

# Blokess Time Out proving popular

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A MONTHLY opportunity for local men to get together for a chat over dinner, a barbie or even a game of pool is among the activities being supported by the Wangaratta Grit and Resilience Program.

Organiser Tim Webster said Blokess Time Out had been operating for about six months, and had proved successful in offering a wide demographic of local men a new social connection. “The number attending varies from three or four to sometimes about 15, and the youngest attending is probably aged in their mid-20s, up to the oldest in their 70s; it’s really good to have that mix of ages,” he said.

Tim said he had felt for some time that such a group would work well in the Rural City of Wangaratta.

“Often, blokes don’t like getting on the phone for a chat, but the chance to meet once a month can be a great chance to catch up with people in relaxed surrounds,” he said.

“Word of mouth has seen numbers grow, and the support through Grit and Resilience has helped too; it’s really building momentum.”

The group, which will meet next on Saturday, April 23 for a barbecue in Apex Park, gathers on the third weekend of each month.

Attendance is open to anyone aged 18 and over, and interest can be registered by emailing [gritandresilience@wangaratta.vic.gov.au](mailto:gritandresilience@wangaratta.vic.gov.au).

The four-year Grit and Resilience Program, set to continue through to June, 2023, is supported by \$1.2 million in Federal Government funding.

Its community-driven approach to building and sustaining grit and resilience in the Rural City of Wangaratta aims to help locals unite and build strength, courage and connection with each other, so they can overcome hardships together.

The program is governed by community partners as part of a consortium which also includes the Rural City of Wangaratta, Albury Wodonga Health, Northeast Health Wangaratta, Gateway Health, Victoria Police, the Department of Families, Fairness and Housing, headspace Albury Wodonga (represented by Gateway Health) and the Albury Wodonga Aboriginal Health Service.

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