

---

## Rotary Clubs Support Manual

---

### Subjects:

Project Overview  
Mailbox volunteer  
Local awareness  
Local sponsorships  
Major sponsors  
Parking space for the Van  
Getting **mherv** into town  
Working with the Registered Nurse and test candidates  
Working the mob  
The tests (for your information)  
Moving on after the event

### Project Overview:

Thanks so much for supporting the **mherv** project in your area ... This is what your club can do to effectively host your mherv visit. See the website for information and the whole tour schedule ([mherv.com/au](http://mherv.com/au))

It is an opportunity to show your community a great example of Rotary in action, with your club members running the show. What you do will be very visible as you get around and help pave the way for mherv to come to town, and while you work with the Registered Nurse as screenings are taking place. With your help, our RN, Nicole Page or a local community nurse will test many of the men in your area who may be at risk of poor health. Just for want of a few simple health checks, precious lives won't be needlessly lost too soon, and family grief can be avoided.

We all know that men are reluctant to go to the doctor, it's this reluctance we have to try to overcome as we offer our free screenings to as many as possible in the time available.

This manual is a comprehensive list of the things you can do to make mherv's visit a great success. However we are always open to hearing new ideas that we could pass on to clubs working on future destinations. So feel free to be creative, and let us know what works! We'll pass it on.

We hope you will find that individual members of your club will be happy to take on one or more of the tasks in this manual and work on their personal 'portfolio' to get the best benefit for the time mherv is in town.

### Mailbox volunteer:

This critical volunteer task is for someone to check incoming emails at least twice daily. Their job will be to distribute incoming information to the relevant people on your team, to use while working on their 'portfolio'. This person is central to your support effort locally.

**mherv's** management team's job is to constantly monitor events throughout the tour, and to provide support for all the clubs involved along the way. A full schedule is also attached. We will disseminate information and useful material by email. Your primary contact is with Kevin and Gwen Sweeney from Warners Bay Club ... email: <kandgsweeney@bigpond.com> Tel 0419 991 418. Tell Kevin and Gwen who your mailbox volunteer is asap.

### **Local Awareness:**

It is most important that everybody knows that mherv is coming to town, and what Rotary is doing. Two weeks from mherv's scheduled arrival in town, use your personal and club networks to talk to your local media people. Local radio, newspapers magazines and tv. The organising committee will supply (separately) the latest press releases and still pictures and later in the tour, sound bytes and video for radio and tv footage. This material will come to you by email, and will include the latest up to date stories so you don't have to go empty handed.

As a separate file we have sent you a background briefing. The information in it, is intended to be used in interview situations. Try to identify a local someone (not necessarily a club member) who is prepared to be interviewed, the briefing is intended for them to read and use as a source of mherv information so they can speak with conviction and authority on the subject. This person's contribution could be very significant.

By email we will send you artwork for A3 and A4 posters, hoping that someone will donate some colour printouts that can be put up in local places where people congregate. The bars, the cafés, local notice boards, places where local womenfolk gather as well as the male haunts. The girls and other family members will often be the ones to persuade their men to get tested! Please let Kevin and Gwen know the venue where the van will be parked to do the testing, and the times it will be open. Also to make them relevant, indicate the predominant primary industry in your area. This is for the picture on the posters artwork.

Also as a matter of courtesy let your local GP's Hospitals and Community nurses know what's going on. (The GP's should know from their association, but some may not).

- Advise local Medical Services providers
- Talk to the local newspaper
- Talk to the local radio station
- Talk to the local tv station
- Find a spokesperson willing to be interviewed
- Print out and place posters wherever you can.

As part of the role of the management team, local community nurses will be advised of our tour dates. They will be invited to assist with the screening where they can, while mherv is in their area. Also they will be asked to follow up a week or so after mherv leaves town, by calling men who have agreed to see their own doctor with the results of their screening. The Community nurse will call them and ask if they have made an appointment.

### **Local Sponsorships:**

To contain costs, we need your help and local standing, to get a few sponsorships. A hotel/motel to offer free accommodation for the RN ... you will know how many nights from the tour schedule, if in doubt check with Kevin and Gwen

The RN will need to be fed, so meals offered at no cost would be much appreciated. And a small laundry service for the RN's personal clothing and uniforms. A local laundry may offer this service, or a kindly Rotary family may volunteer.

There won't be much for the RN (Nicole) to do after hours, so remembering she will have been on the road for some time, and probably won't know anybody in your town, anything your club members can do to provide hospitality locally will always be appreciated. Just ask first though, sometimes a quiet, early night in the privacy of her hotel room may be what's really needed!

- A Sponsoring Hotel/Motel
- A Sponsoring Restaurant
- A Laundry service
- Evening hospitality for our RN

**MHERV is also sponsored by:**

- The Royal Freemasons' Benevolent Institution. They have donated the RN's wages for a year.
- We have additional funds from The NSW Government (Premiers Office) which will help us (Rotary) with operating expenses.
- Mazda Australia has given us the use of a new BT-50 Mazda to tow the van.

As a matter of courtesy and good Rotary public relations, it would be worthwhile if someone from your club would make contact with these major sponsors' offices if they are represented in your area. Wherever possible, do your best to publicly acknowledge the sponsors who are helping us, including the local businesses you have recruited. Also, keep reminding people that mherv is a Rotary project.

