

19 June 2025

Mayoral Message



Dear resident,

Last week marked International Men's Health Week, a time to check in, speak up, and most importantly, take action when it comes to your health.

As men, we're often told to "tough it out," to stay quiet and to push through pain – whether it's physical or emotional. But this mindset can come at a cost. Two out of three Australian men delay going to the doctor, even when something doesn't feel right.

That's why this year's theme, *See Your GP*, is so important. It's a reminder for men and boys everywhere to put their health first and not wait until it's too late.

In our multicultural city, I know that for many men, especially in culturally diverse communities, seeing a doctor might not always feel easy. There can be barriers like language, stigma, costs – but your health is paramount, and you must consider family and loved ones in any decisions you make.

Recently, I had the privilege of sitting down with someone who embodies resilience: Billy "The Kid" Dib, a two-time world boxing champion. You might know him for his strength in the

ring, but what struck me most was his strength and will to overcome adversity and beat the odds outside of it.

Billy shared his story with me, how he was bullied as a kid and how he beat cancer to make an incredible comeback in the boxing ring. He knows all too well the mental strain bullying can have on young people, especially when they don't speak up or seek help. He's just written a book, "Boys Can Cry," which is a powerful reminder that vulnerability isn't weakness, it's strength.

I encourage every man and boy in our community to prioritise their wellbeing. Go to your doctor. Talk to a mate. Check in on your father, your brother, your son.

Let's rewrite the story of men's health together. Because a stronger, healthier community starts with each of us taking that first step.

Regards,



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MAYOR

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