



HAVIN' FUN, DOIN' GOOD DOWN AT SPORTSMAN'S BAR

Let's face it, 2020 has been a rough one. There's been extensive speculation over the impact of the pandemic on mental health. Financial pressures, uncertainty about the future, job insecurity and relationship stress are currently at the forefront of many men's and ladies' minds.

Movember research conducted earlier this year found nearly a

quarter of men globally (23%) reported their mental health had worsened in the first six weeks of the COVID-19 pandemic, while almost a third of men (30%) noted increased feelings of loneliness.

Spaces where men to socially connect have been severely reduced – including organised sport and places like pubs, restaurants and gyms.

How Movember has supported: We accelerated the delivery of digital mental health tools, including Movember Conversations, to help address and minimise the impact on men.

Therefore, Sportsman's Bar have decided to participate in Movember – the annual event throughout November where a band of perfectly ordinary men take on the brave task of growing

a moustache for charity in a bid to raise awareness and funds for health issues facing men. While we still don't know how long we need to keep the social distance, the fundraising may look a little different this year. Apart from growing moustaches, the Bar has also decided to Mo Their Own Way.

To help change the face of men's health, you are invited to:

FOR MO-BROTHERS:

1. GROW A MOUSTACHE

Whatever you grow will save a bro. Club members can register on Movember website <https://movember.com/t/sportsman-s-bar-movember?mc=1> (or scan the QR code) and hit the donate button. You can donate either on your own or in a team. You need to grow a moustache to get involved, of course, and fundraise your donations through the Movember website. The top 3 participants who fundraise the highest donations will win prizes from the Club's sponsor – Moët Hennessy Diageo. To have more fun, the top 3 best moustaches will be selected from Movember and also win prizes from Moët Hennessy Diageo. Regardless of what you've raised, you're invited to head on down to the Sportsman's Bar on Saturday, 28th November where a team of barbers are standing by to shave off your mo.

Start date:	The date you register on Movember website
Deadline for donations:	Sunday, 22nd November
Prize presentation:	Saturday, 28th November



2. 15 SHOT CHALLENGE

To push your limits and inspire donations with sheer grit Mo-brothers (of course Mo-sisters are also welcome) are invited to accept our 15 shot challenge. A score card will be given to participants to collect full stamps to enter the final round of 15 shot challenge. Every one shot the participants buy, they are invited to donate \$5 to the Movember donation box and will get one stamp after finished one shot of shooter.

Start date:	Sunday, 1st November
Deadline of 1st round:	Sunday, 22nd November <ul style="list-style-type: none">■ Participant need to complete all the stamps collection■ Top performed participants will be lucky drawn to go to the final round
Deadline of final round:	Saturday, 28th November <ul style="list-style-type: none">■ Participants need to complete all 15 shots■ Commands (like rotate run, pat your belly...etc) has to be finished while you finishing the 15 shots■ Hold still while someone shaves your mo■ Put up your hand to signal the judge■ First 3 to finish will win big prizes from Moët Hennessy Diageo

For Mo-Sisters, please join! Mustache is not necessary obviously and you just need to wear pink to enter

FOR PINK LADIES:

1. PINK DRINKS

Ladies are not only being invited to throw their enthusiasm behind the cause of men's health and promoting Movember among the men in their lives. There's also PINK Champagne and PINK Wine ready for them to support Breast Cancer! For every PINK Champagne and PINK Wine the ladies buy, they are invited to donate \$5 (per glass) or \$20 (per bottle) to the Phenomenally Pink donation box.

This event will run throughout November in Sportsman's Bar

2. BE THE MO-SISTERS

Pink Ladies can also register on the Movember website <https://movember.com/t/sportsman-s-bar-movember?mc=1> (or scan the QR code) and hit the donate button. You can donate either on your own or in a team. Same as Mo-brothers, the top 3 participants who fundraise the highest donations will win prizes from the Club's sponsor – Moët Hennessy Diageo. Please wear pink to boost awareness and have a little fun while you're at it.

Deadline for donations: Sunday, 22nd November

Prize presentation: Saturday, 28th November



FOR ALL:

JOIN THE MO-MENT IN SPORTSMAN'S BAR

Event is on Saturday, 28th November. This is the grand final date for "15 shot challenge" and brings your cheering team down to the Sportsman's Bar. All top donors' prizes will also be presented on the same night and the Club will hire a professional Barbers to shave-off the mustache for all Mo-brothers. For Pink Ladies, why not come to the bar on that night in pink in order to raise the awareness for Phenomenally Pink!



STEP IN THE RIGHT DIRECTION

Join along the #MoSteps Walkathon Challenge to get physically and mentally moving for men's and ladies' mental and physical health awareness. All funds raised from the entry fees go to Movember Foundation and Hong Kong Cancer Fund, so join along solo/ in your teams to show your support.

Join here: <https://www.bravera.fit/blog/mosteps2020>

- 1) Download Bravera
- 2) Scroll to 'Partners' tab
- 3) Register for MoSteps challenge

More info here: <https://hk.movember.com/events/view/id/qXm8>

Calling for #MoStories: photos/stories of overcoming and/or facing mental health or men's health adversities. Start sharing your stories of courage so we can collectively kick-start the dialogue and normalise talking about the harder things in life and show up for each other.

- 1) Post a little note of hope/courage OR a photo with somebody who is a Mo Survivor/Hustler
- 2) Caption your #MoStories
- 3) Post that on our wall in the Sportsman's Bar

Get involved & volunteer:
<https://www.instagram.com/phenomenally.pink/>