

Men's Link Incorporated
Annual Report 2022-23





“Fostering resilience & empathy” by artist Sarah Richards, Murrumbidgee Journeys

This commissioned painting represents the work Menslink does to support young men to become more resilient and develop the ability to address their emotional challenges without resorting to aggression and violence, self-harm, or substance abuse. The two hands represent the support and holistic approach of Menslink within the ACT (the background). In the centre, the six sections represent Menslink’s values that guide them in their work to support the young men in their journey to build resilience and empathy so they can become the great men they want to be.

Menslink acknowledges the traditional owners and custodians of country throughout Australia and their continuing connection to land, waters, and community. We acknowledge and respect their continuing culture and the contribution they make to the life of this city and this region.



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Menslink in Brief



What we are about



From our Menslink Parents

COUNSELLING

"A heartfelt thanks from this parent who now has a child happy to be attending school and who has managed some very difficult situations using the skills he learned from his counselling sessions. It is so important we have this help available and I will be forever grateful we got this result"

"Our son has had various styles of counselling ranging from at school to private. Nothing has really clicked for him, until he went to Menslink. All the staff are friendly, enthusiastic and encouraging. The counsellor my son is seeing, in one simple word is - AMAZING ..."

MENTORING

"My son now has a male role model that has given him valuable guidance and friendship. The mentor was matched perfectly with my son and my son really looks forward to the catch ups and always says it's great cause he can talk to his mentor about things that I don't understand."

"The relationship between my son and his mentor is healthy, supportive, inspirational to my son and myself in how to handle situations (I need some of the male's relaxing attitudes in dealing with occasions). Thanks a lot for the reminder in how not to react with anxiety (not from his words but from his deeds)."

From the Teachers

EDUCATION

"The PRIDE program was extremely beneficial, Pride offers young fellas the opportunity to identify who they want to be, and how they can recognise the first steps to being the best version of that. For the young fellas who really engage, it can be life changing."

"The PRIDE Program, took our boys from a group of disconnected, cruel, cliquey children to confident, supportive individuals with a significantly improved sense of empathy and care for each other. Beautiful!"

WHO WE SUPPORTED IN OUR COMMUNITY IN 2022-23

- **579 Young Men** through our no-cost **Counselling Service**.
- **108 Young Men** through our 2-year no-cost **Mentoring Program**.
- **9659 Young Men** through our no-cost **Education Programs**.
- **AND** all the people that those Young Men interact with – families, friends, colleagues and more ... **the ripple effect of our work is huge!**

WHAT WE NEED FROM OUR COMMUNITY IN 2023-24

- **Dollars** to expand our programs and our reach, and to keep up with the increasing cost of doing business.
- **Good blokes** who can commit to volunteering for 2 years to mentor a Young Man.

Board Chair's Report – Michael Battenally

The Board of Menslink acknowledges the enduring relationship Menslink has with the diverse Canberra community and government partners. This has never been more important than over this reporting year. A year where, as a community service organisation, it has undertaken significant leadership change.

Our long serving CEO, Martin Fisk, departed after a stellar decade providing caring and strategic leadership to Menslink, growing the capacity for serving the wellbeing needs of young men and boys in our region.

We farewelled Martin in February this year where we celebrated his legacy and wished he and his wife Sandra the best for the future. Pictured are both when they took part in the 2022 Menslink Great Walk.

In May this year Ben Gathercole took on the role as the successful applicant to the role. We thank Penny Burns, our former General Manager, for her interim role as Acting CEO, and her support for Ben when he began the CEO role.



Ben came into the role well connected in the Canberra community through his decades of involvement with sport at all levels and significant work in the health and wellbeing industry. In a brief period, Ben is making his mark and building a tremendous team culture across the organisation.

Our 2023 Annual Report details a successful year for Menslink, supplying an insight into the positive impact it has for young men and boys, and how we use the financial resources entrusted in us by the community.

Our experienced Treasurer, Bruce Papps, again confirms the resilient financial position the Menslink organisation has achieved, duly reported through the audited report completed by PwC.

The Menslink Board has worked enthusiastically as a team, through in-person and online meetings, in addition to supplementary attendance at key events and fostering the relationships with supporters big and small. As Chair, I sincerely thank board colleagues for their contributions and availability to the Menslink organisation, further progressing the work of past boards as Menslink celebrates 21 years of service to our community.

