

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 at your
organisation

Digital / social
media tiles for
use online

Newsletter /
community
pages info



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.

Contact Us



07 3354 4525



info@careopinion.org.au



www.careopinion.org.au



For community groups: Why participate in our Campaign?

What is Men's Health Week 2023 all 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.

The Western Sydney University, who co-ordinate Men's Health Week events says; "*Men's Health Week works on the understanding that **the best people to improve men's health in Australia are those who live, work and engage with men and boys in communities around the country.***"

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Purpose

The end goal for the week, coordinated by the Centre for Male Health in Western Sydney University, is to provoke thought, awareness and discussion about what needs to be done to improve health for men and boys. We encourage organisations to use this opportunity for you to support communities to break the stigma and help men and boys talk about their health by sharing their stories.

The messaging contained in this kit is designed to help community groups to encourage feedback on whether your local health services have created a healthy environment for men and boys to talk about their health and seek help when needed, and if there is any room for improvement.

About us

Care Opinion Australia works with health, community and aged care services around the country to join the conversation with their consumers by responding to their firsthand accounts (stories) of their care experience.

You can find out more about us here: <https://www.careopinion.org.au/info/about> or by contacting our friendly team at info@careopinion.org.au.

For use in your community organisation

Posters

Available for download on the Care Opinion website. You might like to display these posters on your community notice board, above the tea/coffee station on on the backs of toilet doors to encourage your local community of men and boys to share their story.

Mens health matters to us

Men's Health Week 2023 is the perfect time to empower men and boys to discuss their health and wellbeing.

Did you know you can send anonymous feedback to your health, community or aged care service through Care Opinion?

Care Opinion is an independent, moderated platform for you to share your recent experience of care.

Did you feel safe, respected and comfortable at the service?

Was the environment comfortable enough for you to feel you could come back?

Share your story

"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 grandad I need to be."



Scan the QR code, phone 1300 662 996 or go to www.careopinion.org.au

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"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."



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"Everyone took time to talk and explain. We found the care was overwhelmingly 'person focused'. This was the first admission for our son, and we have all had such a positive experience. We cannot praise the team enough."



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Join our campaign on social media

Digital tiles

Available for download on the Care Opinion website. You can share these across your social media pages (i.e. facebook, instagram etc) or you might like to put it up on your website. You can accompany these tiles with some short text (below) and a link to the website.

Example: Men's Health Week 2023 is the perfect time to empower men and boys to discuss their health and wellbeing. Care Opinion is an independent, moderated platform for you to share your recent experience of care anonymously. Share your story today at: www.careopinion.org.au/tellyourstory or phone 1300 662 996

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Share your story

"The volunteers who give so much - I feel some sit in a boring little space for hours to give us our covid tests and make safe visitor entry and exit - others like Alison play the piano every Thursday afternoon filling the home with the most beautiful music (a favourite of Dad's)."

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"Made me and my sick son feel comfortable and safe! Even gave him a teddy to take home when he was having to have blood tests! Very supportive and communication was excellent."

Visit www.careopinion.org.au OR phone 1300 662 996



Care Opinion Australia
@careopinionau



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Care Opinion Australia

Communications Content

For use in newsletters/community pages etc

Option 1: text

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Care Opinion is an **independent, moderated** platform for you to share your recent experience of care.

Did you feel **safe, respected and comfortable** at the service? Was the environment comfortable enough for you to **feel you could come back**?

What did we do to make you feel this way?

Share your story today at: www.careopinion.org.au/tellyourstory or phone 1300 662 996

Option 2: a5 page sized design

Did you know you can send anonymous feedback to your health, community or aged care service through Care Opinion?

Will you share your story?

Men's Health Week 2023 is the perfect time to empower men and boys to discuss their health and wellbeing.

Who is Care Opinion?

Care Opinion is an **independent, moderated** platform for you to share your recent experience of care.

How do I share my story?



Scan the QR code

Visit the Care Opinion website at www.careopinion.org.au/tellyourstory

Phone the Care Opinion Team on 1300 662 996

