

GRAB LIFE BY THE BALLS

Join other blokes, connect and share a breakfast and coffee in a safe space.

Last Friday of the month, 8am to 10am.

VENUE: Ben Murray Wines

73 Presser Road, Tanunda.

CONTACT: Dan Eggleton Ph: 0438 824 493

EMAIL: dan@benmurraywines.com

LET'S HAVE A CHAT FELLAS

A space for men to open up and connect over a coffee. Third Tuesday in the month.

VENUE: Coulthard Community Barn,

2 Penrice Rd, Nuriootpa.

CONTACT: Bob Hicks Ph: 0428 845 026

EMAIL: hixy@bigpond.net.au

MEN'S PROBUS

Social and recreational club for semi-retired and retired men in the Barossa region.

10am on the third Monday in the month.

VENUE: Vine Inn Hotel

14-22 Murray Street, Nuriootpa.

CONTACT: Ian Roark Ph: 0419 766 511

EMAIL: roarkin@iprimus.com.au

MEN'S TABLE

A relaxed space where a group of up to 12 men meet over dinner to share what's going on in their lives and to listen without judgement. To get a feel for how it works, there's an online "Entree" session before joining the Barossa Table.

The group meets once a month, 7:00- 9:30pm over dinner on a weekday.

VENUE: Vine Inn Hotel, Nuriootpa.

CONTACT: Ben Trobbiani Ph: 0492 974 860

EMAIL: ben.trobbiani@themenstable.org

SHED HAPPENS FOR BLOKES

Open invitation

No transport?- Phone Ian 8562 2213

VENUE: Various sheds around the Barossa.

First Friday of the month. Chat over a BBQ.

Ministry of St Petri.

CONTACTS: Viv Fiebiger Ph: 0408 844 709

Wayne Rohrlach Ph: 0408 855 589

Greg Schubert Ph: 8562 2163

EMAIL: jovian8@bigpond.com

SPOKE TO A BLOKE

Annual fundraiser for supporting men to have the difficult conversations about mental health.

VENUE: Big walk leaving Tanunda

- the 2026 walk is on 21 March.

CONTACT: Luke Varcin Ph: 0420 879 011

EMAIL: lukevarcin@msn.com

WEBSITE: www.spoketoabloke.org

For further details, feel free to contact:

Bill Gransbury

Enhance Barossa Mental Health

Phone: 0438 083 559

Email: billgransbury1@gmail.com

Jan Hoffman

Seeds of Hope Suicide Prevention Network

Phone: 7531 2973

Email: seedsofhopespn@gmail.com

RESOURCES FOR MEN

This document contains many different organisations and meeting places for men to connect with other men in a safe environment.

They offer opportunities for men to share openly and be listened to, without judgement, in a relaxed space.

For online or phone support you can contact:

MEN'S LINE AUSTRALIA (24 hours)

Ph: 1300 78 99 78 Web: mensline.org.au

LIFELINE (24 hours)

Ph: 13 11 14 Web: lifeline.org.au

BEYOND BLUE (24 hours)

Ph: 1300 22 4636 Web: beyondblue.org.au



BAROSSA BUSHGARDENS

A place to volunteer to assist with displaying, conserving and distributing local native vegetation. Tuesdays & Thursdays 9am – 3pm.

VENUE: *653 Research Road, Nuriootpa.*

CONTACTS: Doreen Von Linde or

Penny Devlin Ph: 8563 8330

EMAIL: bushgardens@barossa.sa.gov.au

BAROSSA MEN'S PROSTATE CANCER SUPPORT GROUP

Invites all Men's Cancer types. Meets on the third Tuesday of the month, 2pm – 3:30pm

VENUE: Vine Inn, 14 -22 Murray St, Nuriootpa

CONTACT: Don Piro Ph: 0419 863 124

EMAIL: djpiro2@bigpond.com

BAROSSA MEN'S SHEDS

A place for men to knock about with a group of like-minded mates. Promotes men's health and well-being. Refer below for different venues.

CONTACT: Tim Kroehn (Coordinator of the various sheds listed below) Ph: 0408 510 339

EMAIL: tim@mensshed.net

WEBSITE: www.mensshed.org

Angaston Men's Shed

Learn how to be a blacksmith or a tour guide through this 150-year-old blacksmith shop.

VENUE: Angaston Blacksmith Shop

19 Murray Street, Angaston.

CONTACT: Bill Gransbury Ph: 0438 083 559

EMAIL: billgransbury1@gmail.com

Mt Pleasant Men's Shed

Outstanding facilities for woodworking, metalworking and general hobbies.

VENUE: Mount Pleasant Men's Shed

22 Old Talunga Park Rd, Mt Pleasant.

CONTACT: Murray Henderson

Ph: 0457 345 766

EMAIL: mtpleasantmensshed@bigpond.com

Nuriootpa Men's Shed

A community workshop where Barossa residents are welcome to call in to share facilities. Tuesdays 9am to 3pm.

VENUE: Barossa Valley Tinkers Shed

601 Research Road, Nuriootpa.

CONTACT: Guy Martin Ph: 0417 822 396

EMAIL: guysue1954@gmail.com

Tanunda Men's Shed

A supportive social environment where members share ideas & skills to complete personal or community projects in woodwork, metalwork and leather work.

VENUE: Barossa Community Men's Shed

6 Ash St, Tanunda.

CONTACT: Peter Lawrie Ph: 0417 019 950

EMAIL: plawrie@barossa.sa.gov.au

Williamstown Men's Shed

Woodwork, metalwork, gemstone grinding and chatting. Tues & Wed 9am-1pm.

VENUE: Southern Barossa Men's Shed

16 Queen St, Williamstown.

CONTACT: Glen Venning Ph: 0409 675 937

WEBSITE: <https://menshed.org/sheds/southern-barossa-mens-shed/>

BAROSSA VALLEY MACHINERY

PRESERVATION SOCIETY

A place to restore old machinery & engines.

We also attend various shows where we do demonstrations. Open Mondays 8:30am-12

VENUE: Angaston Railway Station Precinct.

CONTACT: John Richardson Ph: 0429 641 331

EMAIL: bvmpps@outlook.com.au

CHEW THE FAT NIGHTS

Free pig on the spit. Learn how to help ourselves and others better and confront health issues of the mind. Held 5 times a year.

VENUE: various venues near Freeling, Mallala & Barossa – advertised on Facebook

CONTACT: Anthony Hart

WEBSITE: www.mindhealthtoolbox.com

FAT FARMERS

Farmers keeping fit and connecting. Groups of farmers of all ages are encouraged to come along and have some fun, while also being more active.

VENUE: Various including Barossa & Freeling.

CONTACT: Will Holmes Ph: 0408 835 700

EMAIL: will@woodbridgefarm.com

WEBSITE: www.fatfarmers.com

GOOD BETTER BEST MEN

Promotes and supports men's physical, mental and emotional well-being. Offers men a safe, confidential space.

9 week programs and open circles.

VENUE: Various locations

CONTACT: Bernd Bussek Ph: 0472 559 074

EMAIL: bernd@goodbetterbestmen.com.au

WEBSITE: www.goodbetterbestmen.com.au