2022-2023 Menslink Board

Board Member	Role(s)
Michael Battenally	Board Chair
Justine Saunders APM *	Board Vice-Chair
Bruce Papps CA *	Treasurer, Member Audit & Risk Committee
Daniel Oyston *	Board Secretary
Frank Lo Pilato *	Chair Audit & Risk Committee
Paul Eccles	Member Audit & Risk Committee
Katy Balmaks *	
Jim Rice AOM **	
Craig Allen	
Penny Burns	Acting CEO, Executive Officer (non-voting) until 7 May 2023
Ben Gathercole	CEO Executive Officer (non-voting) from 8 May 2023

* Seeking re-election at 2023 AGM ** not seeking re-election

As a founding Board Director in 2002, Jim Rice OAM is not seeking re-election after 21 years on the Board, providing leadership and service including four years as Chair (2009-2013). The Board and Menslink Community thanks Jim for his unwavering professional and personal contribution to Menslink.

Jim came to Menslink as a founding Board Director following a couple of years volunteering as a tutor and mentor for young men incarcerated at the (former) Quamby Youth Detention Centre. Recently retired, Jim spent close to forty years as a highly respected public servant for the Commonwealth government.

We thank his wife and partner, Mabelle, who has been a great support over these 21 years. We look forward to having both connected with the Menslink Community in the years to come now that Jim is enjoying time in retirement. Pictured are Jim and Mabelle on the day when Jim received his OAM, a tremendous recognition of his contribution to our community.



Indicative of their commitment, we have five current Board members seeking re-election, and in Jim Rice's vacant position we have a nomination from Lucie Hood. Lucie is well-known in business networks and the broader community, with significant human resources and workplace wellbeing experience. These six nominations will be put to members at the 2023 AGM, with a view to ensuring ongoing stewardship of the Menslink organisation.

Menslink has been built on the **partnership and generosity of Canberrans, our principal partners and sponsors for over two decades of service to Canberra and the region.**

We must acknowledge the **ACT Government** for their sustained support from the beginning, and the following **Principal Sponsors** for many continuous years of commitment.

ACT Policing
Capital Chemist
GEOCON

Snow Foundation
Southern Plumbing

ICON Water
Lennox Volkswagen

Our Major Sponsors also feature on the Menslink website, and we thank them for their collective and significant support for young men in our community.

In November 2022, the second Menslink Great Walk saw 30 leaders from business and public sector organisations (shown in the photo below) undertake a five day, 142km walk on the Centennial Trail on the outskirts of Canberra's suburbs. This amazing band of good people raised \$350,000 for Menslink! A tremendous effort of community support, and we predict the annual Menslink Great Walk will continue to generate community spirit, awareness of young men's issues, and attract significant financial support to fund Menslink programs. Congratulations to the 2022 organisers including Todd Wright, Bjarne Kragh, Genevieve Jacobs, Peter Davis, Martin Fisk and Penny Burns.



The Big Night Out is a marquee fundraising event for Menslink and would not be possible without the creativity of the Big Night Out Committee. The March 2023 event at Hotel Realm was another success for Pete Munday, Rick Davis, Mary Domazet, Fiona Sanfrancesco, Jim Rice and Ron Shepherd. They are to be congratulated for reaching out across the corporate and business sector for support.



On behalf of the Board of Directors, fulfilling another year of successful operations, we would like to thank the current team of Ben Gathercole (CEO) and Andrew McGowan (General Manager) and the Menslink staff for their continuing contribution, as what they do makes a difference in so many ways. We also acknowledge the volunteer brigade of mentors who provide thousands of hours of support to young men. Our services – including **counselling, mentoring, and education programs** – make a life-changing difference to young men across years 10 to 25.

Let us not forget our many local heroes in service to the public, for these people are regular Canberrans who go to work every day to make a positive and sometimes extraordinary contribution – we thank you.

