



Season Two: Episode Eleven.

Showing up for the cancer community with Matt Davey

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Episode 10 - Ivana Alfonso
Matt Davey interview

[00:00:00]

Renee: i, , am really excited to bring today's conversation to you today. I am talking with Matt Davey. He is, , an impact led entrepreneur who is focused in the health space. I met Matt and his brother Noah at a program that I took [00:01:00] part in last year in the, uh, Queensland social impact, social enterprise space.

But his story is one that I want to share with you because as far as we talk about showing up for a greater purpose and showing up for something, uh, the story of Matt and Noah and how they got to do what they're doing is a really powerful one. And I'm sure that there's lots that we're going to learn along the way.

So thank you, Matt, for joining us. How are you today?

Matt: I'm really well, Renee. It's so great to chat.

Renee: So if you can, in a really brief. Synopsis. Tell me and everyone listening, what are you showing up for?

Matt: I guess that's a big question, but showing up for me, and I guess my purpose is showing up for people in the cancer community, showing up for people living with a disability, and showing up for the neurodiverse community.

So it's important for me through my own lived [00:02:00] experience, through the work that I do every day, and just in general, showing up for people that aren't necessarily able to show up for themselves.

Renee: Excellent. And can you tell me, because it is different for everybody, right? What does that mean for you? What does it look like for you to show up either for that community or for that cause?

Matt: For me, I think it is about choosing to start my business in the health space and give people an opportunity to access resources to help them manage their own health journey. Um, and just through the conversations that



I'm having every day. So the way that I'm building community and networking with other people, um, speaking to people to understand exactly what it is that they need from, from a support perspective, from a connection perspective, and just really giving, giving a voice to those people in the, in the spaces that, you know, I'm a part [00:03:00] of through my own lived experience, but also people that I'm, I'm learning about as well.

Renee: Yeah. Awesome. So, um, as much as you're comfortable, , can I get you to give us a little bit of a background to, to where you've come from, your origin, sorry, so to speak. , and what drove you, , and was the turning point to make you make the decision to start mend and to start like really visibly showing up in that way.

Matt: So for me, my journey really started at 23 when I was diagnosed with brain cancer. It was something that I never really expected to have to deal with, especially, you know, being someone in my early twenties. Um, and when that happened, it kind of put the brakes on with everything else I was doing from my career, from, you know, my lifestyle in general, and just really made me take a bit of a step back and look at my life as a whole.

So sort of going through my [00:04:00] cancer journey, I was subsequently diagnosed with epilepsy, um, which was another, you know, another step in. In the health journey that, you know, was hugely impactful. Um, and, you know, because of that, you know, being classified as somebody that is neurodiverse and all of the things that come with that.

Um, so yeah, my, my health really kind of. Changed the way I looked at my life and the way I looked at work and my career and everything like that and made me realize that life is so much more than just going into your nine to five job and I guess showing up only for yourself. So I took that step back and left my job in the corporate space to really try and do something different and look at my experience.

And sort of, you know, start asking questions to those people around me, whether those be, you know, my friends that were also dealing with health crisis or, you know, other people that were [00:05:00] experienced cancer at young age. So, yeah, I, I kind of stepped away from. From my own journey and learn about others through the experience.

And that's what led me to starting mend and becoming, you know, my own boss and yeah, taking the steps to, to build my own company and build a product to help people that, that live with cancer and, and those people around them.

Renee: So good. And I will come into a little bit more later what MEND is and what it does, but I want to kind of touch on that.

The step that you said there, which I think is something that I've heard a few times with a couple of the different guests is it's that process between something that has been an individual experience. , and then. Somehow, or for some reason taking that, um, and applying it in a broader sense and seeing how the, the, the wisdom, the knowledge, the experience you've gotten, how that relates to a bigger picture and a bigger problem.



[00:06:00] Um, can you like, was, can you talk to me a bit about that process where you kind of went from, this is me, this is my experience. And I don't want to say, woe is me, but we do become very focused on our own situation and our own scenario. Um, and. Turning that that lens is a photographer in me, right? Turning that lens from you to a way.

