

August 2022



NEW VMMSA NEWSLETTER

2022 State-wide Forum and AGM

Monday October 10th "The Meadows"

Commencing at 10.00am followed by the AGM at 4.00pm



The VMMSA is inviting one Shed committee delegate to attend in person, due to venue capacity.

Attendance is FREE to all financial member sheds, a fabulous Morning Tea , Lunch and Afternoon Tea provided courtesy of our friends at "The Meadows"

You must Pre Register to attend via this link

<https://www.vmsa.org.au/agm-2022/>

All information relevant to the event will be posted on our website via the link above
Sheds outside 150km radius from the CBD may apply for travel assistance of \$100 via the above link

Acknowledgement of Country

'In the spirit of reconciliation, the Victorian Men's Shed Association Inc. acknowledges the Aboriginal and Torres Strait Islander peoples as the first inhabitants of this nation and the traditional custodians of the lands where we live, learn and work. We pay our respect to their Elders past, present and emerging'.

World Mental Health Day

Make mental health & well-being for all a global priority

The VMSA State-wide Forum and AGM will take place on October 10th to reinforce and celebrate our commitment to positive Mental Health

The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.

The Day provides an opportunity for all of us working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

Whilst the pandemic has, and continues to, take its toll on our mental health, the ability to reconnect through World Mental Health Day 2022 will provide us with an opportunity to re-kindle our efforts to protect and improve mental health.

Many aspects of mental health have been challenged; and already before the pandemic in 2019 an estimated one in eight people globally were living with a mental disorder. At the same time, the services, skills and funding available for mental health remain in short supply, and fall far below what is needed, especially in low and middle income countries.

The COVID-19 pandemic has created a global crisis for mental health, fuelling short- and long-term stresses and undermining the mental health of millions. Estimates put the rise in both anxiety and depressive disorders at more than 25% during the first year of the pandemic. At the same time, mental health services have been severely disrupted and the treatment gap for mental health conditions has widened.

Growing social and economic inequalities, protracted conflicts, violence and public health emergencies affect whole populations, threatening progress towards improved well-being; a staggering 84 million people worldwide were forcibly displaced during 2021. We must deepen the value and commitment we give to mental health as individuals, communities and governments and match that value with more commitment, engagement and investment by all stakeholders, across all sectors. We must strengthen mental health care so that the full spectrum of mental health needs is met through a community-based network of accessible, affordable and quality services and supports.

Stigma and discrimination continue to be a barrier to social inclusion and access to the right care; importantly, we can all play our part in increasing awareness about which preventive mental health interventions work and World Mental Health Day is an opportunity to do that collectively. We envision a world in which mental health is valued, promoted and protected; where everyone has an equal opportunity to enjoy mental health and to exercise their human rights; and where everyone can access the mental health care they need.

VMSA Chair Report



VMSA Rejoins AMSA.

As recently reported, the VMSA and AMSA have recently signed an Memorandum of Understanding (MoU) which commits both parties to working together again and begins the process of reunifying the men's shed movement in Australia. This is entirely consistent with the recommendations contained in the AMSA report released by the Federal Department of Health who fund the National Men's Shed program and AMSA.

Following our MoU, AMSA invited the VMSA to apply for membership and our application has now been accepted by the AMSA board.

The next step is for AMSA to change its constitution to give effect to the MoU which among other things will give the VMSA board a representative on the AMSA board. This will give the VMSA and Victoria a voice at the national body at board level for the first time since the split which occurred some years ago.

These constitutional changes will need the support of AMSA members including those in Victoria (as many VMSA sheds are also AMSA members, including mine) and once agreed in principle we will get behind them and campaign with AMSA to get them over the line.

I want to thank AMSA President Paul Sladdin for his positive approach to progressing this process and look forward to them delivering the requisite constitutional changes over the course of next year.

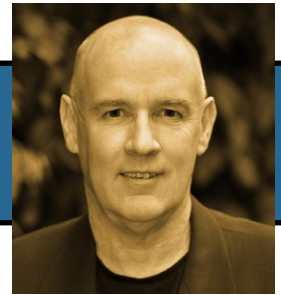
The Western Australia and Tasmanian men's shed peak bodies are yet to re-join AMSA and we are committed to working with both to complete the reunification of the men's shed movement across the country.

Ending this dispute, which is way past it's used by date will benefit all sheds by allowing us all to work together in the spirit of friendship and cooperation. This is what we think our members want.

At the end of the day it should all be about the sheds and if we focus on that rather than fighting each other we won't go too far wrong.

