

## MOVEMBER

### *Statement*

**HON WILSON TUCKER (Mining and Pastoral)** [6.29 pm]: Members, it is that time of year when the jacarandas start blooming and terrible facial hair is grown. This November, I thought I would “attempt” to give Hon Kyle McGinn a run for his money and rival his rather—I think members will all agree—tragic braided mullet by growing some equally tragic facial hair of my own and getting involved in Movember to raise money for men’s mental health.

**Hon Shelley Payne:** Why don’t you grow a mullet for us?

**Hon WILSON TUCKER:** I think one mullet in this chamber is enough. I would not want to inflict more pain on members. I note the absence of Hon Kyle McGinn this week and I think we would all agree that it has been a blessing not to have to experience that mullet!

I will move on to a serious note. We know that men’s mental health is a growing issue in Australia and certainly in Western Australia. According to the Australian Institute of Health and Welfare, 43 per cent of Australian males have experienced a mental health problem at some point in their life. We know that this is an issue that is certainly compounded in rural and regional Australia, which experiences poorer health outcomes than in metro areas, and that includes mental health outcomes as well. There are some good organisations on the ground doing some good work in this space, along with the folks at Movember, that deserve a shout-out.

Members would be familiar with the men’s sheds around WA. They provide a place where men can feel included and safe and where they can work on their own projects and hobbies and give back to their community. I have been fortunate enough to visit several men’s sheds in the electorate, in particular in Kalgoorlie and Broome. They are certainly a good place for older gentlemen who are looking for some mates. I have certainly experienced that issue of trying to find friends as an adult. It can be quite a difficult experience and the men’s sheds certainly provide a place in which men and older gentlemen can come together and bond over mutual hobbies. Those sheds provide a very good service to the community.

Man Up is a not for profit, peer-to-peer education service in WA with the goal of empowering young men and redefining masculinity. It runs workshops on various topics centred around men’s mental health and wellbeing, with an emphasis on transforming boys into confident, purpose-driven and emotionally capable men.

Lastly, Men’s Health and Wellbeing WA is the peak independent, not-for-profit charity organisation dedicated to representing and promoting the health and wellbeing of boys and men in Western Australia.

As part of Movember, I am attempting to raise \$5 000 for men’s mental health and suicide prevention in the next few weeks. I am heading to Dubai in a couple of weeks to speak at a mining conference on cyber resilience in the resources sector, a topic I am very excited to be speaking on. While I am in the Dubai desert and if I hit that \$5 000 mark, my pledge is to run 12 kilometres. That does not sound like a lot, I know, but the last time I checked the weather report in Dubai, it was about 33 degrees Celsius with about 40 per cent humidity. I think that members all know that anything over 30 degrees is a likely death sentence for a ginger gentleman such as myself, so I urge all members to donate generously. If members would like to donate, I thank them in advance. They can head to my Movember website and I will use the power of *Hansard* to provide the url: <https://au.movember.com/mospace/15137022>. I will attempt to keep members up to date on the fundraising and my rather tragic facial hair as it continues to grow.