

Tuesday 25 June, 2019

Spotlight on men's health in the Mid West

During June, Arc Infrastructure employees joined Men's Shed Geraldton, Black Dog Ride and other local organisations to promote Men's Health week (10 June to 16 June) at the Geraldton Men's Shed.

Arc Infrastructure Regional Lead Mid West, Garry Bird, said Arc Infrastructure was proud to support an organisation that was making such a positive difference in the local community.

"Men's Sheds provide a safe and welcoming environment to men across all communities – a place where they can talk, work on projects, or just share others' company," Garry said.

The day spent celebrating Men's Health Week included a presentation from Robert Kimmel from WA Health Geraldton on issues men face and who they can turn to for assistance.

"It was great to be part of the day and see how much benefit the Men's Shed provides the Geraldton community," Garry said.

Men's Sheds provide a haven and place of respite for men in the community suffering from mental health issues, depression and isolation and the Men's Shed Association has become one of Australia's largest male based community development organisations.

Men's Sheds aim to improve the health and wellbeing of members and reduce the number of men who are at risk from preventable health issues that may emanate from isolation.

Men's Health Week, which runs from 10-16 June, provides a platform for challenging and debating key issues in men's health and to raise the profile of men, their health outcomes and health needs around the country each June.

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ABOUT ARC INFRASTRUCTURE

Arc Infrastructure is a leading transport infrastructure manager in Western Australia. We currently operate the State's 5,500km freight rail network, connecting people, commodities and ports across the State with the rest of Australia and the world.

Spread across regional Western Australia, our team of 400 employees keeps the rail network operating 24/7. We live local, buy local and are committed to contributing to regional communities.

Previously called Brookfield Rail, we changed our name to Arc Infrastructure in July 2017 to reflect the aspirations for our future to expand our involvement in transport infrastructure assets. We're committed to working with industry, our customers, partners and communities to find new opportunities that will support and strengthen our rail network for the benefit of WA.

For more information about Arc Infrastructure, please visit www.arcinfra.com.

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