Trevor Dobbyn VMSA Chair

VMSA CEO Report



By the time you read this we will hopefully be through the worst part of winter, and also the peak of the flu and Covid cases in this current wave, which has still been quite challenging for many of you. I would like to commend the sheds that have had to deal with spot outbreaks in the sheds and their local communities, all of whom have been very proactive in minimising the risk of further spread and keeping their shedders safe.

We are well into planning for the State-wide Forum and AGM for 2022. This will be the first in person AGM and State-wide gathering that has occurred since 2019 due to the ongoing effects and restrictions imposed by COVID, and I'm sure many of you will be enthusiastic to get together safely in person.

We have been very fortunate to partner with Greyhound Racing Victoria and their fantastic venue "The Meadows" to host the event on October 10th, which quite appropriately, also happens to be World Mental Health day. The Forum will commence at 10.00am sharp with Minister Colin Brooks being our first guest speaker of the day. You are welcome to arrive from 9.30am to grab a coffee or tea and get settled in. The forum will run from 10.00am until 4.00pm at which point the AGM will commence, followed by an opportunity to meet the VMSA Board and stay on for refreshments at bar prices.

I'm also pleased to advise that this year the State-wide Forum and AGM will be free of charge for those delegates attending, and includes morning tea, lunch, afternoon tea.

[You must Pre-register to attend the event via the online form on the VMSA website](#), do not just turn up on the day as numbers are limited due to the venue capacity. Initially we are taking one delegate from each shed to give every shed an opportunity to attend, however if we are not at full capacity two weeks from the event date, we will have a second round offer so some sheds will be able to nominate a second delegate to also attend.

If you are having any issues registering or need a hand, just give me a call and I'll be happy to help you register.

If you are travelling for more than 150km each way, your shed can also apply for a travel allowance of \$100 from the VMSA. We have tried to make attendance as easy as possible this year so we can get a good representation from across the state attending. These events are a fantastic opportunity to meet other sheds and network and share ideas from all around the state, and I hope we can get most of you involved this year.

The other important item this month is the NSDP funding round 24 which is also mentioned in more detail in this edition of the newsletter. It's important that Victorian sheds apply for this Federal funding so we get our fair slice of the Commonwealth pie. There is also a new category for Defibs which is separate from the other categories and won't affect your ability to apply for other categories, so if your shed is without a defib, or your existing defib is ageing, I strongly recommend you apply under this new category.

That's about all for now, and I'm looking forward to seeing all the shed delegates at the State-wide Forum and AGM

Derek O'Leary—CEO

NSDP Funding Round 24 Now Open

Opens Friday 19 August 2022 and closes Tuesday 27 September 2022

Round 24 documentation is available at
<https://mensshed.org/development-grants/>

VMSA Strongly encourages all sheds to apply that are eligible

Please Note:

Changes have been introduced in Round 24 of the NSDP and includes two new categories details are contained within the Information Sheet that is available in the package of documents.

The NSDP is open to all Men's Sheds in Australia, regardless of location or AMSA membership.

What items and services are eligible?

Individual Men's Sheds in Australia can apply for a range of financial support across the following three funding categories:

- **Category One** **Health and Wellbeing and Events Max \$8,000**
- **Category Two** **Shed Improvements Max \$8,000**
- **Category Three** **Equipment Max \$5,000**

As of Round 24 of the NSDP, two new categories have been added:

Category 4- Mental Health, Wellbeing and Events- \$8,000 maximum- to support applications for activities/items with a specific focus on promoting good mental health and wellbeing for shed members.

Under Category 5-Defibrillators-\$2,250 maximum- Men's Sheds seeking funding to purchase a defibrillator will be able to apply at any time before 30 June 2023, ensuring faster delivery of their defibrillator.

Please email amsa@mensshed.net if you have enquiries about the NSDP programme, R24 changes, preparing your application, the Application Forms and application process, items and services that are eligible for funding.

Our VMSA Regional Co-Ordinator **Darren Scicluna** is also available to assist you with NSDP Grant information and your applications.

You can reach Darren on **0402 522 325** or email darren@vmsa.org.au

Old Gippstown Winter Festival

Cameron Thomson - Latrobe Field Officer reports in.....

The VMSA partnered with the Latrobe Health Assembly to bring the Moonlight Market and Winter Festival to Old Gippstown in Moe on 23rd July 2022.

The event was put together as part of my role as VMSA Latrobe Valley Field Officer. The aim of the event was to promote the Men's Shed movement and support men's mental health through engaging the local community, and more broadly to encourage positive community connection for residents of Latrobe Valley. As the Moe Men's Shed are located within Old Gippstown, the heritage park seemed a perfect location for such a night.

