

# Brimbank Men's Health Project

## Men's Health Week

Monday 15 June to Saturday 20 June 2026



Neighbourhood Houses  
The Heart of Our Community



Brimbank  
City Council

Free  
of charge

### Partners in Care: Social Media Campaign

Monday 15 June to Saturday 20 June

This Men's Health Week, we're highlighting that men's health doesn't happen in isolation.

It recognises the vital role families, partners, workplaces, and communities play in supporting better health outcomes—helping to prevent illness, encourage early intervention, and provide ongoing care and support.

Go to [@brimbankneighbourhoodhouses](https://www.instagram.com/brimbankneighbourhoodhouses) to follow the campaign.

### Cairnlea Walking Groups

Monday 15, Tuesday 16 and Wednesday 17 June

9.30-10.15am

Cairnlea Community Hub  
59 Carmody Drive, Cairnlea

<https://www.trybooking.com/DKOUV>



Join our \*Fast Walker\* or \*Walk and Talk\* sessions to boost fitness, chat, and meet new people.

### Art Therapy and Mindful Self Awareness

Monday 15 June

1-2.30pm

Brimbank Mental Health and Wellbeing Local  
45 Dickson Street, Sunshine

Bookings essential.

Contact Ange on 0492 322 750

A mindfulness-based reflective session incorporating clay work, watercolour painting, and drawing, followed by a group discussion.

### Ezee Tennis - Adults

Tuesday 16 June

12.30-2pm

West Sunshine Community Centre  
25 Kermeen Street,  
West Sunshine

No bookings required

Build coordination and fitness with this fun indoor racquet game based on tennis. No experience needed.

### Gardeners Club

@ Hunters Patch

Tuesday 16 June

10am-1pm

Hunt Club Community and Arts Centre  
775 Ballarat Road, Deer Park

<https://www.trybooking.com/DKMPL>



Join us at the Hunter's Patch to garden, share tips, swap plants, and learn together. Bring a water bottle and hat.

### Table Tennis - Adults

Tuesday 16 June,  
Thursday 18 June

10am-12noon

West Sunshine Community Centre  
25 Kermeen Street,  
West Sunshine

No bookings required

Enjoy social, all-skill-level activities. No experience needed.

### Men's Health Matters

Wednesday 17 June

12noon-2pm

Tin Shed  
309a Main Road East, St Albans

<https://www.socialplanet.com.au/request/guest/activity?id=48965>



Join us for a BBQ, men's health information session, circuit workout, coffee, and a relaxed chat.

### Pickleball - Adults

Wednesday 17 June

10am-12noon

West Sunshine Community Centre  
25 Kermeen Street,  
West Sunshine

No bookings required

Combines elements of tennis, badminton, and table tennis. Enjoy social, all-skill-level activities. No experience needed.

For further information

[westvale@brimbank.vic.gov.au](mailto:westvale@brimbank.vic.gov.au) 9249 4665 [brimbank.vic.gov.au](http://brimbank.vic.gov.au)



131 450

Local call costs apply

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### Brimbank Men's Health Day Event

📅 Thursday 18 June

🕒 11am-2pm

📍 Westvale Community Centre  
45 Kings Road, Kings Park

🌐 <https://www.trybooking.com/DKFRO>



Join the celebrations with special guest speaker, former AFL footballer **Russell Robertson**. Enjoy a fresh haircut from the barber, relax with a massage, grab a coffee from the barista, and dig into a sausage sizzle. There'll also be giveaways, health service information, and much more to explore.



### Bounce and Bond - Basketball

📅 Thursday 18 June

🕒 3.45-4.45pm

📍 Derrimut Primary School  
Indoor Stadium  
40 Lennon Parkway, Derrimut

🌐 <https://www.trybooking.com/DLAPB>



Join our family basketball session for dads and children aged 7+. Stay active, boost mental wellbeing and build stronger bonds on the court.

### Garden, Cooking and Connect

📅 Friday 19 June

🕒 10.30am-12noon

📍 Delahey Community Centre  
70 Copperfield Drive, Delahey

🌐 <https://www.trybooking.com/DLHJV>



Share garden tips and find out about the range of health benefits of gardening. Make a simple healthy dish to share together.

### Dungeons and Dragons

📅 Saturday 20 June

🕒 2-4pm

📍 Sydenham Library,  
1 Station Street, Taylors Lakes

🌐 <https://www.eventbrite.com/e/dungeons-and-dragons-at-sydenham-library-tickets-1987971369882?aff=oddttdcreator>



Join us for an epic adventure with a fun and interactive game of Dungeons and Dragons! Connect, laugh, and embark on a quest together.

### Group Golf Lesson and Social Sausage Sizzle

📅 Wednesday 17 June

Group Golf

🕒 Session 1: 10-11am

🕒 Session 2: 11am-12noon

Sausage Sizzle

🕒 10.30am-12.30pm

📍 Keilor Public Golf Course  
540 Calder Freeway, Keilor North

🌐 <https://www.trybooking.com/events/landing/1568306>



Join us for a fun, active morning with a group golf session to build skills and connect with others in a relaxed environment followed by a social sausage sizzle.

### Leaving A Legacy

📅 Wednesday 17 June

🕒 1-2.30pm

📍 Comm-UnityPlus  
822 Ballarat Road, Deer Park

📞 Contact Karen on 1800 266 675 or  
✉ [Kgerring@comm-unityplus.org.au](mailto:Kgerring@comm-unityplus.org.au)

Join us for some good tucker and hear from some local legacy heroes who have shaped the lives of people around them.

### Albion Walking Group

📅 Thursday 18 June

🕒 10am-12noon

📍 Kororoit Creek  
Neighbourhood House  
61A Selwyn Street, Albion

🌐 <https://events.humanitix.com/walking-group-men-s-health-week>



Join us for a walk along Kororoit Creek to stay active while meeting others for a chat. Walk for an hour and then enjoy a light lunch.

For further information

✉ [westvale@brimbank.vic.gov.au](mailto:westvale@brimbank.vic.gov.au) 📞 9249 4665 🌐 [brimbank.vic.gov.au](http://brimbank.vic.gov.au)



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