



October 21, 2016

## **MEDIA RELEASE**

# **BCHS meets need with new support group for unemployed older men**

*Picture caption: Bendigo Community Health Services counsellors Dale Pymer and Patrick Cox discuss the new Bendigo Unemployed Older Men's Group with Neil Gemmil.*

Bendigo Community Health Services is extending a helping hand to unemployed older men in Bendigo.

The organisation will launch a Bendigo Unemployed Older Men's Group on October 28 to provide support and education around issues faced by those struggling to find work.

BCHS general counsellor and group facilitator Patrick Cox said unemployment could be tough.

"This group is not aimed at getting you a job but providing the supportive environment and useful information to help you deal with the difficulties of being out of work," Patrick said.

"Groups are a great way of people hearing others' experience sharing knowledge in supported environment. It assures group members that they are not alone and that there is hope."

Patrick said the group would be overseen by BCHS counsellors and focus on issues such as financial stress, physical health, mental health, relationships and motivation.

Bendigo resident Neil Gemmil has provided support to BCHS in planning the group.

Mr Gemmil said long-term unemployment generated many emotions for older men who would benefit from group meetings.

"I felt frustrated, emotional and angry ... not having a purpose when I woke each day," Mr Gemmil said.

“I experienced low self-esteem and was very sensitive to criticism, wondering why this was happening to me – it was all about not having purpose.

“There were limited supports to help me for either getting a job or getting help for me emotionally – it would have been good to have the chance to discuss issues, share experiences and ideas – just nice to talk with people having the same issues.

“It would have created a new interest for me and provide me a purpose to attending something and feel worthwhile.”

Bendigo Unemployed Older Men’s Group meetings will be held from 10am to noon each Friday for eight weeks at Bendigo Community Health Services’ Eaglehawk site at 3 Seymoure Street.

Anyone wanting more information on the Bendigo Unemployed Older Men’s Group should call Patrick or Dale at BCHS on 5430 0500.

**Media contact:**

Rod Case  
Director, Media and Communications  
Bendigo Community Health Services  
(03) 5448 1629  
0418 147 560  
[rodcase@bchs.com.au](mailto:rodcase@bchs.com.au)