Michael Battenally

Treasurer's Report – Bruce Papps CA

I am pleased to present the audited financial statements for the year ended 30 June 2023. Key highlights from the financial statements are as follows:

	FY23	FY22	FY21
Total revenue	1,885,491	1,893,994	1,937,320
Total expenditure	(2,069,481)	(1,691,357)	(1,577,360)
Net operating surplus/(deficit)	\$(183,991)	\$202,637	\$359,960
Total assets (what we own)	1,386,584	1,561,299	1,534,889
Total liabilities (what we owe)	253,103	264,217	398,453
Net assets	1,133,481	\$1,297,082	\$1,136,436

Of note in this year's financial report:

- We incurred an operating deficit of \$184k for the year, after two years of recording strong surpluses. This was expected as revenue returned to a more normal level following government support through the pandemic.
- The Board had budgeted for a deficit of \$180K for the year. This was due fundraising event and rent costs being back at normal levels after COVID, investment in additional senior management resources, and mandated wage and super increases for all staff. Our outlook for the 2023/24 is expected to be similar and the Board and Executive are committed to returning Menslink to achieving surpluses by 2024/25.
- Our reserves and financial position continue to be strong with net assets of \$1.13M at 30 June 2023.
- The Association's ability to meet its future commitments is strong with an asset to debt ratio of 4.9 at 30 June 2023.

As Treasurer of Menslink, I would like to thank all the businesses, individuals, and the government for their wonderful, continued support of the Association. Without this amazing and committed support, Menslink would not be able to provide the critical support programs and services to young guys and their families.

And finally, Menslink would again like to express its appreciation Sarah D'Arcy and the team at PwC for the provision of a pro-bono audit services and their expert advice regarding changes in reporting requirements relevant to Menslink.

Bruce Papps CA

CEO Report – Ben Gathercole

Through February and March of 2023, I applied and interviewed, on several occasions, for the role of Menslink CEO. It is something I'd thought about on previous occasions and through the interview process was able to formulate and present a clear vision for the future of Menslink. During this time, it became apparent to me that Menslink was more than just a sum of parts, it was in essence a community of like-minded Canberrans with the interest of helping young guys in the region. I knew this was a perfect match for me on many levels and something I would take great pride in.

On the 15th of March after a final presentation to the Board, Mike Battenally called and offered me the CEO role of Menslink. The remainder of the conversation was a blur, I was trying my best to contain my excitement, but I knew that it felt right, and the interview experience proved to me the professionalism of the Board and people involved. It was with great pride that on 8 May I took on the role and thus custodianship of Menslink on a day-to-day basis. I would like to express my appreciation to both Penny Burns and Martin Fisk who passed on such a legacy to me and the members. It is truly something to be proud of.

Helping young guys in Canberra is what we have done since our inception in 2001 and that remains as relevant today in 2023 as it did when we were founded. The ripple effect of our support is difficult to measure – but the benefit to mothers, sisters, brothers, family members, school communities and the broader community is too important not to acknowledge. We know we play a huge role as a positive influence in young guys' lives – and sometimes one of the only positive influences in their worlds. If we stop and think about that, then we know we are more than just numbers in a financial year report.

Times are changing fast and there seems to be many more challenges for us all, not just young guys. It is critical we continue to evolve but also remember our core. Put simply, when a young guy needs a supporting hand or a friendly word, we will always be there. We will continue to face the many challenges we have as an organisation with the professionalism, clarity, goodwill, and empathy – as has been the hallmark of Menslink over our 21 years.

It is important to recognise that the cost of providing our services has increased significantly in the past few years, and at the same time our revenue has remained stagnant (and decreased in real terms – i.e. adjusted for inflation). As the Treasurer's report shows on the previous page, we ran a significant budget deficit in 2022-23, and we will do so again 2023-24. Clearly this trend cannot continue. My task is to run the organisation within its means – and to ensure the organisation is around for many years to come. I am currently working to restrain our costs. This will be done with a fine-tooth comb through each budget line, and this means rationalisation of expenditure – including, unfortunately, the number of staff that we employ. In the short term, this will have an impact on the number of young guys that we can support and the wait time for our services. But rest assured, the quality of our services will not be impacted. We do have longer term ambitions to grow our services, but the short-term task is to ensure the sustainability of the organisation.

I pledge that we will not only continue the quality of service provided but we will also refresh our core program as we go forward. This will ensure we are current and meeting the ongoing

needs of young guys in Canberra. For clarity and assurance to the Menslink members we will continue with:

Education Program: In our education space, we will evolve our current programs to meet the fresh challenges that young guys face. In particular, the ever-growing social media and influencer environment that can be so detrimental. We will help young guys understand and meet those challenges through fresh education modules and peer-based support. These program updates will be evidence-based and developed in conjunction with experts. This is in addition to our core Silence is Deadly program and expanding TRIBE (formerly PRIDE) program. It is important to highlight we presented to nearly 10,000 young guys in the Canberra area in 2022-23.

