



MEDIA RELEASE

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Movember SpeakEasy: The men-only events on a mission to make us better mates

SEPTEMBER 18, 2018 – A new series of men-only events run by the [Movember Foundation](#) will kick off in Brisbane and Sydney this week, with the mission of giving everyday guys pointers on how to be there for their mates.

Run by thought-leader Tom Harkin, alongside some of the nation's favourite Triple M radio hosts, the [SpeakEasy live events](#) are inspired by the success of the Movember Foundation-funded Man Up documentary, which first aired on the ABC in 2016.

The aim of these events is to bring guys together over a beer and equip them with the skills they need to help a mate who is going through a rough patch.

People development expert and CEO of [Tomorrow Man](#), Tom Harkin said: "You train your body at the gym or gain new skills to make a crust, so why not train yourself to be the best mate you can? Rock up for a laid-back, no holds barred conversation about what it means to be a man today – to be a better mate, a better dad, a better brother, and a better bloke."

Most blokes rock up with no idea what to expect, and leave feeling like it was a solid night well spent. Get involved – bring a mate, grab a beer and pull up a stool – you won't be disappointed."

"The Movember Foundation's experience in igniting conversations about men's health found that men want to be there for their mates and that they can often find it easier to open up and be honest when they are around other men doing the same thing," said Craig Martin, Global Director, Mental Health & Suicide Prevention at the Movember Foundation.

"These events have been built with a male lens, to encourage men to feel comfortable having 'real' conversations. The aim is to bring men together to find solutions and better understand how to be there for a mate who is going through a tough time."

Made possible thanks to the support of Triple M and funded by the Distinguished Gentleman's Ride, SpeakEasy will travel the country over the next three months, with live events also planned in Perth, Hobart, Melbourne and Adelaide.

Tickets are \$10 + booking fee. To purchase visit movember.com/get-involved/speakeasy.
SpeakEasy events are strictly 18+

Event information

Brisbane, The Plough Inn

Hosted by David Nash, Triple M Brisbane

September 19th 2018, 7:30 PM

Sydney, Cargo Bar

Hosted by Chris Beckhouse, Triple M Sydney

September 20th 2018, 7:30 PM



Sydney, The Beresford

(men & women welcome)

*Hosted by Chris Beckhouse, Triple M Sydney
November 1st 2018, 7:30 PM*

Hobart, Shambles Brewery

*Hosted by Dave Noonan, Triple M Hobart
November 9th 2018, 7:30 PM*

Adelaide, Lady Burra Brewhouse

*Hosted by Sean Craig Murphy, Triple M Adelaide
November 15th 2018, 7:30 PM*

Perth, The Reveley

*Hosted by Dean Clairs, Mix 94.5
November 22nd 2018, 7:30 PM*

Melbourne, St Kilda Town Hall

(men & women welcome)

*Hosted by Tom Bainbridge, Triple M Melbourne
November 30th 2018, 7:30 PM*

ENDS

Press contact

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About the Movember Foundation

The Movember Foundation is the leading charity dedicated to changing the face of men's health around the world. With a singular goal to stop men dying too young, the foundation supports the following causes: prostate cancer, testicular cancer, mental health and suicide prevention. Since 2003, the support of more than 5 million participants has funded over 1,200 innovative projects across more than 20 countries. To donate or learn more, please visit movember.com.

About Man Up

Originally a three-part series, [Man Up](#) was delivered in partnership by the University of Melbourne, Heiress Films, the ABC and the Movember Foundation, which followed all 'round good guy Gus Worland on a mission to tackle gender stereotypes, the pressures of manhood and, most importantly, why so many men are taking their own lives.

Research conducted by the University of Melbourne found that men who viewed Man Up demonstrated a significant change in attitudes and an increase in their intention to seek help - and were more likely to recommend that a friend do the same. Additionally, nearly three-quarters of men became more confident about reaching out to someone who they knew was struggling, while 61 per cent had offered a friend time to talk.