

## Centre for Rural & Regional Health Education (CRRHE)



### *Affiliate organisations*

Centre for Advancement of Men's Health (CAMH),  
Heburn Health Service (Daylesford),  
Men's Awareness Network (MAN),  
Centre for Promoting Healthier Workplaces (CPHW)  
MANNET (Website)

### Programs

Rural Health  
Promotion

Men's Health

Adolescents Health

Workplace Health

Heart Disease  
Program

Parenting

Farm Safety

Health Practitioner  
Professional  
Development

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**TO:** Workplace Health and Safety Officers  
and interested Health Workers

**RE: WORKPLACE HEALTH PROGRAM  
MEN AND PARTNERS**

We work very closely with Workplace Health Teams in providing the best possible outcomes, through our Workplace Health Sessions, for employees and the benefits of our "Understanding Men" sessions for partners.

As you can see from the **Workplace Health Findings** all the sessions are evaluated in an effort to provide the Employer with a thorough overview of the health status of employees and their issues in order to provide future direction of programs that will benefit both employer and employee.

The sessions help identify issues that may impact on the Workplace Health and Safety of the workplace.

The sessions with partners reduces the misinformation and misunderstandings that creep into relationships, as time goes by.

It also provides both men and women with a greater respect and understanding of the roles each has in the partnership of work.

Relationship "health" has a big impact on the day to day wellbeing of workers, which can have a direct result in the workplace, especially in regard to workplace safety.

Reducing stress, especially workplace and relationship stress is very beneficial to workplace productivity and safety.

The costs of the program vary for different workplaces depending on numbers, location and length of sessions. Our Program has been adopted in several workplaces over a 12 month period addressing a range of issues and incorporating Workplace Health Screenings. Our sessions are relevant for a range of professions such as Teachers, Police, Council Workers, Coal Miners, Health Workers and others. Program costs range from \$450 - \$1250 per day plus, travel, accommodation and meals. Yearly programs depending on numbers can range from \$2,500 per year plus travel costs.

We believe that Education and Creating Awareness of the issues that affect the Health and Wellbeing of Men and Women empowers them to reduce their risks. This is especially so in heavy machinery and mining workplaces an example, where Health and Safety is paramount.

Our website, [www.mannet.com.au](http://www.mannet.com.au), provides a comprehensive overview of the extent of our work around Australia in men's health, workplace health, and our community programs for men, women and adolescents.

Maybe our programs can support your efforts in improving and developing better health and safety outcomes for your workplace.

Contact us to discuss the opportunity of providing Health Programs for your Workplace.

Regards,

BERNARD DENNER  
Projects Manager