Mentor Program: Our mentoring for young guys, without a significant male role model in their lives, is core to what Menslink is about and who Menslink is. We continue to see volunteer mentors contribute many, many hours of service simply because they see and feel the effects on young fellas. I am always amazed at these volunteers who are willing to commit two years of their lives to the program. A key part of the mentoring program is the Menslink Wilderness Experience. This will continue in future years.

Counselling Program: Our Counselling program continues to provide a professional service to young guys between the age of 10 and 25. Our counsellors provide a caring ear and safe space to work through the challenging times and issues we all face. We will not only continue to offer sessions at our Holder HQ, but we will take our services to our outreach centres at Kippax, Tuggeranong and soon Gungahlin to make access a little easier for young guys.

To sum up, yes, we do have challenging times ahead. But I am fully committed to meeting these challenges head on. We have a very strong and professional Board who have the very best interests of young guys in Canberra at heart. And we have a terrific staff group who will work as one and ensure Menslink continues to provide young guys with the help they need now and into the future.

Please engage with me directly at any time if you have any concerns, suggestions, or feedback. We are all Menslink family members and its critical everyone has a voice and a chance to be heard.

We are stronger together.

Ben Gathercole

Program Delivery – Mentoring

We finished 2022-23 with **72 young men in our 2-year mentoring program**. This is slight reduction on the 77 that were in the program at the end on 2023-24.

Across the course of the financial year there were **108 young men involved in the program** at some point.

Demand for the mentoring program remains high – we had 231 applications for young guys to join the program in the financial year. **27 of these young men made it through to join the program**.

As is always the case, the number of applications for young guys to join the program far outstripped the number of mentor applications. We had 65 mentor applications in the financial year, with **24 making it through to the point of completing training**.



Mentor Training Weekend, July 2022

We would, of course, like to have more young guys in the mentoring program – but there are a range of limiting factors. One is our ability to recruit mentors who are willing and able to make the two-year commitment. But another is the staff resources that it takes to properly manage the program. We place a lot of emphasis on ‘case managing’ each mentoring match – which is very important from both a safety and quality perspective.

We ran **53 ‘Link-Up’ events** across the financial year, with **more than 1000 people** (young guys, mentors, staff) in attendance across those events.

This included **3 ‘Menslink Wilderness Experience’ camps** where we take young guys into the bush for 3 days to give them an experience (often their first ever experience) of hiking and camping. We also partnered with **Outward Bound to run a 5-day camping adventure**. And we again ran our **ever-popular summer camp**.

We had **4 graduation events** during the year, with **26 young guys and mentors** graduating from the program. It is at these events where we really see and hear the impact of the mentoring program. We see the physical maturation of the young men, but more importantly we witness and honour their emotional growth. For many of the young guys, the program has been their first experience with a positive male role model. It is a life changing program – for both the young guys and the mentors.



Menslink Wilderness Experience, December 2022



Menslink Courtyard Mural Project, January 2023

Program Delivery – Counselling

Our Counsellors saw **579 young guys in 2022-23**, almost 20% more than the 485* we saw in 2021-22. (* note – last year’s annual report had a figure of 588 – this was incorrect, a number of clients were double counted).

There were **2,212 attended sessions** for the year. This was an **increase of 462 sessions** on the 1750 attended sessions in 2021-22 (an increase of 27%). **117 sessions were ‘double sessions’** – running substantially longer than the standard appointment time of 50-60 minutes.

The increase in clients and sessions reflects that business returned to a more normal pattern after the COVID years, and the fact we had an additional counsellor on board for much of the year.

We had a total of **3038 booked sessions** across the year. **575 (19%) were cancelled by a client or the client did not attend the session without notice.** Being a no cost service, late cancellations and ‘no shows’ have always been an issue for us. But this behaviour appears to have increased during the COVID years. We are looking at a few strategies in 2023-24 to improve the attendance rate and ensure our counsellors are as well-utilised as possible.

We saw the majority of the 579 young guys at our Holder head office, but a significant number (225) were seen at remote sites. We again provided services at **8 high schools during year** (Amaroo, Calwell, Gold Creek, Lanyon, Lyneham, Melba Copeland, Namadgi and Queanbeyan). From November 2022 we started **offering sessions at Kippax**, in partnership with Uniting Care Kippax. We have further expanded our remote offering in the second half of 2023 and will look at other sites in 2024. We are very aware that it is important to deliver services near to where people live to make our services accessible.

