

# Aman Banfal

Australian Born  
Ancestry: Fijian - Indian



## Support Worker Men's Health & Wellbeing

### My Why:

I work in this field because of my own lived experiences with trauma, injustice, and recovery, which have fuelled my commitment to helping others navigate their healing journeys with dignity and support.

### Timeline:

My career has evolved from corporate legal and governance roles into frontline mental health and crisis intervention, allowing me to integrate strategic insight with compassionate, community-based care.

### Hobbies:

I find deep fulfillment in volunteering for suicide prevention, engaging in community outreach, and participating in workshops that build emotional resilience and celebrate cultural identity. Traveling back to my beautiful home country of Fiji is a profoundly grounding experience that reconnects me with my roots and the richness of island life. These passions fuel my commitment to service, healing, and cultural pride.

### Passions:

I'm deeply passionate about social justice, mental health, and advocating for culturally safe healing spaces for men and children.

It's everyone's  
first time  
living,  
be gentle on  
each other.

# David Cox

Beagle Bay, Nimanburr



## Support Worker Men's Health & Wellbeing

### My Why:

I'm deeply passionate about supporting my community and creating meaningful connections with others. Growing up in this region, I've developed a strong understanding of the local culture and traditions, which I use to make a positive impact. With a commitment to helping people, I aim to reconnect individuals with their cultural heritage while giving back to the community that shaped me.

### Timeline:

With experience as a Health Practitioner at BRAMS and KAMS, a Youth Support Worker at the Broome Youth Family Hub, and a Teacher's Assistant, I've had the opportunity to contribute to the well-being and development of individuals in my community. Each role has allowed me to support people in meaningful ways and strengthen my commitment to making a positive impact.

### Hobbies:

I enjoy spending time outdoors and connecting with my family — whether it's fishing, camping, or just making the most of quality time with loved ones. I'm also passionate about sports, especially footy and basketball, and I find hunting to be a great way to relax and stay active.

### Passions:

I am driven by my passion for giving back to the community. Whether through my professional work or personal pursuits, I'm dedicated to creating positive change and supporting others. For me, working in my community is not just a job — it's a way of life and a constant source of inspiration.

Spending time with friends and family is what makes life truly meaningful.

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Men's Health & Wellbeing is based at Hamersley St (next to the Police Station)

# Richard Mayhew

## Support Worker Men's Health & Wellbeing



### My Why:

My motivation to work in the Change Em Ways program is from a belief that it is a human right that all women, children and men should live to live in a world that is free of violence

### Timeline:

I went to school in Geraldton and have lived and worked in the Kimberley region and remote areas of Northern Territory for 35 years. I have a diverse background, went to sea for 20 years working in the fishing and pearling industry and then went on to work in government schools and recently completed a degree in psychology.

### Hobbies:

I enjoy National parks and spending time at the beach.

### Passions:

Science, the night sky, cultural mythology and relaxing

“Where there is no struggle, there is no strength”