How did that happen for you?

Matt: It was a pretty big process to be completely honest when I originally got diagnosed and sort of was going through the health system as a patient and as somebody, you know, living with a variety of different health conditions. I didn't find that I had very much support and I didn't find that the people around me from my health care team and, you know, allied health professionals, whether it's psychologists or, you know, other people exercise physios, things like that.

I wasn't necessarily getting the support that I needed being somebody that had, [00:07:00] you know, had to deal with a cancer diagnosis, had to leave work, had to. Stopped so many different parts of my lifestyle, whether that be driving or living independently, all of those things that people will forget about when it comes to cancer, especially as a young person.

And I thought to myself, probably about a year in. Surely this can't just be my experience. It surely can't just be me. That's feeling under supported and in this kind of loop of. Of really, really poor care, so that's when I started to talk to other people and try and get a bit of a broader perspective on on what that meant for other people.

And it led me to joining some committees and online support groups to talk to people and hear about. How their lives were impacted, whether it be, you know, somebody exactly the same as me or somebody else experiencing a different type of cancer, or maybe they'd had a really, really great health experience.

[00:08:00] And I wanted to understand how that looked for them, how I could try and sort of, you know, shift and have different conversations with my doctors to maybe approach things a little bit differently. So, yeah, I went from having my experience to really looking, looking more broadly, and that's what made me start thinking about, you know, what's the problem?

How can I try and solve this? Because that's the type of person I am. I wasn't going to sit and, and feel sorry for myself. Of course, you know, there's the element of It is a really awful situation and it's something that, you know, I would prefer not to have to deal with, but it's life and we have to go through these challenges to come out the other side.

Um, and yeah, that that's kind of what started really getting me thinking and thinking about ways to, you know. Really changed my perspective and be positive about what was happening.



Renee: Yeah, it's, it's an interesting, [00:09:00] and one of the hard things that I'm, I'm finding as I'm learning through these conversations is that so many of the, uh, the powerful motivating factors in people's work has come from a point of darkness in there in their lives in some way. And it's, um, I certainly don't want to make light of that moment. Um, because the individual in that is, is so very important, but I'm also finding that it is that it's not just me. I don't want anybody else to feel this. I want to help others do this differently. Um, whatever that thing is that flips that switch is.

Seems to be an incredibly powerful motivator as well as, you know, driver for big change. Um, it's, it's, it's funny. Well, it's one of those things, right? You can hold it to be true. It's [00:10:00] incredibly sad that it happens, but it's also incredibly powerful for everybody else. Involved in that, in that space. So you've obviously had conversations with folks in your community, conversations that lead to a certain point, , talk to us about what was the, , the solution that you came up with, , for the work that you do.

Matt: I suppose the biggest solution that I came up with, um, I guess I probably should talk about the problem before I talk about the solution, but that's probably a good idea. Um, I guess the problem that I identified was that people living with cancer weren't receiving the right support and from a digital perspective, there wasn't a way to keep track of your health journey.

So, from being diagnosed with a condition through to your ongoing care. How do people manage that from things like appointments and medications and managing your health care team? For me, I've got about 15 different specialists and I think [00:11:00] we've talked about this briefly before of how difficult that is to manage.

You know, if you're going to see a doctor a few times a week, or if you're seeing a specialist once every 3 or 6 months, how do you keep track of that information? How do you know how to move forward? And how do you feel best supported? What happened through that and a lot of research and conversations was coming up with the solution of building a digital product, which is a mobile app, um, to really just help people manage their health end to end.

And it was really important for us when we were building meant for the product to be free for patients and really, really consumer focused. Um, Obviously, from a business perspective, that can be a bit challenging, but, um, it's something that we always wanted to do, um, and just really put something positive into the world.

So that, that's kind of our solution and that's what we've been working on. And, and that's been my motivation to really put something out there for the cancer community.

