



# Brimbank Men's Health Week

## 11 - 16 June 2024



Celebrate International Men's Health Week 2024 in Brimbank with a focus on the health and wellbeing of men and boys. Join us for the main event on 13 June to hear from special guest speaker and former AFL footballer, Majak Daw.

### 1-30 June

#### Brimbank Libraries Men's Health Book List

Discover essential reading for men's health with our curated book list. Explore practical tips, expert advice, and insights to optimise your wellbeing.

Launching on Brimbank Libraries website from 1 June until 30 June.



<https://mylibrary.brimbank.vic.gov.au/>

#### Spanner in the Works

Join us on our social media campaign advocating for routine health examinations. Learn about the importance of ongoing maintenance for enduring health and wellness. This promotion for men's health is a collaboration between Healthy Male and the Australian Men's Shed Association (AMSA).

Follow us on Facebook and Instagram at @bccneighbourhoodhouses.

### Tuesday 11 June

#### Social Table Tennis and Badminton

Come and try these two fun and exciting sport and recreation activities. All equipment provided.

🕒 9-11am

📍 Keilor Basketball Netball Stadium, Stadium Drive, Keilor Park



🔗 <https://www.trybooking.com/CQVLP>

#### Quick and Easy Winter Soup

Make a healthy, quick and easy soup. Light refreshments provided.

🕒 12noon-1pm

📍 West Sunshine Community Centre, 80 Kermeen Street, West Sunshine

🔗 <https://www.trybooking.com/CQJNJ>



#### Power the Vault

Come and try our strength-based class focusing on traditional strength movements such as squats, deadlifts and press movements.

🕒 2-2.45pm

📍 Brimbank Aquatic & Wellness Centre, 90 Taylors Road, Keilor Downs

🔗 <https://www.trybooking.com/CQXGC>



#### Naptime

This tranquil interlude encourages self-care, fostering resilience by integrating restful moments into our busy routines. Delivered by Brimbank Local.

🕒 2.45-3.30pm

📍 Sydenham Neighbourhood House, Level 1, 1 Station Street, Taylors Lakes

🔗 <https://www.trybooking.com/CQVMD>



### Wednesday 12 June

#### Woodwork and Connect

Dads, granddads, guardians connect with your child (8-15 years old) and complete a small woodworking project together.

🕒 6-7.30pm

📍 Westvale Community Centre, Men's Shed 45 Kings Road, Kings Park

🔗 <https://www.trybooking.com/CQVMJ>



#### Small Group Training

Come and try a strength and conditioning class, coached in small groups and tailored to your needs. This class will take your fitness to the next level!

🕒 7-7.45pm

📍 Sunshine Leisure Centre, 5 Kennedy Street, Sunshine

🔗 <https://www.trybooking.com/CQVQR>



### Thursday 13 June

#### Social Pickleball

Come and try this sport that combines elements of tennis, badminton, and ping-pong using a paddle and plastic ball with holes. All equipment provided.

🕒 9-11am

📍 Keilor Basketball Netball Stadium, Stadium Drive, Keilor Park

🔗 <https://www.trybooking.com/CQVNP>



# Brimbank Men's Health Week 11 - 16 June 2024

## Thursday 13 June

### Brimbank Men's Health Day Event



🕒 11am-2pm

📍 Westvale Community Centre,  
45 Kings Road, Kings Park

🌐 <https://www.trybooking.com/CQUFR>

Health Checks and Information Stall

- Hearing Check Bus • Boxercise • Council Services • Street Art Dance • Barber Services • Spinning Wheel Prizes to Brimbank Leisure Centres • Raffle • Sausage sizzle!



**Special Guest Majak Daw**, hailing from Sudan, rose to prominence in Australian rules football. Daw has become a vocal advocate for mental health awareness in the AFL community while actively engaging in community initiatives promoting diversity and inclusion.



## Friday 14 June

### Social Pickleball

Come and try this sport that combines elements of tennis, badminton, and ping-pong using a paddle and plastic ball with holes. All equipment provided.

🕒 9am-12noon

📍 Keilor Basketball Netball Stadium,  
Stadium Dr, Keilor Park

🌐 <https://www.trybooking.com/CQVNP>



### Save Your Bacon Brekkie

In partnership with Hope Assistance for Tradies (HALT). Join us for a sausage sizzle breakfast for tradies to discuss mental health awareness and the importance of tough conversations and access information about local services.

🕒 9.30-11am

📍 Bunnings, 480 Ballarat Road,  
Sunshine

🌐 <https://www.trybooking.com/CQVNT>



### Music Therapy

Discover the healing power of music in our interactive to explore how music promotes relaxation, reduces stress, and enhances emotional well-being. Experience transformative effects in a supportive environment. Delivered by Brimbank Local.

🕒 1.30-2.30pm

📍 Brimbank Local, 45 Dickson  
Street, Sunshine

🌐 <https://www.trybooking.com/CQVQS>



## Saturday 15 June

### Dad's Morning in the Park

Make local connections. Bond with your children through fun activities. Coffee truck. Face painting. Light refreshments provided.

🕒 10-11.30am

📍 Sunvale Community Park,  
Neil Street, Sunshine

🌐 <https://www.trybooking.com/CQYRJ>



### Men's Health Story Time

Join us for a health-themed story time, followed by entertaining sing-alongs, dancing and interactive activities with dads.

🕒 10.30-11.15am

📍 Sunshine Library,  
301 Hampshire Road, Sunshine

🕒 1-1.45pm

📍 St Albans Library,  
71A Alfreda Street, St Albans

No bookings required

### Dungeons and Dragons

Join this cooperative, storytelling game online where you and other players assume diverse character roles within a captivating narrative and embark on quests. Headphone prize awarded as a lucky dip.

🕒 5-10pm

Online details available upon booking

🌐 <https://www.trybooking.com/CQXKX>



## Sunday 16 June

### Chair Aerobics

Come and try Chair Aerobics - a functional aerobic workout using a chair for sitting or balance. Designed to be a challenging workout for everyone that will increase your heart rate, burn calories, and build strength.

🕒 11.30am-12.15pm

📍 Brimbank Aquatic & Wellness  
Centre, 90 Taylors Road,  
Keilor Downs

🌐 <https://www.trybooking.com/CQXFR>



For any queries, please contact  
Westvale Community Centre on  
📞 9249 4665

