



Connecting dads in our local community

Who we are and what we stand for....

The story so far

June 2019



Educate, Encourage & Entertain



OUR PURPOSE

About Us

- The PPS Dads' Network was set up in early 2017 by a small group of concerned fathers from Parkdale Primary School in Victoria to make a connection with PPS dads and dads in our local community.

Our purpose is to:

– **Educate** our local dads about mental health issues specifically affecting men; –

Encourage men in the community to:

- Seek professional help on mental health if required, by raising awareness of existing support services and resources in the local community; and
- Offer a helping hand to other dads who may be suffering from, or vulnerable to mental health issues, by normalising discussion on mental health, and simply being there as a supportive friend; someone who can be an empathetic sounding-board.

– **Entertain** dads through local regular events (one per school term) to develop the dads network, and to assist in strengthening the ties within the local community. The entertainment element allows the dads to have some fun, connect on a personal level, and importantly, it becomes the foundation to facilitate the Education and Encouragement objectives.

Our beginning

- We recognised that something needed to be done locally to support dads who were silently struggling with mental health issues or simply finding the burdens of our ever-increasingly hectic and complex life as a parent, overwhelming.



OUR APPROACH



We arrange social events, which include entertainment and education, with the aim to create a network of dads within our community.

- We endeavour to help dads become better connected to each other, through friendship, and to break down the stigma of talking about mental health. We also focus on enabling access to existing services, particularly local support services, and the development of awareness of the potential impacts and types of mental health issues.
- To facilitate the network, our dads are encouraged to sign up to our **Team app** site (with currently ~165 members) which enables us to:
 - Communicate with our network efficiently;
 - Provide information on mental health services (e.g. Beyond Blue, Lifeline, Mental Health First Aiders, Kingston Council services);
 - Promote upcoming PPS Dads events; and
 - Deliver general information we believe of interest to our members;

*We also have a mature **Facebook** presence used to promote mental health discussions and connections within the network. See our contact section or launch flyer slide for details.*
- We look to utilise local venues for education sessions using professional mental health speakers, complemented by a social activity afterwards. For example in 2017 we held a movie night at Village Southland which was preceded by a short presentation by the founder of 'It's ok to Say' Charity. After the movie we had dinner and drinks at a local venue - the 'Bad Shepherd Brewing Co.' The evening was a roaring success meeting all three objectives, to Educate, Encourage and Entertain.



THE JOURNEY SO FAR...

- We have held ten events since being established in 2017 (aim is to hold one event per school term), including the catalyst event involving The Resilience Project team, that kick started the vision.
- Other events have included – Movie Night at Village
- 90+ Dads in attendance
 - Comedy Night at Mordialloc-Braeside Junior Football Club (MBJFC)
- 70+ Dads in attendance
 - Prep Dads' night out at 'Boatrocker'
 - A PPS parent's business in Braeside – 55+ Dads in attendance (next event planned at Boatrockers).
- End of year family BBQ's at Braeside Park (2017 & 2018)
- Twilight BBQ at the new Mordialloc Life Saving Club followed by a presentation given by Eastern Regional Mental Health Association. 80+dads in attendance.
- Go Karting night at "Sidetracked" – 40 dads participated.
- AFL finals event in Sept 2018 at MLSC - **Chance Burns**, a school dad, spoke to our cohort during the event about his and how he has overcome adversity after an accident 5 years ago.
- 'Heavy M.E.T.A.L event' – screening of ABC Documentary Primal Fear followed by Q&A with founder, **Dave Nugent**. Heavy M.E.T.A.L is a charity set up to provide counselling the form of Group Anger Management programs for men.





NEXT STEPS FOR PPS DADS

- We are currently planning an exciting list of new and improved events for PPS Dads for the second half of 2019. Term 2 event locked in for 13th June after the resounding success of our first event for the year with Heavy M.E.T.A.L (Men's Education Towards Anger and Life).
- We are well on our way to increasing our Team.app registrations this year from 180 to at least 250 across the school and broader community.
- Please feel free to pass on our PPS Dads information pack or provide us with contact details of any persons, businesses, groups or government bodies you think may be able and interested in becoming involved.
- PPS Dads contact details are:
 - ppsdads@gmail.com
 - Facebook – <https://facebook.com/ppsdads>
 - Teamapp – <https://ppsdads.teamapp.com/> or
 - hayden_j_mcnamara@yahoo.com



EVENT GALLERY (2017)



First Event: Movie Night at Village Cinemas



Comedy Night at Mordialloc Braeside Junior Football Club



EVENT GALLERY (2017)



Prep Dad's night at 'Boatrockers' in Braeside



Family BBQ at Braeside Park



EVENT GALLERY (2018)

Term 1 event at Mordialloc Life Saving Club



Term 2 event Go Karting Night at Sidetracked



EVENT GALLERY (2018)



Term 3 Footy Finals event back at Mordialloc Life Saving Club



EVENT GALLERY (2018)



Term 4 Return to Braeside Park for Family Christmas BBQ





EVENT GALLERY (2019)

- Term 1 Event: Heavy M.E.T.A.L (Men's Education Towards Anger and Life)
- Rescreening of ABC Documentary 'Call me Dad'





EVENT GALLERY (2019)

Term 2 Event – Return to Boatrockers

Term 3 – Footy Finals event with Guest Speaker

