



THE MAN WALK AUSTRALIA INCORPORATED

The Man Walk is a simple concept designed to strengthen communities, build social capital and combat isolation by connecting men to walk, talk and support.

The Man Walk provides an opportunity for men to get together and walk and talk in a positive and inclusive environment. There is no judgement, pressure or expectations. Just turn up when you feel like it, walk with a group of like-minded blokes, and be a part of our community.

The Man Walk started in 2018 in Kiama on the South Coast of New South Wales, and has grown into an international movement with men walking, talking and supporting all around Australia and the world.

Our Vision:

Connecting men. Strengthening communities. Combating social isolation.

Our Mission:

Our mission is to introduce and support local Man Walks throughout Australia, and to ensure that every walker becomes part of the broader Man Walk community.

Our objectives are simple:

- We want to provide an environment that is positive, supportive and inclusive, where there is no pressure, no barriers to entry, just an opportunity to walk, talk and support
- We want to promote and support men's physical, social and mental health through physical activity and social interaction
- We want to build social capital, resilience and support networks for men in communities throughout Australia
- We want to make it ok to talk, and we want to make it ok for men to ask for help if they need it.
- We want our men to become strong role models for their children, families and communities

The Man Walk Benefits:

The physical and mental health benefits of regular physical activity are well known and The Man Walk provides a supportive environment for regular physical activity. In Australia, social isolation is increasingly becoming a major risk to men's physical and mental wellbeing, with approximately 1 in 4 Australian men at risk of social isolation.

The Man Walk provides an opportunity for men to form social connections and to feel like part of a supportive and inclusive community. In doing so, we are building social capital, resilience and support networks for men in communities throughout Australia and the world.



Is The Man Walk a mental health organisation?

The Man Walk is not a mental health organisation. We are passionate about men's physical, social and mental wellbeing. We believe that by providing opportunities for regular physical activity and social interaction, that we can play a small role in the prevention framework for physical and mental health problems in men.

We are witnessing first hand how The Man Walk is helping build social capital and resilience in communities throughout Australia in a demographic that desperately needs it.

Does The Man Walk exclude any type of men?:

All men above the age of 16 are extremely welcome on The Man Walk. We promote a culture of inclusion and have a zero tolerance policy for behaviour that is in any way divisive.

The Man Walk locations:

The Man Walk is currently walking in some 65 locations across the world. With 62 Man Walk locations throughout Australia as well as walks in New Zealand, Canada and the United Kingdom.

To find your nearest Man Walk including start times and locations, or to start your own Man Walk, please head to our website www.themanwalk.com.au

The Man Walk in the media:

- <https://www.9now.com.au/today/2019/clip-cjxcbp88b002f0go4z97judwd>
- <https://www.illawarramercury.com.au/story/6233569/safe-place-for-blokes-wollongong-man-walk-goes-viral-on-facebook/>
- <https://thebugleonline.com/2019/08/08/the-man-walk-an-idea-for-our-times/>
- https://www.southernhighlandnews.com.au/story/6328837/its-time-to-walk-like-a-man/?cs=276&fbclid=IwAR1Md8oRITpvl2EISajxit9wuAjLIsh4w_Ycl9OSdaemlvXpv_mbr1NXmr8
- https://www.amhf.org.au/man_walk_support_group_goes_viral
- <https://humansingeelong.com/2019/07/19/the-man-walk-geelong-chris/>

Find out more about The Man Walk:

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