

## Foundation 49 Men's Health Community Grants

### Project examples

The following list of project examples is by no means exhaustive. Foundation 49 encourages innovative project proposals, ideally in collaboration with other organisations, and for projects to have a comprehensive approach to education.

- Run a men's health information evening emphasising the importance of regular health checks to maximise health
- Develop a men's health resource for the local community, such as services available for men in the local area
- Provide evening or Saturday sessions at a clinic for men's health checks
- Organise a father and son, or family cricket or football match for the local community, and provide a men's health information booth and healthy lunch
- Host a dad's day at a local kindergarten or playgroup on a Saturday, with a healthy lunch or morning tea, and men's health resources
- A community bike ride, fun run or walk around a local park or lake, ending with a healthy community BBQ. There could also be showbags for each participant containing men's health information.
- A Saturday morning DIY men's health workshop promoting healthy lifestyle tips and information with a local health professional
- Book a health professional to speak about diet and exercise and the prevention and early detection of disease, at the local football/cricket/golf club
- Start and promote an early morning walking club before work three days per week for men in a local area
- Men's health trivia night – fact hunting through men's health resources with prizes and awards for winning teams