



OPERATIONAL CIRCULAR 75/2021

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OCTOBER 2021

MOVEMBER FOUNDATION – DFES CHALLENGE

1 NOVEMBER – 1 DECEMBER 2021

In the month formerly known as November, Mo Bros and Mo Sistas across the world Grow, Move and Host to increase awareness of men’s health and to raise much-needed funds. With the money raised, Movember identifies and supports innovative and impactful men’s health projects across mental health and suicide prevention, prostate cancer, and testicular cancer research.

Why Is This Cause So Important?

Globally men die on average six years earlier than women and often for reasons which are preventable. Unchecked, prostate cancer rates will double over the next 15 years and globally testicular cancer is the most common cancer among young men.

Across the world one man dies by suicide every minute of every day, with males accounting for 75% of all suicides. To compound this problem, men are less likely to speak about their issues and have lower rates of help seeking behaviours.

DFES 2020 Involvement

2020 produced an amazing effort throughout DFES with **36 teams** involved and included **336 members** actively participating, raising **\$60,407** and achieving the **2nd overall** place in the national First Responder Challenge.

Those Mo Bros and Mo Sisters who didn’t grow but decided to move, racked up over **2063 km moved**. This is an outstanding effort and something all active participants should be commended for.

How to Join

Please help us to raise awareness of men’s health and promote participation and active involvement in this year’s Movember challenge. If you don’t want to ‘Grow a Mo’, you can get involved in the ‘Move for Movember’ challenge or ‘Host a Mo-Ment’.

Please make sure to sign up and encourage others to do so as well at www.movember.com and search for the ‘DFES Challenge’ page or use the following link <https://au.movember.com/mospace/network/view/id/49591> to join.

Target Audience: All DFES staff, volunteers, their family and friends.				
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O.I.C. is to communicate content to all relevant personnel under their command, discuss implications, and sign appropriate box above. Circulars shall be filed on station and forwarded to Information Resources at the end of each financial year.				
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As per previous campaigns, to help with the promotion, visibility, and awareness of Movember throughout DFES we will have a limited number of **vehicle moustache decals available**. Once your team has registered, please make contact using the details provided below to request a decal for your vehicle, aircraft, or vessel.

DFES 2021 Launch Event

To celebrate the launch of this year’s annual Movember campaign, please join the DFES community at the **Cockburn Emergency Services Complex (ESC) in Training Room 1 on Friday the 29th of October 2021 from 11 am onwards**.

In attendance will be DFES dignitaries and our local Perth Movember Ambassador to help launch this year’s challenge. The host event will be followed by a **sausage sizzle** so please hang around afterwards and involve yourself in a friendly conversation and bite to eat.

Movember First-Responder Walks

Due to the success of last years ‘**Move for Movember Organised Walks**’, we will be looking to establish four dates during the month of Movember to conduct these walks again. Please keep an eye out for another upcoming circular which will further explain these activities including dates and locations.

For more information on all things Movember please visit the dedicated [staff intranet](#) and [volunteer hub](#) pages.

Please remember every effort counts and your support could help save a father, a brother, a son, a friend, a partner, a man’s life.

If you have any further questions or queries, please do not hesitate to call Physical Wellness Coordinator on 9395579 or email at thriving@dfes.wa.gov.au

CRAIG WATERS AFSM
DEPUTY COMMISSIONER OPERATIONS

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