Renee: Amazing. Now in, in that [00:12:00] response there, you've mentioned we, , can I, um, who is the, who is the other person involved in this with you?



Matt: Yeah, So the other person involved is my brother and co founder Noah, who is incredibly clever and is the brains behind all of the software and it and things that I don't understand. So we definitely have been able to sort of merge our skills and build something really positive together. Um, I had the idea of mend about 2.

5 years ago when I was on a health retreat. And I spent the week kind of designing, you know, what I thought and designing what could be a really viable business and a product that we could bring to bring to the world. And I came home and started speaking to Noah about it. And he said, you know, that's actually a really great idea.

I think that it's something we could work on together. Um, and sort of from my lived experience as a patient and his lived experience as, you know, part of a care team and part of my family, it was. [00:13:00] It's such a perfect fit for us to work on a project and learn and put something together. Um, so yeah, Noah has been really, really pivotal to the success of MEND and we've both been able to learn together and work on something, something really meaningful.

So yes, I'm very grateful that he, he agreed to be a part of it and yeah, we're still on the journey now. So it's, it's very exciting.

Renee: Yeah. And I think, um, it kind of also touches on, you know, you've mentioned a couple of times so far, just that the support in the community is, has been pivotal for you and your experience, not even just in the business itself, but in just in general.

Um, and how

has that been? I'm trying to think of, as an aside, if I ask you anything that is uncomfortable. I don't mean to just like growl at [00:14:00] me or something. Right.

Matt: That's totally fine. All good.

Renee: I figured it was going to be, but I just, I want to precursor it going. Don't feel like you have to answer anything. , I guess I'm curious to know.

And the reason why I'm asking this question, right. Is the fact that as we mentioned before, there's, there's, there's lots of times when we, , take something that was a personal journey. Like, so for me, I've talked about quite openly about my, my self worth, my, uh, the time in my life where I felt like I didn't know me and that I didn't have any value and these things were the point at which then I started to look at a creating a solution for myself.

But then that was the driver for me to not want to have any other woman experience this feeling. Right. And so there's, there's. Pluses and minuses to that. And one of that is it feels empowering for me, but at the same time, it feels a lot like I'm spending a lot of time [00:15:00] talking to things and talking to people about things that are painful and painful to me.



, because you know, it's still my journey. It's like, you never, you never, over that. Um, but I'm interested to get your experience. On that and how that might show up for you. Because when we talk about people doing this kind of work, it comes with such emotion, right? And, and, and it's one of our powerful drivers, but at the same time, it's one of those things that can really, you know, buckle our knees along the way.

How have you found that experience?

Matt: To be honest, it's actually been a really challenging one because it's made me think. a lot about sort of my own experience, which is very normal. It's a human experience as to whatever we're doing and whatever we're feeling. And like you said, I'm still on a journey.

I'm not here saying, you know, everything's [00:16:00] perfect and I've moved on. Um, And it's something I actually speak to my therapist about quite a lot and talking about how it's difficult being, you know, so deep in something and it being your own problem and being your own journey, I guess, rather than the word of it being a problem.

But, um, it, it has been challenging at times when I first came up with the idea and, and started going through and building mend. Um, It seemed fairly straightforward, but you know, the longer we've gone through the process, a lot of things do show up for me. Um, but the motivation is always to still help other people.

And I think as an empathetic person, it's always something that, you know, I keep pushing and keep learning and keep growing. Um, at times I feel that it's too much and it, it really, um, Is challenging just because, you know, I still don't feel like I get the right support from from my own health team and my own journey.

Um, [00:17:00] but, you know, it's a learning. And I guess it's important to balance showing up for myself while showing up for other people. Um, but, yes, it's all part of it and it's, it's just something that I'm sort of navigating as I go through having a business, having a product and just, you know, doing something for myself as well.

And

Renee: thank you for answering for answering that because I know this kind of stuff gets uncomfortable. And can you share perhaps when you're thinking about that balance point between, you know, showing up for the business and for the product and for everybody else, but also that care for yourself. What does that look like?

