

Brimbank Men's Health Project



Free
of charge

Australian Bush Comfort and Confidence

 **Saturday 15 August**

 **2.45-5.45pm**

 **Westvale Community Centre
45 Kings Rd, Kings Park**

 <https://events.humanitix.com/australian-bush-comfort-and-confidence-abcc-in-brimbank-august-2026>



Gain confidence to explore the Australian bush safely in this , beginner-friendly workshop. Learn essential bush skills, camping basics, fire safety, navigation, and wildlife awareness while enjoying hands-on activities, marshmallows by the fire, and the chance to win a bush safety prize pack. \$10 fee refunded after attendance.

Soup Social

 **Thursday 27 August**

 **10.30am-12noon**

 **Westvale Community Centre
45 Kings Rd, Kings Park**

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



Come along for a free bowl of soup, a chat, and good company. It's a relaxed space to catch up, meet new people, and connect with others in the community. Everyone's welcome.

Heart Health Session

 **Thursday 3 September**

 **10-11am**

 **Westvale Community Centre
45 Kings Rd, Kings Park**

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



Join IPC Health for an informative session exploring heart health, including common risk factors, the prevalence of heart disease, and practical steps you can take to reduce your risk and support long-term wellbeing. Light refreshments provided.

Dad's Man Cave

 **Thursday 17 September**

 **6.30-8.30pm**

 **Online via Microsoft Team - link
will be provided upon registration**

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



Connect with other fathers in this accessible, evidence-informed online program led by life coach Elizabeth Pace from Elevate Life Collective. Participants will also receive a complimentary 1-hour online coaching session gift card (valued at \$90) to use themselves or gift to a parent or family member.

For further information

✉ westvale@brimbank.vic.gov.au ☎ 9249 4665 🌐 brimbank.vic.gov.au



131 450
Local call costs apply

Brimbank Men's Health Project



Free
of charge

Ezee Tennis (Adults)

 **Tuesdays 14 Jul - 15 Sep**

 **12.30-2pm**

 **West Sunshine Community Centre**
25 Kermeen St, West Sunshine

 No bookings required

Improve coordination and fitness in this fun modified indoor racquet game based on tennis.

Table Tennis Time! (Adults)

 **Wednesdays 15 Jul - 16 Sep**

 **12.30-2pm**

 **Delahey Community Centre**
80 Copperfield Dr, Delahey

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



Drop in for a fun filled friendly game of table tennis. All levels and abilities are welcome. Comfortable clothing and closed shoes are required.

Gluten Free Baking (Adults)

 **Tuesdays 21 Jul, 18 Aug & 15 Sep**

 **9am-12noon**

 **West Sunshine Community Centre**
25 Kermeen St, West Sunshine

 <https://www.trybooking.com/events/landing/1565839>



Do you or someone in your family live with Coeliac disease or gluten intolerance? Learn how to bake gluten free safely and confidently.

Pizza Meet-Up

 **Monday 3 August**

 **10.30am-12noon**

 **Westvale Community Centre**
45 Kings Rd, Kings Park

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



Share a pizza, meet our Westvale Men's Shed participants, and discover what our programs have to offer. A friendly, informal way to connect with others and learn more about the Shed. Everyone's welcome.

For further information

 westvale@brimbank.vic.gov.au  9249 4665  brimbank.vic.gov.au



131 450
Local call costs apply