**Parking space for the van:**

The place where mherv is to be parked while in town should be pre-arranged with local Council and police. Other people who may be sensitive to it should be advised of the parking spot that has been arranged. It has been shown by experience that it works well parked in a visible place on the main street. If possible close to the most popular pub, where local men meet. In towns where there is a Bunnings store, the local Centre Manager may help by allocating an area in their carpark. It's another place where menfolk and families go. Please consider proximity to toilet facilities. Apart from the needs of the mherv team, men to be tested will be asked to supply a urine sample, and will need somewhere to do that.

Please also consider the practical matter of getting mains power to the van. This may include asking a nearby business to donate the small amount of power that will be used. Later, we hope to have a suitable generator for difficult sites, but would prefer to use mains power when it is possible.

- Arrange van parking with Council and police and/or private parking areas.
- Facilitate a means of getting mains power to the van
- Let Kevin and Gwen know mherv's location and your publicised times for testing, The posters will then be emailed to you for printing with this detail on them.

**Getting MHERV into town:**

According to the schedule, and to give our RN a break, we ask that two of your members or local friends volunteer to go to the previous destination on the tour, drive the rig back to your town, and park it in the pre-arranged spot. Where the schedule shows a travel day your driver team should be at the previous location to collect the van and Nicole, at a suitable time to comfortably travel back to your own location.

### **Working with the RN and screening candidates:**

There will be a table near the door of the consulting rooms where your Rotary volunteers will be located. You can organise shifts if you like, and there will be a break for lunch. The role of these Rotarians, is to greet those to be tested and get what details they are prepared to give on the registration form, which goes with them to the RN for their tests. Some will be reluctant to give too much detail. If nothing else, get a first name, and their 'phone number. Tell them they will get a report to take away. Having the results of their tests, they can take whatever consequent action they choose. We regard their medical information as confidential and won't pass it on beyond the nursing team. If we can arrange for a community nurse to attend, they will help with screenings and follow-ups after mherv has left town.

### **Working the mob:**

We know that rural men are reluctant to have anything to do with medical stuff... unless it's in the interests of their business bottom line ...like calling the vet if a valuable animal is crook! Often they don't realise that *they* are the most valuable animal on the place but won't do anything about it when feeling 'out of sorts'! ... "She'll be right" (...but can they be sure?)

So this is one of the really important jobs on screening days. You'll need a couple of people who are happy to spruik... to go into the pub, up and down the mainstreet, into the bank wherever the menfolk can be found on screening days, and hustle them over to the caravan. Good humoured threats are ok ... especially from the wife or girlfriend!

Getting tested can only be good news. If all is well... there's peace of mind. If there's a problem... it can get fixed before it's too late!

The publican can be a special case. Try to persuade him/her to display our posters early because they need to help us keep their customers. A regular customer is no use to a pub if they have a sudden heart attack and die. That's a customer who won't be buying another schooner - ever! The RN or Community Nurse is happy to hand out a token to tested pub patrons who the publican wants to reward with a free beer!

**mherv** travels with a collection of different size shirts with mherv logos on them (some girl-sizes included). The uniform is blue jeans, brown boots or shoes and the mherv shirt. Have volunteers smartly dressed on the day. Hats with a brim are optional, but no beanies or baseball caps please!

Your members' job on screening days, is to maximise the number of men tested....Break some records!

If you want help to hustle ... Your local men's shed might be happy to be in it. They also have a programme to test for mens health, and we are happy to cooperate with them.

**Donations** ...There is a box of cards with the van. Rather than the traditional method of collecting loose change, please make sure everyone tested knows that they can make a donation to assist us with expenses. The card has mherv's bank details on it and the hope is they will donate on line.

Please find someone who has a good camera to get some pictures not just of the van and the RN but of people in the pub, men who were tested, and email them with any special stories to the management team so we can use them in towns yet to be visited on the tour.

Please return the uniform shirts to the RN. The laundry in the next town will wash them. If members would like their own mherv shirts, they can be ordered through the Management Team.

## The Tests:

The tests are almost non-invasive.

- Blood pressure (a cuff around the upper arm)
- Blood sugar levels (pin-prick blood sample - momentary test analysis)
- Cholesterol (pin-prick blood sample - momentary test analysis)
- Body mass indexation. Height, weight and girth measurements
- Urine analysis. This is something we don't publicise until a person turns up to be tested. It can be a deterrent to having the tests done, being seen as "too much trouble" But it is important.

## Moving on ... and after the event:

Your club will be advised who and when the next destination's Rotary representatives will arrive to pick up our RN and the mherv rig to take them on to the next destination - the next stop on the tour.

Now have a party! .. congratulate yourselves for a job well done. Invite the mayor, the sponsors and anyone else you want to thank including your trusty club members who will have done something special for your community.

Say thanks to everyone in town through your media contacts... relate any good stories.

From your experience as local hosts, let us know if there are any ways you think we can better organise the mherv project.

**Thank you:** ... We know you'll do a great Rotary job, and don't forget, while you are out and about in the community ... talk to people about joining Rotary!



Manual version date:  
25th August 2017

Check out the most valuable animal on your property...  
If your best bull gets crook, call the vet...don't take the risk, too much to loose!  
But what if the most valuable animal on your property gets crook...?

Get checked ... see mherv