Matt: Sometimes probably it's about taking the time out that I need. So a big part of the reason I started mend was one to help people, but to, to be able to, you know, work flexibly, be my own boss [00:18:00] and be able to manage my health. At the same time as working, uh, you know, live it living with a disability means that I can't necessarily drive to work and work a 9 to 5 job.



It's not realistic. And, you know, a lot of people that will be listening that might live with a disability will understand that. But I think, yeah, taking time out when I need it. Some days I can work a full day. Other days I might have to work an hour or two. Um, but just knowing that that's okay because the more comfortable you are in your own situation and, and like you said, showing up for yourself means that you can show up for other people more.

Um, if you're, you know, pouring from an empty cup, you're not going to be delivering anything that's going to add any value. So, um, I'm really lucky that I have Noah. I have my friends, I have family that I can bounce ideas off and, and that just allows me to, you know, really see and acknowledge where I'm at at the moment and not overdo it just for the sake of [00:19:00] having a business or, or being a founder or, or whatever that might be, um, is just, yeah, finding the balance and, and really taking space for myself when I need it as well.

Yeah, that's

Renee: excellent. Yeah. And I think, I love the fact that again, you have, have brought in. To that mix the support and the community around it, because it is certainly is another. It's another trend that I'm seeing in the conversations is this combination between things being value driven by people's own experience, but also very much the importance of community. , and. You know, in a very, , I don't know what you would call it, that five second grab lifestyle of Instagram or social media, where we, we share the highlights. We talk about the good stuff and the successes and everything looks glossy and fancy and all of those sorts of things. It's very rarely the truth.

For for anybody, and when we have such a visible way of showing up, [00:20:00] um, I feel it's my obligation to also show up in a way that is is honest to the journey and where I'm at in that space. , so I appreciate. I appreciate that. And seeing that in other people, because I think it's easy to have the, , the rags to riches story, but only talk about that story after the riches have happened.

, as opposed to what it's like to work through that and, and the icky gritty parts that come with that process. . Um, can you tell me in this journey, what's one of the biggest things. Whether you want to, and you could put that journey in the context of business or life or whatever.

What is one of the biggest things that you've learned about yourself?

Matt: I think something I've learned is that it's really important to be vulnerable and it's important not [00:21:00] to pretend that everything's always going perfectly. What you just said before resonated so much because I think I'm such an authentic person. I don't like sort of, you know, putting a lot of fluff in it.

And of course, everybody wants to be successful and wants things to be in this kind of linear path of what success should be and what it should look like. But the reality is that's, that's not ever the case for anybody, even if it's what they're putting out on social media or through their business or whatever it is.



I think the biggest thing I've learned is, you know, it's okay to make mistakes. And it's very normal to fail if you're going through life and you're constantly succeeding, you know, amazing. And that that's great for you, but it's okay to make those mistakes and go through the journey. Um, I've never started a business before.

I've never worked in health before I don't claim to be, you know, I don't claim to be Richard Branson or anybody [00:22:00] like that, but I'm just here showing up for myself showing up for Noah and putting something positive into the world, you know, building meant. Isn't an easy task. It's it's something that I'm very passionate about and something that I've put a lot of time and effort into, but every day there's a challenge and every day I'm learning something new and speaking to somebody new.

Um, but the reality is that business is hard. And being an entrepreneur is, is very lonely, you know, it's, it's great when we get to have conversations like this and connect and talk to each other and that's really, really important. But, you know, business is hard and doing something for other people is hard as well, because when you're not earning money and you're bootstrapping an idea and you're, you know, you've left work, that's a challenge.

It's, of course, at the same time, a massive privilege that I can do this and I can spend time working on something really positive. [00:23:00] But, you know, it does come at a cost as well. So, I guess, yeah, my big learning is that failures will happen. That's very normal. And it's okay to be vulnerable and discuss that with other people because.

What you see on LinkedIn isn't actually what's happening. And that's probably, you know, 99 percent of people. So that's okay. And it's okay to be honest and authentic about that journey.

