

# MEDIA RELEASE



Thursday, 8 June 2017

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## Tradies' breakfast promotes health and wellbeing

To recognise Men's Health Week (June 12- 19), the Rural Adversity Mental Health Program (RAMHP) in partnership with Clarence Valley Council, Grafton Bunnings and members from Our Healthy Clarence Committee are hosting a tradies' breakfast.

The focus of the tradies' breakfast is improving and maintaining health and wellbeing and having meaningful conversations about the factors that keep us healthy in body and mind.

The FREE Healthy Body & Healthy Mind Tradies Breakfast will be held on Wednesday 14 June at Grafton Bunnings from 7am to 8:30am.

RAMHP Coordinator Samantha Osborne said the breakfast ties in with this year's theme for Men's Health Week which is "HEALTHY BODY – HEALTHY MIND: KEEPING THE BALANCE" exploring the different ways men and boys are managing to keep healthy, physically and emotionally, in a busy and sometimes challenging world.

"Balancing these challenges means doing things that are nourishing and good. We will be providing some practical tips, which can help with health and wellbeing," Ms Osborne said.

Some of these tips include:

- staying connected with family and friends
- volunteer work, with a club or in the community
- doing something you enjoy such as walking the dog or bike riding
- being mindful of our diet and getting enough sleep and exercise
- being careful of excessive alcohol intake and avoiding other substances
- trying mindfulness and relaxation techniques
- speaking to someone you trust
- planning a holiday

Bacon and eggs will also be available with a side serving of a free Men's health survival pack.

"This is also a great opportunity to come and have a chat and find out what services are available in your area and what you can do if you or someone you know is worried about their mental health" Ms Osborne said.

Look out for a men's health week poster near you and the opportunity to support the men in our Clarence Valley to be healthy and balanced in mind and body.

If you have any concerns, please contact the **Mental Health Line on 1800 011 511 (free call for landlines), Lifeline 1311 14 or Men's Healthline 1300 78 99 78**

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