

# App to boost men's health

UWA software engineering student Alex Arnold is the brain behind a new smartphone app aimed at improving men's health.

Mr Arnold (23) spent 450 hours volunteering for Albany's Men's Resource Centre to complete the Well Man app, as part of an internship with UWA's McCusker Centre for Citizenship.

The app includes a comprehensive guide for men on how to manage their physical and mental health, including "Nine tips for staying alive" for boys and men contemplating suicide.

"My hope is that someone will use it and decide to talk to someone else, or seek help," Mr Arnold said.

"I think a lot of people, especially men, focus on physical health and don't talk much about mental health."

Mr Arnold went to Albany for a month last year to work on the app, before returning to Perth to finish it.

He said he was only required to do 150 hours of work as part of his master's degree, but ended up putting in more than 450 hours over a year.

"I had to learn some new programming languages; it was

a huge technical challenge," he said.

"I got friends and family to do a seven-week beta test."

The app is primarily a digital version of the resource centre's Men's Survival Handbook, which is now in its fifth edition.

Resource centre CEO Grant Westthorp said more than 17,000 copies of the guide had been printed since its inception.

"In 2013, I stapled a few A4 pieces of paper together with a few answers," he said.

"It's going to save us a bundle on printing."

The app also includes an 18-day challenge to improve mental and physical health, and a range of emergency contacts.

It is available on Google Play and the Apple App Store.



UWA student Alex Arnold spent a month in Albany last year developing his Well Man app. Photo: Paul McGovern

## Cauldron lacked \$500,000 tip

Bids for the Rokeby Road building that was home to the Witch's Cauldron restaurant for 46 years fell about \$550,000 short of the reserve price.

The 1471sq.m site at 87-89 Rokeby Road was passed in at auction in Fremantle last week for \$1.95million after five bids.

It is listed on an online commercial real estate website for sale "from \$2,495,000", with Phil Hayes from Caporn Young Fremantle, who held the auction.

The businessman who made the top bid later negotiated with agents from Caporn Young (Cauldron passed in, POST, June 30).



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From Tuesday, 17th