

Men's Health Week

Learn more about Care Opinion Australia's Men's Health Week campaign

Running from 12 - 18 June 2023
In recognition of Men's Health Week



What is Men's Health Week about?

The theme of Men's Health Week 2023 is Healthy Habits - focusing on encouraging men and boys to build healthy habits by identifying small changes they can make that benefit their health and wellbeing.

At Care Opinion, **men's health matters to us**, and we want to empower men and boys to discuss their health and well-being. Ensuring men and boys feel comfortable, safe and respected in the care setting is essential to fostering a healthy relationship with care.

This kit includes:

Posters for
display in
service

Digital / social
media tiles

Suggested
social media
content



The suggestions outlined in this kit have been developed to complement and enhance your approach locally and support ongoing recognition of the importance of empowering men and boys in their health at your service.

Contact Us



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www.careopinion.org.au

For subscribing hospitals, community and aged care services

In-service promotion

Posters

Care Opinion has a number of poster templates available to cover a range of departments and wards. You are most welcome to produce invitation links so QR codes can be generated and added to these posters, otherwise, a generic QR code will be provided. See below:

The image shows three identical poster templates for 'Mens health matters to us'. Each poster includes the Care Opinion Australia logo, a QR code, and a testimonial. The testimonials are:

- Poster 1:** "Thank you all for playing your part in diagnosing, repairing and rehabilitating my heart. You will occupy a place in it for all the extra years I'm still around to be the dad and granddad I need to be."
- Poster 2:** "Thank you to Dentist Leslie, she provided excellent treatment whilst waiting with my son. I feel his ADHD can make these things difficult and she shows compassion and excellent strategies to help make this process of dental treatment manageable."
- Poster 3:** "Kat contacted me throughout the experience and also spoke regularly with my son while he was in hospital which as he puts it 'she's a real person who you can talk to'. Having someone like yourself within the Adult Mental Health system has given us as family a sense of hope."

Suggested social media posts

- Men's health matters to us. That's why we want to hear about your experience at our service. Your feedback is crucial to ensuring we provide a comfortable, respectful and safe service. We would love to know if this has ben your experience. Tell your story anonymously through Care Opinion: *[insert link]*
- Help us to celebrate the Men's Health Week 2023 theme let us know how we fit in with your healthy habit. Have we helped you create a healthy relationship with care? Or, is there anything we can do to help your care experience? Your story is a powerful tool to improve care for men and boys. Share your story anonymously through Care Opinion: *[insert link]*

*You can support these posts with the below digital / social media tiles.

Digital tiles

The image shows four identical digital tile templates for 'Mens health matters to us'. Each tile includes the Care Opinion Australia logo, a QR code, and a testimonial. The testimonials are:

- Tile 1:** "Kat contacted me throughout the experience and also spoke regularly with my son while he was in hospital which as he puts it 'she's a real person who you can talk to'. Having someone like yourself within the Adult Mental Health system has given us as family a sense of hope."
- Tile 2:** "Thank you to Dentist Leslie, she provided excellent treatment whilst waiting with my son. I feel his ADHD can make these things difficult and she shows compassion and excellent strategies to help make this process of dental treatment manageable."
- Tile 3:** "Kat contacted me throughout the experience and also spoke regularly with my son while he was in hospital which as he puts it 'she's a real person who you can talk to'. Having someone like yourself within the Adult Mental Health system has given us as family a sense of hope."
- Tile 4:** "Made me and my sick son feel comfortable and safer. Even gave him a teddy to take home when he was having to have blood tests! Very supportive and communication was excellent."