



FOR IMMEDIATE RELEASE

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Beyond The Banter Launches “ Banter Bench | M8s Check-In” Monthly Series at Western Sydney Startup Hub

Parramatta, NSW – Beyond The Banter has officially launched the *Banter Bench – M8 Check-In Monthly Series* at the Western Sydney Startup Hub, creating a consistent, local space for men to connect, talk, and support each other.

Held at the end of **each month**, the M8 Check-In sessions are designed to be simple, informal, and accessible. The concept encourages men to take just eight minutes to check in with a mate, helping build stronger habits around conversation and early support.

The Banter Bench format removes many of the barriers often associated with traditional mental health settings. There are no presentations, no pressure, and no expectation to have the right words. Just a space to show up, listen, and be part of a conversation that matters.

Founder of Beyond The Banter said the series responds to a clear gap in how men access support.

“Most men aren’t looking for a formal program. They just want a way to talk that feels normal. The M8 Check-In is about making that easier, one small check-in at a time.”

Each session is capped to maintain a comfortable and personal setting, typically hosting 20–25 participants. The sessions are guided by simple prompts aligned to the Beyond The Banter P.A.C.T. approach:

- **Pay Attention** – noticing when something feels off
- **Ask the Question** – starting the conversation
- **Connect** – being present and listening
- **Take Action** – supporting the next step

The M8 Check-In Monthly Series is open to men of all backgrounds, with a focus on creating a consistent community touchpoint in Western Sydney. Participants are encouraged to attend regularly or drop in when it suits, reinforcing the message that support doesn’t need to be complicated.

Beyond The Banter continues to build practical, peer-led initiatives that make it easier for men to speak up, support their mates, and stay connected before things reach crisis point.



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MENTAL HEALTH & WELLBEING



Event Details:

Location: Western Sydney Startup Hub

When: Third Thursday of each month

Format: Small group, informal check-in sessions

Cost: Free

For more information, visit: www.beyondthebanter.org

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