Renee: Yeah. And I think we, as humans, we, we connect with, and we resonate with humans. Um, and I don't think that this, the perfect stories or the success stories all the time are actually what we learn most from either.

Um, can you tell me now after that reflection, then what does success look like for you in this space?

Matt: Success for me, and I think for Noah as well, we, we talk about it a lot, but. The idea of building [00:24:00] something and as our first product. As first time entrepreneurs, um, was honestly just to build something good and put it into the world.

It wasn't about making money. It wasn't about building a business that was, you know, going to be the next Canva. Of course we want to be successful. And of course, you know, it would be lovely to have a yacht and go on holiday first class. But, um, I think the success for us is honestly helping people. And we said, If we can help one person have a better experience than I had, that's what success looks like.

So from the feedback we've had so far from the people that are using the app, we've had people that have said to us, you know, you've made a difference in my life. You've helped make that day to day journey easier because I've been able to keep track of things. I've been able to. You know, ask better questions to my healthcare team.



And for us, that was literally our whole goal. So it was, you know, [00:25:00] tick, tick, tick. Um, and, you know, now we have to evaluate what's next and what we want to do and what that looks like, whether it be, you know, a new product within our company or, you know, continuing men and finding some funding. It's 1 of those things that, you know, we're constantly evaluating, but genuinely the success for us was to help people and to add something to the world.

So, you know, a lot of people can't say, you know, they've worked on something they're passionate about and they've added something valuable. So a lot of people will just go to their normal job day to day. And that's fine. If that's what you want to do. But we genuinely wanted to take the opportunity Learn something, work together and, you know, and bring value to, you know, some people's lives that live with cancer.

Renee: Beautiful. And can I ask you, when you got, say, that first piece of feedback or any of that feedback, how does that, [00:26:00] um, how does that make you as somebody who's had those experiences, whose experiences, this is driven from, how did it make you feel?

Matt: Fulfilled. And honestly. Just happy that somebody had a different experience from me because, you know, I'm still on the journey.

It's, it's been just over 5 years now for me and people will still ask me and say, how is it going? How do you feel? Are you getting the right support? And to be honest, the, the answer is that I'm still, you know, very much in it. And I'm still very much. Working with people that don't necessarily know how to communicate or, or support me in the way that I need to be.

Um, so yeah, hearing that feedback was, you know, it's like a little bit of magic because that's why we work in this space. That's why we are impact focus human beings and we build businesses and products that help others. So, yeah, hearing that was, [00:27:00] was really wonderful. And. You know, it just achieves what we wanted to achieve.

So everything else is, is a bonus.

Renee: Yeah. Yeah. And that is, it is beautiful. And I think it's, . No one really likes the idea of, you know, having to rely on external, , validation to feel good about something, but when the very essence of the work that you're putting out into the world is to better somebody else's experience, hearing that feedback is so valuable and so rewarding.

Um, so I can only imagine what. That felt like. I guess my question next is kind of a little bit more business related, but kind of a mix of both. So when we're like, and you've kind of touched on it in the whole process of talking about how, you know, when you've got to show up in something that you bootstrapping or something that, you know, you might not necessarily be getting a whole lot of money for at the moment there is a persistence



[00:28:00] that you need. Right. , whether it's just sheer stubbornness or,, you know, divine motivation, whatever it is that you need some degree of persistence to keep going. , like what keeps you going on those shitty days where you're not feeling it or, um, you know, you've had something go wrong .

How do you keep yourself going?

Matt: You definitely, you definitely have to find motivation in whatever form that is, whether it be the validation, like you said, through speaking to the customers or, you know, sharing about what's been happening. So, you know, we were lucky when, when we met, , Renee through the impact boom program, uh, that was great because you were in a room full of other people that were also driven by. Impact and, and, you know, bringing good into the world. So we were able to share our experience and talk to other people. Um, and I think that it's just a case of reminding yourself why you're doing it. [00:29:00] So if you're having a really, really bad day or week or month or whatever it looks like, it's about sort of bringing yourself back to that purpose of why am I here?