We only offered a total **4 sessions via phone or video** for the full year. This is a conscious decision from our organisation – we believe that face-to-face support is the most effective method, especially when so many young guys spend most of their days looking at screens.

Some other statistics of interest:

- The most common client age was 14 (100 clients), with 401 young guys aged from 10-17 and 178 aged 18 or older. There was continued demand for pre-teen support, with 75 (12%) of clients aged 10-12.
- Anxiety/stress was the most common ‘presenting issue’, followed by anger management, depression, relationships, and grief.
- The most common referral source was Mums, followed by schools and then the young guys themselves.

Program Delivery – Education

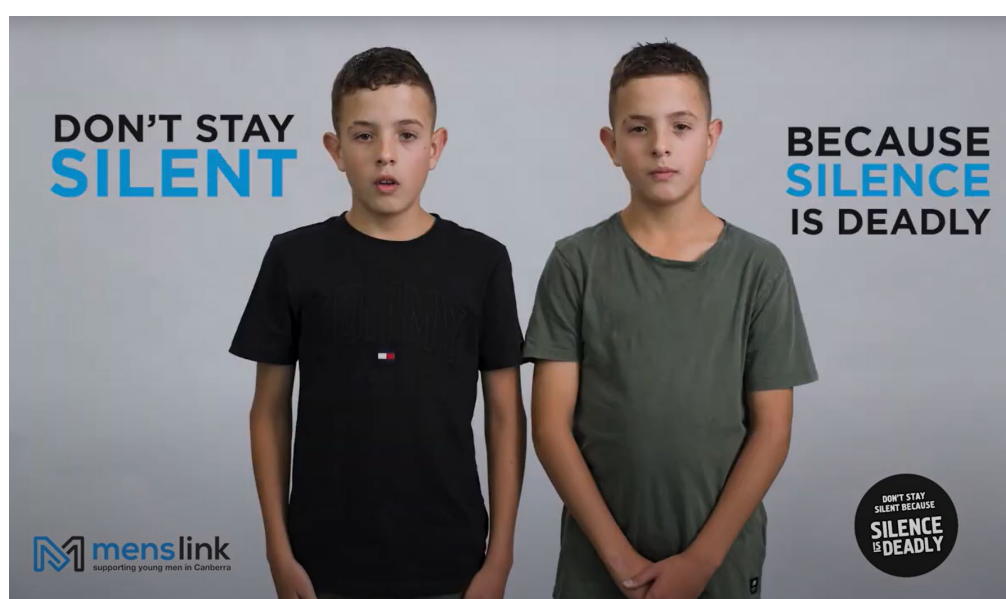
Our education program continued to deliver important messages across the Canberra region in 2022-23, reaching **9659 people** at in-person sessions, and many more through our ad campaigns.

Silence is Deadly

Our flagship 'Silence is Deadly' program was as popular as ever. While the core message of the program is the same (It's Not Weak to Speak), we are constantly updating the delivery to make sure it is hitting the mark with our changing audience.

We delivered **114 Silence is Deadly sessions to 7283 young people** across the Canberra Region in 2022-23. The number of sessions was close to our highest number in a year, but the number of attendees was again lower than the pre-COVID years – reflecting the fact that we are delivering to smaller groups on average (a lingering effect of COVID).

In **partnership with the Canberra Raiders, WIN Television and Threesides Marketing**, we again ran the Silence is Deadly television ad campaign – reaching thousands more young people (and people of all ages) across the region. We thank our wonderful partners for their generous support in continuing to promote this important message.



PRIDE

Our 8-week, small group 'PRIDE' program had its biggest year by far in 2022-23. **We delivered 44 PRIDE programs, more than doubling the previous best year (18 in 2020-21).**

There were **851 participants in our PRIDE programs**. Generally, we like to deliver to smaller groups of 10-12 young guys, but we trialled a few larger groups which pushed our attendee numbers higher across the year.

PRIDE is far more resource intensive than Silence is Deadly, but the impact on the participants is far greater. We hear reports from teachers about the lasting impacts on the young guys who take part in the program (see quotes and stats below in the impact results).

The PRIDE program will become the TRIBE program in 2024. (TRIBE stands for: Trust, Resilience, Independence, Bravery, Empathy).



Education Program Manager Mark presenting to a class of students.

Design Your Own

We also offered a flexible 'Design Your Own' program to some schools in 2022-23. Schools were invited to choose the number of sessions they wanted to run and the content of those sessions (from a selection of modules – essentially the modules that we use for PRIDE).

