

MEDIA RELEASE
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AUSTRALIA HELPS THE WOUNDED IN JUST 30 SECONDS

From television stars to footy legends and corporate high flyers, influential Australians lent their weight to veterans throughout May in a physical show of support for not-for-profit charity Mates4Mates.

The inaugural Mates Month called on all Australians to give their best for the #30Secs4Mates social media campaign which involved doing as many push ups as possible in 30 seconds and challenging a mate to do better, or donating for each push up completed.

Campaign corporate partner UBET today delivered a cheque for \$50,000 to Mates4Mates as its contribution for Mates Month to help the organisation change the lives of our physically and psychologically wounded current and former Australian Defence Force personnel.

UBET Chief Operating Officer Barrie Fletton said everyone from punters to top executives pushed themselves in May to give their best for Mates4Mates, which provides support to wounded, injured or ill current and former Defence personnel and their families.

“UBET was thrilled to be a major partner of the inaugural Mates Month, following the announcement of Mates4Mates as our national charity partner,” Mr Fletton said.

“This was a unique and innovative campaign endorsed by some of Australia’s sporting elite and a fantastic way to kick off our partnership.

“We hope this significant contribution enables the organisation to continue to provide much-needed support to Aussie Mates who have sacrificed so much for the rest of us.”

Mates4Mates CEO Simon Sauer said the first Mates Month had been a success, attracting support right across the country.

“Mates4Mates ambassadors such as Brisbane Bronco Josh McGuire and Australian cricketer Ryan Harris launched the campaign by sharing their push up challenge online and support snowballed from there,” Mr Sauer said.

“We saw television actors, the Gold Coast Suns AFL team and lots of everyday Australians take to social media to do their best for our Mates.”

Other Mates Month campaign partners included Nine News and Nova.

About Mates4Mates

- Mates4Mates is a not for profit charity initiated by RSL (Queensland) which provides support to wounded, injured or ill current and ex-serving Australian Defence Force (ADF) personnel and their families.
- Mates4Mates is designed to complement and enhance the capability of the ADF to support their current and ex-serving personnel and their families.
- Mates4Mates is an independent, apolitical and non-religious organisation offering services like physical rehabilitation, psychological services, counselling, career coaching and adventure challenges.

Website – www.mates4mates.org

Facebook - <https://www.facebook.com/Mates4Mates>

Twitter - [@Mates4Mates](https://twitter.com/Mates4Mates)

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