

Scott Hill reveals the real meaning of Movember

The biggest challenge when battling depression is to admit that you've got it



PICTURE: ANGIE SIMMS

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WHILE the sight of men growing a moustache during Movember can often bring a smile to many faces, the causes the charity supports are often lurking in the background.

Prostate cancer and depression are two of the most widespread men's health issues in the country and the awareness raised by Movember is designed to encourage men to see their doctor and seek help.

One man who knows all about the struggles of depression is former New South Wales rugby league star and publisher of the *Sports Wisdom Revealed* book series, Scott Hill.

While he is loving his new venture as a business owner, Hill said the end of his rugby league career proved to be a

testing time as he grappled with the reality of life away from football.

"I really love what I am doing with the books now and I really think that is one of the major factors in life - as a footballer for 13 or 14 years, I loved what I was doing and I had to find something else I loved," he said.

"When you are playing football and earning a bit of money, you are thinking about how many investments you can buy and it is easy to fall into that because you are earning so much money.

"But my priorities have changed now and I am thinking more about earning enough money to support my family, put my kids through school and go on a holiday every year."

Hill said it was his wife who first noticed the changes in him and



FAME: But Scott Hill had to face life after football.

suggested he should see the doctor, which proved to be the best thing he could have done.

"I think if people are in a state of depression, certainly the biggest challenge is ad-

mitting to it," he said.

"My wife saw it probably 12 months before me and she was aware of the side effects, but once I went to the doctor and he explained it to me I felt a lot better.

"It felt like a weight had been lifted off my shoulders. "Hopefully it is improving with men, but in the past they haven't gone to see the doctor and it is really important."

Through the books, which include *Secrets of Winning Coaches Revealed* and the newly released *Secrets of Winning Captains Revealed*, Hill and business partner Dave Becker are able to relay the wisdom of well respected sports figures.

The books have been well received by the sporting and business communities, but Hill said he hoped people could apply the information to their everyday lives, just as he has done.

"A lot of things I have learnt from these books have helped me in my transition from rugby league player to publisher and leadership speaker," he said.



REFLECTIVE: Matt Johnston and the boys.

Tash IV raises \$1970 for cause

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THE boys from Tash IV ended Movember 2011 with a flurry of donations to take their team tally to \$1970 and counting.

A relieved team met last Thursday for one last photo shoot before quickly dispersing to their respective homes to shave of the unsightly additions to their top lips.

Kendrick Louis proved to be the star fundraiser with a tally of \$1045, while Jackson Doolan also chipped in with \$635.

Louis, who will compete in this year's Kellogg's Nutri-Grain series, said this was the first year he had done Movember seriously and he was keen to keep spreading the message of men's health.

"I have had a few people ask me about it since we started and it's good to be able to tell them why we are doing it," he said.

"I also met a bloke who told me he had prostate cancer and was asking about the whole thing, so it's great to be able to raise some money and awareness."

That brings Movember to a close for another year, much to the delight of spouses around the country. But the boys have pledged to return another year older and wiser next year.

To donate visit www.movember.com.au and search for Tash IV.

Have you got any good Movember photos? Email them to johnstonmat@qst.newsltd.com.au

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