Working closely with both the Latrobe Health Assembly and the events management team at Old Gippstown, we were able to organize a range of attractions to draw in the community. The event included market stalls, food vans, real snow, horse and cart rides, fire twirlers, and community service providers were invited to attend.

Attendance was estimated at between 4000 to 5000 people over the course of the night!

The crowds absolutely blew away even our most optimistic estimates.

I held a stall beside the park entrance and, with the help of my family and park volunteers, handed out hundreds of showbags containing promotional material for Men's Sheds and mental health services available to the community. The Health Assembly stall were kept very busy handing out promotional scarves and providing free badge-making. Moe Scouts Group ran free S'mores roasting over an open fire. And the Moe Men's Shed held a sausage sizzle that moved 450 sausages in 3 hours.

It was great to see the Latrobe Valley community come together in such huge numbers. I have received direct feedback from locals thanking Men's Sheds and the Health Assembly for bringing such an event to the area. There was a real sense of connection and pride amongst the community on the night.

I am very grateful to everyone that worked hard to turn my little idea into a much bigger reality. I especially want to acknowledge the work of Richard Massey (Latrobe Health Assembly), Derek O'Leary (VMSA CEO), Kellie Bertrand (DFFH), the guys at Moe Men's Shed, and of course Tina Forte and the amazing team at Old Gippstown.



Shed Openings



Ring that bell: Benalla mayor Bernie Hearn officially opened the new Benalla Men's Shed on July 20.
Photo by Simon Ruppert



Former Benalla Men's Shed President Lou Sigmund.
Photo by Simon Ruppert

Benalla's new Men's Shed on Waller St was officially opened by Benalla mayor Bernie Hearn at a special event on Wednesday, July 20.

While regular visitors to the area will be aware the new Men's Shed has been in place for some months, COVID-19 restrictions had delayed an official opening. So there were smiles as far as the eye could see as shedders mingled with councillors, community members and other dignitaries for the official bell ringing.

While many things are opened with the cutting of a ribbon, the Men's Shed tradition is to ring the bell.

Benalla Men's Shed president Ken Serridge acted as emcee before passing over to Cr Hearn, and then Australian Men's Shed chair Paul Sladdin and Victorian Men's Shed chair Trevor Dobbyn.

"It's a great turn out, I think Ken (Serridge) said 60 chairs had been put out and they're nearly all full and that's fantastic," Cr Hearn said.

Cr Hearn also said how happy she was that three of Benalla's Service clubs were at the same location - pointing to the fact that Benalla Lions and Rotary have sheds on the same site.

"This has been a long time coming, this shed. And what a fantastic shed it is."

Dr Sykes also addressed attendees.

"I'm yesterday's man, but I'm here with a lot of other yesterday's men so I feel at home," Dr Sykes said.

"Steph (Ryan) has been on the job now for eight years and she's been a fierce advocate for Men's Shed's.

"She was very pleased that this one has finally come together with the support of the state government and the Men's Shed system."

Cr Don Firth, who was mayor when the idea of a new shed was initially floated, also spoke about his delight at seeing the new shed up and running.

"It means a lot to the community to have (things that support) good mental health," Cr Firth said.

"And for men here, this is fantastic."

Victorian Seniors Festival

The major state-wide festival for and involving seniors, with an emphasis on fun and good times

The 2022 Victorian Seniors Festival is back!

The major statewide festival for Victorians over 60, the Victorian Seniors Festival focuses on providing fun and good times with opportunities to participate in events and activities for free or low cost throughout October each year.

In 2022, the Festival is turning 40 and once again we are presenting a hybrid festival with our popular online performances published online. Tune into radio plays, interviews and unique music performances.

Our live events happen in October and the Festival program is available to pick up at Coles stores, Councils, community organisations and libraries right now!

You can also [visit our Online calendar](#) and plan your Festival now!

Be sure to mark your calendar for Sunday 2 October for Celebration Day at Federation Square, the Festival Hub at the Edge from Monday 3 October to Friday 7 October and eight days of free public transport for Seniors Card holders from 2-9 October.

About the Festival

The Victorian Government, through the Office for Senior Victorians in the Department of Families, Fairness and Housing, coordinates the Festival and works closely with all 79 local councils. The Festival also works with community and cultural organisations, and commercial partners to coordinate and promote activities and events for senior Victorians in their local area.

We are thrilled to be able to start planning for live events to return this October, and are working closely with local councils around the state to deliver an exciting and revitalised program for 2022.

Festival Fun facts

In 2019, the Festival featured 2,955 events attended by 180,000 people across Victoria.