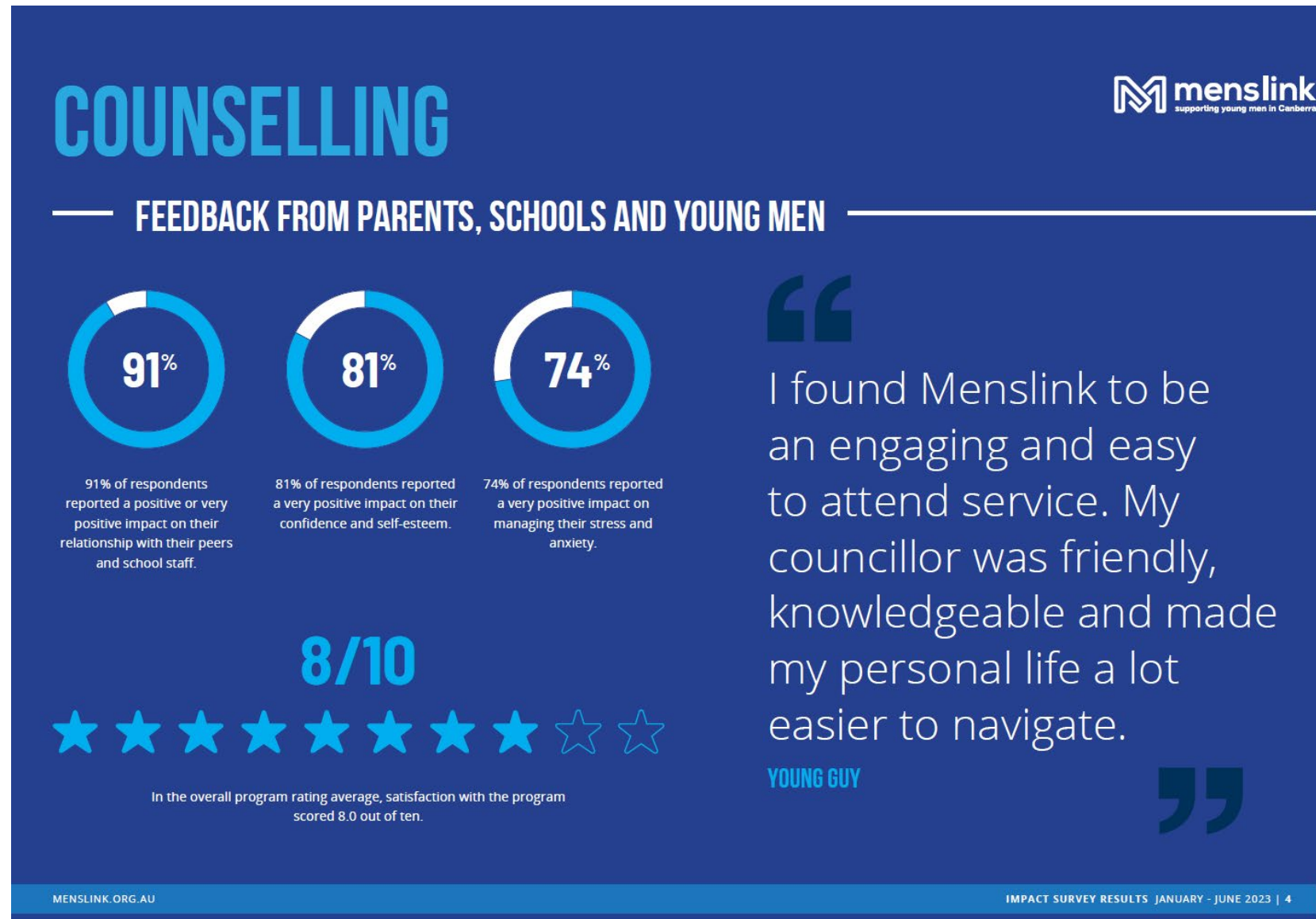
We ran **24 'Design Your Own' sessions** in the financial year, involving **925 young people**.

We have decided to discontinue this approach in 2024. There is a more than enough demand for our core programs, and we are developing an additional program targeted at young people's use of technology and social media (called Unplugged).

