



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

- The PPS Dads' Network was created in response to a number of tragic suicides of fathers of students from the Parkdale Primary School – three in approximately 18 months.
- 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, which have tragically led to deaths of several fathers in our school community.
- 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 out 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 'Its 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 kickstarted 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 'Boatrockers'
    - 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 life 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 13<sup>th</sup> 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](mailto:ppsdads@gmail.com)
  - Facebook – <https://facebook.com/ppsdads>
  - Teamapp – <https://ppsdads.teamapp.com/> or
  - [hayden\\_j\\_mcnamara@yahoo.com](mailto:hayden_j_mcnamara@yahoo.com)





# EVENT GALLERY (2017)



## First Event: Movie Night at Village Cinemas



## Comedy Night at MBJFC





# EVENT GALLERY (2017)



## Prep Dads night at "Boatrocker" in Braeside



## Family BBQ at Braeside Park





# EVENT GALLERY (2018)



## Term 1 event at Mordi Life Saving Club



## Go Karting Night at Sidetracked - Term 2





# EVENT GALLERY (2018)



## Term 3 Footy Finals event back at MLSC



# 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'





# COMING SOON IN 2019



**Term 2 Event – Return to Boatrockers**  
**Term 3 – Footy Finals event with guest Speaker**



# OUR LAUNCH FLYER



## Who are the Parkdale Dads?

Parkdale Primary School Dads are a group of like minded dads who want to create a space where we can *Educate*, *Entertain* and *Encourage* each other to become the best dads we can be.

We focus on resilience, and using empathy, mindfulness and gratitude regularly. All of this is intended to improve the quality of your life, and your families' too.

Our starting point is Parkdale Primary, but our reach can and will eventually be broader too.

We hope that by creating this group we can all help build a stronger community, simply through having a bit of fun, making new connections and helping yourselves, your mates, your partner and your kids deal with or prepare for potential difficulties in life.

We invite you to join up and spread the word. All we hope is for the time and effort you are comfortable giving.

For more information visit:

📘 [facebook.com/ppsdads/](https://facebook.com/ppsdads/)

or you can also join us on Team App

📱 <https://ppsdads.teamapp.com>

✉️ [pps.dads@gmail.com](mailto:pps.dads@gmail.com)

