

Local Men Local Communities Training

After coming into being last year, Local Men Local Communities has done a fantastic job providing training to the South Gippsland community. In 2021, it will continue to provide a large range of free training and events.

Local Men Local Communities aims to prepare our local community to support men in South Gippsland by providing a range of mental health training and community group events.

The free training and events kick off in February and March with some short introductory training courses in partnership with Wellways and Lifeline. Further events and training for community groups and sporting clubs will be advertised in the coming weeks.

One of the courses being offered is QPR – Question, Persuade, Refer. This course is delivered by Wellways and will be available online in February and face-to-face in March at the Meeniyan Hall Supper Rooms. If you want to learn the warning signs of someone at risk, have the confidence to speak to them about their thoughts and learn how to connect the person to professional care, this course would be great.

The second course on offer is RUOK's Mind Your Mates and will be run online by Lifeline in March. This course is designed to be a brief introduction to starting a conversation with someone you are worried about and give you the tools to know what to do if you ask RUOK and the answer is no.

For additional details on the training and to book your place, head over to:

www.southgippsland.vic.gov.au/qpr

Quote attributable to QPR participant Denise:

"I completed QPR training in November...it is a great introduction and gave me so many practical skills and confidence to be able to support people in need."

Quote attributable to Vicki Bradley, South Gippsland Shire Council Social Planning Officer:

"We are excited about the range of events and training becoming available in 2021. We have some great events and courses available for community groups, businesses or sporting clubs and invite people to ask about them being delivered to their club or group."

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