Corporate

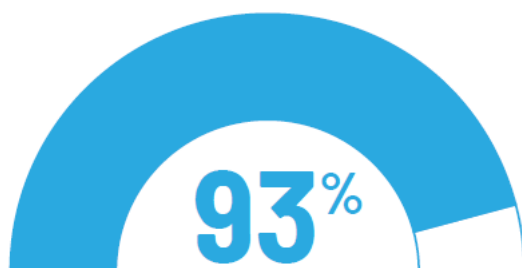
We also offer 'mental fitness' sessions to organisations in our community – especially our Business Partners. We ran **15 of these session in the year, presenting to 600 participants**.

Impact Results – What We Do Works!



MENTORING

FEEDBACK FROM PARENTS AND GUARDIANS



93% of respondents reported positive or very positive impacts on their sons' confidence and self-esteem.



83%

83% of respondents reported a positive impact on their sons' confidence and self-esteem.



75%

75% of respondents reported positive or very positive impacts on their sons' willingness to support others.



89%

89% of respondents reported a positive impact on their sons' mental health and wellbeing.

“

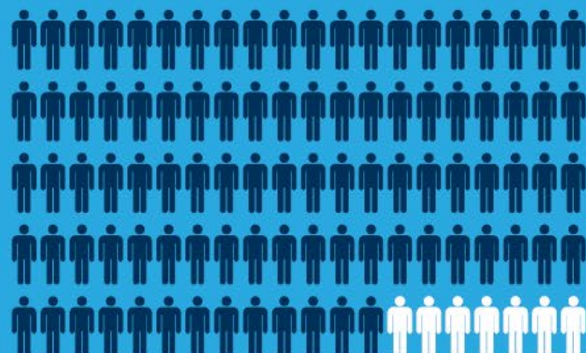
It has been a joy to see my son become more social, confident and a more responsible, thoughtful, considerate young man.

PARENT/GUARDIAN

”

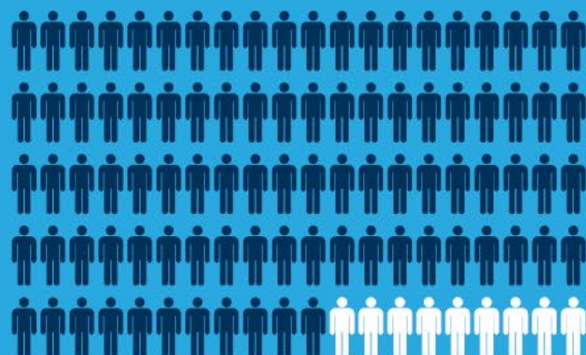
SCHOOLS

SILENCE
IS DEADLY



93%

93% of respondents reported positive and very positive impacts on their students' ability to manage stress and anxiety.



91%

91% of respondents reported positive and very positive impacts on their students' willingness to support others.

“

To see the boys at school engaging with the real life stories from the Menslink presenters, and then opening up and sharing their own doubts and worries in front of their peers is inspiring.

HIGH SCHOOL

”

SCHOOLS



PRIDE



100% of respondents reported positive or very positive impacts on their students' relationships with their peers.



100% of respondents reported positive or very positive impacts on taking responsibility for their actions.



86% of respondents reported positive or very positive impacts on managing and controlling their anger and aggression.

10/10



The overall average rating for satisfaction with the program scored 10 out of 10.



Pride offers young fellas the opportunity to identify who they want to be, and how they can recognise the first steps to being the best version of that. For the young fellas who really engage, it can be life changing.

HIGH SCHOOL TEACHER



Fundraising Events

2022-23 was the first year that we have run 3 major fundraising events in the 1 year. A huge thanks must go to acting CEO Penny Burns for her tireless work to make this possible.

In September 2022 we hosted 400 people at the Menslink Business Breakfast at the QT Hotel. Dr Zac Siedler from Movember was our keynote speaker and addressed the crowd on the importance of men be willing to speak up and ask for help. He also spoke to some of the statistics that demonstrate how many men, young and old, are struggling in our society. His message was perfectly aligned with the message we deliver to the young people of Canberra through our various programs.

In November 2022 we ran our second annual Menslink Great Walk. 33 Canberra business leaders set off from Parliament House in cold and rainy conditions, walking 142kms over 5 days around the Centenary Trail. This was a huge effort from the individuals involved and, importantly, they raised another \$350,000 for Menslink's services. Thanks must go to the Walk organising committee – especially Todd Wright and Bjarne Kragh.