In 2020, the Festival was reimagined to a six month long virtual festival with online performances with 164,000 visitations to the website.

In 2021, the Festival continued to evolve, with specially curated online performances throughout June to December and had 116,146 page views. There were 70 performances delivered in the Aged Care Tour December 2021–May 2022, and 17 Country Concerts were delivered in March–April 2022.

Staying safe - COVID-19

As our Shedders are a vulnerable cohort with respect to COVID-19 we encourage all Shedders to keep vaccinations up-to-date and take the necessary precautions to keep safe.

An extract from the Government website: <https://www.coronavirus.vic.gov.au/staying-safe>:

What you can do to reduce the risk and stop the spread of COVID-19

As we continue to live with COVID-19, there are important steps you should take to help reduce the spread of COVID-19 and protect yourself and those who are most at risk. The risk of catching or passing the infection to others is higher if you are not up to date with your vaccinations, when you are in close contact with the person infected with COVID-19, lack basic hygiene, or if you spend time in poorly ventilated or crowded indoor settings.

Use the below advice to protect yourself and your community from COVID-19.

COVIDSafe settings

There are things we can all do to make ourselves and others safer. As you live and work, remember these COVIDSafe principles:

- Workplaces remain open, however it is recommended that if you can work from home, you should.
- Carry a face mask when leaving home. Face masks are required for everyone aged 8 and above in some locations, including on public transport and in sensitive settings such as hospitals and care facilities. See Face masks for more information.
- We strongly recommend that you wear a face mask if you:
 - are indoors
 - have any COVID-19 symptoms
 - are with people who are at high risk to COVID-19
 - are in a space where you cannot physically distance.
- There are no vaccination requirements for patrons to enter any venues, such as hospitality, retail, entertainment, or gyms. Vaccination requirements are still in place for select workers.
- Schools, childcare centres, and early childhood education are open.

Get your next COVID-19 vaccine dose as soon as you are eligible. It is strongly recommended you have three doses of the vaccine for the best protection.

Some people may be eligible for a fourth dose, while children 5-11 are recommended to have two doses.

Book an appointment today at a state-run vaccination centre, GP, or pharmacy.

- If you have symptoms of COVID-19, you should get tested. If you test positive on a rapid antigen test, you must report your result and isolate for seven days.
- If you have COVID-19, or you are a contact of someone who does, read Your COVID Checklist for what to do. You must follow the checklist, including isolating if required.
- There are limits and restrictions on attending hospitals and care facilities. See below for more information.

Stay up to date on COVID-19 information Here:

<https://www.coronavirus.vic.gov.au/staying-safe>

Calling all sheds...

Have you updated your contacts?



We would all agree that communication is important.

It is how we find out information that is of assistance to us for all sorts of reasons.

We encourage all Committees to update their current contact details on our website via the link below

<https://www.vmsa.org.au/shed-contact-form/>

This will ensure your Shed receives the latest VMSA and other relevant information.

Keep up to date on COVID-19 Vaccination.

Check the Federal Government Website at:

<https://www.health.gov.au/resources/collections/covid-19-vaccination-patient-resources>

The VMSA cannot mandate that members of Men's Sheds get vaccinated as it is a personal choice.

Given older men are at a higher risk of serious illness and death, we strongly encourage members of Men's Sheds to discuss vaccination with their GP or trusted medical advisor and seriously consider getting vaccinated to protect themselves and their families and friends.

Latest Coronavirus Testing Information in Victoria

To check the latest COVID-19 Testing click on this link:

<https://www.coronavirus.vic.gov.au/coronavirus-covidsafe-settings>

Don't forget these important organisations that are there to help in these difficult times.

REMEMBER TO CALL A MATE.

Beyond Blue **1300 224 636**

Lifeline **131 114**

MensLine **1300 789 978**

Suicide Call Back Service Veterans Line **1300 659 467**

Veterans Line **1800 011 046**

Black Dog Institute **(02) 9382 4530**

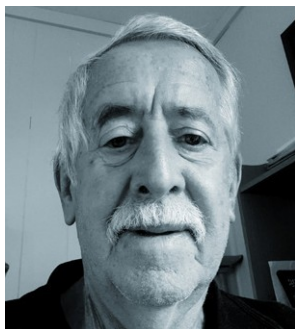
Head to Health <https://www.headtohealth.gov.au>

Grief Line - 12-3pm 7 days: **03 9935 7400**

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Sponsors & Thankyou's

The Victorian Men's Shed Association is funded by the Victorian Government. We thank them for their ongoing support and commitment.



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Our Venue of choice for the AGM & State-wide Forum



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