





mental health & wellbeing local

Free support in your community

Kicking Goals for Mental Health!

Get set for an action-packed day at the Reclink Footy Grand Final!

Date: September 11
Location: Frankston Kinetic Stadium
Time: 10:30 AM – 3:00 PM



scan here for more information

Enjoy **FREE** entry, exciting giveaways, and a sizzling BBQ as we unite for the love of footy and better mental health. Sponsored by Mental Health and Wellbeing Local in Frankston — proud supporters of the community.

For free and confidential support with your mental health and wellbeing, call us on **1800 000 525**

Mental Health and Wellbeing Local in Frankston is delivered by Wellways in partnership with Mentis Assist and Peninsula Health and are funded by the Victorian Government.




Reclink and Mental Health and Wellbeing Local Team Up to deliver Frankston's First Reclink Footy Grand Final

FRANKSTON is gearing up for an exciting day of footy, community spirit, and a commitment to promoting good mental health at the Reclink Footy Grand Final on September 11th, the first-ever time to be hosted in Frankston. The action unfolds at Frankston Kinetic Stadium from 10:30 AM to 3:00 PM, promising an unforgettable experience for all.

With **FREE** entry, the day will be packed with footy fun, including exciting giveaways, a sizzling BBQ, and plenty of game-day festivities. Whether you're cheering from the stands or enjoying the activities, this event is dedicated to kicking goals for mental health in our community.

"Many in our community are facing tough times, which can impact their mental health and wellbeing," said Matt Taylor, Community Capacity Lead at Mental Health and Wellbeing Local in Frankston. "Sport, especially footy, has a unique ability to unite people from all walks of life. It

levels the playing field, fostering connections and community spirit both on and off the footy field."

The event is proudly sponsored by Mental Health and Wellbeing Local, a dedicated supporter of the Frankston community. "We're thrilled about this collaboration because it's a winning combination of purpose—to foster meaningful connections and spark important conversations about mental health and wellbeing," Taylor added.

For more information, scan the QR code. See you at the game!

About Your Local Service:
 The Mental Health and Wellbeing Local in Frankston offers free, accessible support for adults aged 26 and over, along with their families and carers. We are dedicated to meeting you where you are in life.

Call us today at 1800 000 525 or visit in person at Ground Floor, 454 Nepean Highway, Frankston




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Take a walk into Bayside Shoes

ARE you an avid walker looking for a high-quality, reliable shoe with great foot support and comfort? Look no further than Brooks Running!

Bayside Shoes are excited to offer a wide range of Brooks orthotic friendly footwear to fit all of your exercise needs that offer a range of widths from 2E to 4E for men and women in their new rocker style Ghost Plus and great comfort Ariel 20, Addiction-2, Dyad 11 and Beast orthotic friendly range of footwear.

One of the key benefits of Brooks Running shoes is their innovative Guide Rails technology. This unique feature delivers on-demand support, allowing your hips, knees, and joints to move naturally while still providing the support you need. Whether you just enjoy walking for exercise, the Guide Rails technology helps to reduce the risk of injury and keep you feeling comfortable on your feet.

In addition to their supportive design, Brooks Running shoes also offer soft cushioning to help absorb the impact of each step. This is especially important for walkers and runners who are looking to reduce the strain on their joints and muscles. With a variety of cushioning options

to choose from, you can find the perfect level of support for your unique needs.

Brooks Running shoes are designed for an enhanced fit. Whether you need a wide fit or a snug fit, these shoes are designed to provide a secure and comfortable fit for all types of feet. The wide fit options, ranging from 2E to 4E, are especially helpful for people with wider feet who often have trouble finding shoes that fit properly.

The Brooks leather Addiction lace up and Velcro Walkers are now certified as approved medical grade footwear for the Department of Veterans Affairs and a Home Care and NDIS footwear solution for comfort and stability.

Visit Bayside Shoes and browse the selection of comfort, orthotic friendly and fashionable footwear to find the perfect pair for you! The experienced staff can help you find the right fit and style for your unique needs.

They're located at 103 Railway Parade, Seaford (cnr Clovelly Pde) with ample free parking and wheelchair access.

View the website www.baysideshoes.com.au or call 9785 1887 if you are looking for the availability of a specific type or brand of footwear