

# Group's MAD about making a difference



**COMMUNITY SUPPORT:** A men's group meets each week through The Neighbourhood Centre, Bathurst, to help themselves and others.

## INTERAGENCY

THE Neighbourhood Centre's (TNC) Men Connect Social Support group is a small bunch of men coming together to support each other with their challenges and to learn how to navigate their lives in healthy ways.

The group meets every week on Monday at 5:45pm at TNC for an hour and half.

The Men Connect Social Support group first met on March 2, 2020. During

COVID 19 men from as far as Dubbo and Canowindra were able to join the meeting on Zoom.

Some members also connect with each other on walks on Thursday evenings and are actively involved with the Bathurst Men's Walk and Talk program.

Since then the group has partnered with SDA Church to be involved in community projects.

As part of their social

activities, the group volunteers to pack food hampers which are then delivered to those in need throughout the community.

Starting on October 13, the members have also introduced a bike rescue program for the benefit of others.

TNC has started receiving pre-loved bikes, parts, and accessories to help make a working bike which will be donated back to community.

The aim of the group is to

develop a sense of purpose and continue building positive relationships.

We formed this group to go MAD (MAKE A DIFFERENCE) in the community. We have been achieving this by giving our time and helping hand to several community volunteer projects

and sharing our talents and abilities to make a difference.

For more information contact TNC on 6332 4866 or visit us on [www.binc.org.au](http://www.binc.org.au).