

ARC and Men's Health

The ARC committee has endorsed a proposal by choir member Chris Oyston to provide a link to the DVA

DVA Website link:

<http://www.dva.gov.au/health-and-wellbeing/wellbeing/mens-health-peer-education>



Chris Oyston is a Men's Health Peer Education (MHPE) volunteer funded by the Department of Veteran's Affairs. While primarily there for veterans, MHPE are encouraged by DVA to support all men (and their spouses) in taking better care of their health. So they visit, talk to and write articles not only for veterans, RSL members and other military associations but also men's sheds and any other gathering of men wherever that may be.

Chris' role as a MHPE volunteer is broadly to raise awareness of men's health issues by encouraging men to share the responsibility for managing their own health and well-being. Through DVA, and supporting agencies, he can provide health information to members and assist them in making informed lifestyle choices around their health.

After a long career in the RAN Chris took the opportunity in 'retirement' to try several other vocations outside of engineering. One of these was a five year period where he was the Senior Support Person for the Petrea King Quest for Life retreat programs in Bundanoon for people with cancer and their partners.

Chris maintained a reasonably fit and healthy lifestyle and yet recently experienced a heart attack, highlighting the need for current medical insights and medically approved complementary support as he returned to full health.

Chris reckons that ARC members have already embraced part of the philosophy of well-being by joining the choir. The opportunities to practise, socialise and ultimately perform, innately support men's wellbeing. You may all have friends or neighbours who could benefit from encouragement and support when it comes to healthy eating and physical or mental wellbeing.

Check out the information on the website and in the brochures. Yourself or others could benefit.

If you have anything you would like to discuss, take the time over our practice breaks to talk with Chris or arrange a private session at some later date over a coffee. He can be contacted on 0439090454 or oystons@iinet.net.au