Why am I doing this for other people? And. You know, just really, really thinking about how lucky you are as well to be, to be able to work on a business and to work on an idea that, you know, some days can be a real challenge, but you also have the opportunity to add some value. So, you know, bringing it back to feeling lucky, bringing it back to, you know, why you started in the first place and.

Honestly, there are weeks where I just feel, you know, at a complete lost end and that's normal as well. Um, but yeah, I'm lucky. It gives me flexibility. I get to engage with people that, you know, are part of my community. I get to learn. I get to, you know, have a different perspective and, and try and understand why doctors may be.

[00:30:00] Approach my situation in certain ways. Um, and yeah, it's a lot of, you know, self talk and reminding yourself that, you know, everybody that starts a business will have these moments of doubt. So I think it's just, yeah, trying to stay positive, trying to stay motivated and remembering that you're not the only person going through it as well.

Renee: Yeah, very true. And it's, and part of that collective again, what, um, big picture wise or, uh, you know, ultimate dream wise, what would that look like for Mint?

Matt: In terms of where do I want men to go? I suppose, I think at the moment, men is a product within our company, and there are lots of exciting things happening right now with men working in collaboration with a few other cancer organizations, which is great, which means that our vision of, [00:31:00] of what we wanted it to look like can continue whilst we're sort of, you know, working on our funding and our commercial model from, you know, a business standpoint.



Our focus is, you know, has been on the cancer space and is to continue building those products for for people. Um, and I guess finding the funding. Working with other people that have experience and really getting ourselves to another stage. Would be ideal. You know, we're both passionate about health.

We're both passionate about consumers and yeah, being able to have funding would really, really help us. Um, but like I said, it's important that we work with people that are aligned with our values that are aligned in what our mission is in general. Um, we're not the type of people that will compromise just because someone will give us money.

So. Yeah, big picture is that we want to continue to help people. We want to build products that are going to add value. And we're both passionate [00:32:00] about, you know, the patient experience, digital products, and, and seeing how, you know, digital and technology can really have a big impact in the health space, because it's something that.

Is changing quickly as you know, as the landscape changes in general. Um, and we're just, you know, we're here, we're learning. We're along for the journey. Um, but yeah, it's all a big part of it. And I think that technology does have the opportunity to really improve people's health, to give people access to their own journey in a, in a better way.

And yeah, that's kind of what we want to do with MEND and with Davie Health Co. To try and make it, make it a bit more. You know, a bit more accessible for people. Yeah. No.

Renee: And I guess it's interesting. Cause like I was saying before we, we met and connected at a social enterprise accelerator program. So that space of social enterprise is a really interesting one, especially when we talk about that overlay of, um, [00:33:00] funding versus, um, purpose, um, and regardless of the industry.

That you're in it's, it's changing the way that people look at business. It's changing the way that people look at services and, and giving, I guess, for lack of a better word or bettering the world, um, is, and that overlap in between is a really, um, it's a really interesting, very fluid, changing kind of space.

Um, what has been some of your, um, experiences that you've really enjoyed about social enterprise?

Matt: It's been, um, definitely interesting from a learning perspective as we, we started off not really knowing where we fit in the business space. We, we thought, are we a traditional company? Are we a not for profit?

And finding the world of social enterprise was exciting because it meant that you could kind of do both. You could build a product and it'd be a company [00:34:00] and you could look at ways to it. You know, do some good at the same time. So I think finding and understanding what social enterprise was was exciting because for people like, you know, Noah and I, and for yourself and for other people that were involved in the program it.



It's a way to still do good and, you know, mold your business around that. So, you know, it's still something we're learning about and, you know, still pre funding. So we still have a long way to go. But, um, I love that. There's a space where. Passion and meaning and purpose sort of drives people's intentions when it comes to business.

That's very important. Um, and you're not stuck in sort of the not for profit space where, where it's a completely different ball game as well. So yeah, I guess, um, we love the program cause it. It meant that we were able to learn and we were able to really see how different people approach different problems and, [00:35:00] um, and yeah, and try to solve them and build some really exciting businesses.

