



# MEDIA RELEASE

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**14 February 2025**

## **Sons of the West is back for 2025!**

Registrations are now open for Sons of the West, a free, life-changing program, designed to improve physical, mental, and social wellbeing of men in the City of Melton.

Delivered by the Western Bulldogs Community Foundation in partnership with Melton City Council, Sons of the West is a 10-week program for men aged 18 years and over, covering fitness, nutrition, mental health and more.

Through weekly sessions, participants learn about how to best look after themselves and are introduced to resources and local services to help continue to support their journey.

Support is provided along the way by health professionals, facilitators, and—most importantly—each other.

The program will run in two locations in the City of Melton:

### **COBBLEBANK:**

Dates: Tuesday 18 March - Tuesday 27 May (excluding 22 April)  
Time: 10am-12pm  
Location: Cobblebank Stadium, Stadium Drive

### **FRASER RISE:**

Dates: Wednesday 19 March – Wednesday 28 May (excluding 23 April)  
Time: 6pm-8pm  
Location: Fraser Rise Children's and Community Centre, 46 City Vista Court

To register, visit [melton.vic.gov.au/sonsofthewest](https://melton.vic.gov.au/sonsofthewest)

Sons of the West is supported by WorkSafe Victoria, cohealth, and the Victorian Government.

### **Quotes attributable to participant in Melton program, Jim Adamopoulos:**

“Sons of the West was part of my recovery journey, having battled depression and anxiety for some time and being the primary carer of a child with a disability which can be isolating.”

“Through the program, I was able to increase my physical activity, improve my mental health and psychological wellbeing, and most importantly increase my confidence and feelings of self-worth.”



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**Quotes attributable to City of Melton, Mayor Cr Steve Abboushi:**

“Taking care of our health and wellbeing is so important and it often gets put on the backburner because we are so busy or just don’t know where to start.”

“Sons of the West provides the opportunity for men of all ages and fitness levels to prioritise their health and come together to motivate each other and share their wellbeing journey.”

**Quotes attributable to Leyla Asadi, Healthy Communities and Program Manager at the Western Bulldogs Community Foundation:**

“Sons of the West is built on meeting men where they’re at – whether they’re wanting to get back into fitness or simply looking for a way to connect with their community.”

“By providing expert knowledge and a supportive environment, we empower participants to take charge of their wellbeing, step by step.”

ENDS

Melton City Council media enquiries (not for publication): Catherine Chapman– Media and Communications Advisor on 0427 595 552.