5:00pm 14th May, 2019 by phone: 02 6732 3443 or text: 0427 325 901 or email: kylie@glenrac.org.au or drop in to the GLENRAC office at 68 Church St, Glen Innes.