And

Renee: I think, I think the way that social enterprise has the capacity to build a greater impact or just, I mean, that even to me sounds like a fluffy way of saying it right. It's like good people doing good things to make the world better and get paid for it. Um, like every business has the capacity to. To take on a mantra where they focus on doing better in the world, whether that through their people or through the people that they serve or, uh, the products that they make or how they make their products, there's so many different ways that more good can be built into the world.

Um, and I think the growth of social enterprise like that, or the increasing awareness of some of those possibilities is really exciting for that

Matt: reason. And it's also about engaging and, um, and educating people as well, because like I said, I didn't know anything about it before we [00:36:00] started the program.

And it's exciting that, you know, bigger companies can learn about it and implement really positive change so that they can have a better impact on, on what they're deciding to do. So, you know, it's, it's that education piece as well. That's really important.

Renee: Yeah. And it gives me hope for better business.

Systems and structures in the future, if if those kind of things can change and grow.

All right. So what I'd like to know what That's one of the questions that I ask all of my guests at this point in the game is if you had the attention of the world for up to five minutes and you got a chance to share one message with them, what would that message be?

Matt: My message for people is really around inclusion and making sure that people are aware of how important that is from, you know, a cancer perspective. From people living with a disability, especially, you know, invisible disabilities, where people might not be as [00:37:00] aware of it is just really showing up and giving support to that community in whatever way.



That might mean, so, you know, it might be supporting a loved one. It might mean being a healthcare professional and supporting someone in a more empathetic way, um, or whether it be through products that are being built and companies that are really focusing around giving support and being more inclusive to people living, you know, with a complex health journey.

Um, it's something that I go through. It's something that we really focus on with Mend and with the company that we're building. Um, and I just think, yeah, it's something I'm really passionate about is that inclusion is key. Um, and you never really know what people are going through. So, you know, you might meet somebody and everything seems fine.

But the reality is there are a lot of challenges that people face. You know, one in two people in Australia will experience cancer in their lifetime. There are four million people living with a disability in [00:38:00] whatever way that might look like. Um, and mental health is a big part of it as well. So it's just about being kind.

Being supportive in whatever way you can, um, and just acknowledging the importance of inclusivity. That's what my message would be.

Renee: Nice, nice. And so good. So good. , can you tell me finally then the,, if you were to play a song that was going to accompany your message what song would you choose?

Matt: Oh, that's a tricky one. The song I would have is here comes the sun because it's a song that I love. I think it fits in with my message. All of my other music that I love probably doesn't fit. So I, I think that's the one for me.

We'll go with

Renee: that. Nice. There's a real optimism to that message. Yes, though, isn't it? Yeah. Lovely. Matt, thank you so much for spending time with me [00:39:00] today. , if somebody wanted to discover more about men than the work that you and Noah are doing, where would they go? Where can they find you?

Matt: They can find us @menhealth.co or across social channels at Men Health app.

Or you can reach out to me through my own socials or email us at hello@menhealth.co.

Renee: That is amazing. Thank you so much again for your time, and I can't wait to see the awesome things that happen for men in the coming

Matt: years. We will keep you posted. There's exciting things to come and yeah, hopefully we can continue making some big waves and impact in the world.



[00:40:00]

Matt Davey (he/him) is an impact-led entrepreneur, focused in the health space. As a neurodiverse, cancer survivor, his lived experience helps to drive change through his work and connect with others to add value. After leaving his corporate job to start his own company, Mend, Matt balances his personal health journey with helping others and embracing change through uncertainty. He is also a podcast host, proudly gay and originally from the UK!

In this episode, we talk about the:

- building a business or product based on life experience
- the world of social enterprise including the [Impact Boom programs](#)
- The experience of building a service while navigating the complexities of your own journey

Learn more about the Mend Health App at www.mendhealth.co or follow Matt and the team at [Mend Health on Instagram](#).

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