In March 2023 we were able to welcome back the Big Night Out after a COVID-related hiatus in 2022. It was another brilliant 80s themed night, with BABBA providing wonderful entertainment to the sharply dressed crowd. The hotly contested live auction late in the evening helped contribute to our strong net profit from the evening of \$185,000. This event would not be possible without the effort of the Big Night Out Committee – Pete Munday, Rick Davis, Mary Domazet, Fiona Sanfrancesco, Jim Rice and Ron Shepherd.



Magic Mike at the 2023 Big Night Out

Business Partners

Menslink has incredible business partners who have stood by us during the difficult economic climate of the past few years.

We are grateful to the ACT Government who continued their strong support, and we look forward to engaging with the Commissioning process in 2024 as we seek to further demonstrate the importance and effectiveness of our services – and the value of further investment.

Our seven Principal Partners continue to lead the way in providing significant funding for our programs. We cannot thank them enough for their continued support of Menslink. We also thank the PASS Foundation for its very generous, significant, and ongoing contribution.



Our Major Partners also provide invaluable support – either through direct funding or generous donations of specialist in-kind expertise and services. Major Partners this past year included ActewAGL, ALLBIDS, Bendigo Bank, Boorer Foundation, Canberra Raiders, Independent Property Group, Proximity Legal, PSC Insurance Brokers, PwC, Region Group, Southside Physio, Threesides Marketing, Viva Leisure (Club Lime), and WIN Television. Thanks to all of you!

We had many, many other Supporting Partners this year who provided generous financial contributions, auction items and other in-kind services. We thank all these organisations as well.

Our People

2022-23 was a big year of change for Menslink on the people front.

Most notably, CEO Martin Fisk finished up in the role after more than a decade. He left an incredible legacy and big shoes to fill. We thank Martin for years of tireless effort to make Menslink the strong organisation it is today.

Ben Gathercole joined the organisation as CEO in May 2023, with Penny Burns moving back to her substantive General Manager position. Shortly after the end of the financial year Penny decided to pursue other career opportunities. We again thank Penny for her hard work in her nearly two years with the organisation – particularly the period she acted as CEO during Martin's long service leave.

Peter 'Cookie' Davis finished up with us at the end of 2022 after 4 and half years. Cookie was a passionate leader of our Mentoring and Education programs and was the driving force behind the creation of the Menslink Wilderness Experience. Like Martin and Penny, Cookie worked tirelessly for our organisation and we sincerely thank him for that. Cookie continues to volunteer to support the Wilderness Experience and the Great Walk.

Michael Aichholzer left us in March 2023 after nearly 11 years of service. Michael was initially a volunteer mentor (3 times) and education presenter, and then came on board as our lead Education presenter for nearly 7 years. Michael designed and led the PRIDE program and was a huge influence on so many young guys in the years he was running programs in Canberra schools.

Richard Wigley finished up in April 2023 after more than 8 years as a Counsellor with Menslink. Richard was (and still is) a professional, experienced, and considered Counsellor. He undoubtedly had a huge impact on the hundreds of young men who trusted him to hear their stories and struggles over the years.

To offset these departures, during the financial year we welcomed several new faces – Jason Britten to the Counselling Team; Chris Midegs and Will Molloy to the Mentoring/Education team; and Fiona McDougall to our Corporate Team. Shortly after the end of the financial year, Andrew McGowan commenced as General Manager.



Most of the current Menslink Team at the 2023 Business Breakfast
(plus guest speaker Michael Coutts-Trotter)

Our Volunteers

The more than one hundred volunteers, who work tirelessly for Menslink and our young guys, are the lifeblood of our organisation. They are role model mentors for our young guys, help raise funds for Menslink, and govern the organisation on the Board. Without them we would not be able to do what we do.

We would particularly like to thank:

- All our dedicated mentors, both new and more experienced. Your commitment to keep turning up to support young men in need is priceless.
- Dr Zac Siedler who was our keynote speaker at the 2022 Business Breakfast and who helped promote the work we do.
- Genevieve Jacobs who hosted our Business Breakfast.
- Cam Sullings who hosted our Big Night Out.
- The members of the Great Walk and Big Night Out Committees mentioned above.
- Our 33 Great Walkers who gave up lots of their time, both in the lead up to and during the event, to raise money for our cause.
- Our Board of Directors – particularly Chair Michael Battenally – who dedicate their time and take on responsibility for the organisation.
- Anyone else we have forgotten to mention! It is a huge community effort to make Menslink work, and we thank every person who contributes.

Contact Us

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