

NEW VMSA NEWSLETTER



Torquay men's shed showing off their craftsmanship

Calling all sheds... Have you updated your details lately?

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.

So, we are asking all Shed Management Committees to update their contact details on our website at this web address:

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



What's Inside

Content	Page
CEO's Report	1
VMSA Chair Report	2
Murray Hume Report	3-5
A Helping Hand	6
Goodbye, 2022	7
NSDP Applications	8
Care & Ageing Expo	9
Sheds in the Media	10-14
Project Place	15
Board Members	16
Staff Members	17



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'.



The Victorian Men's Shed Association is funded by the Victorian Government.

The Victorian Men's Shed Association
173-175 Ordish Road, Dandenong South VIC 3175

Ph: 0408 465 228

Email: vmsa@vmsa.org.au

Web: vmsa.org.au



CEO's Report



By now most sheds will be back in full swing after a welcome break during Christmas and the new year, and whilst I'm sure you enjoyed the break, I'm equally certain you are pleased to be back in the shed doing what sheds do best, socializing and working on various projects with your fellow shedders.

One of the first important issues sheds face early in the year is Insurance renewal, and I recommend you read our Chair's report on the following page.

I'm pleased to announce that the Victorian Government has agreed to fund further governance training that will be delivered again by Justice Connect, with some sessions being delivered in person this year, I strongly recommend that new committee members attend these as they cover a lot of relevant information that's presented in format that's easy to understand.

The Justice Connect training will also cover steps required to become incorporated associations for those that are thinking of becoming more independent and making a move away from an auspice arrangement.

We will publish more information on when and where the governance training sessions will be in upcoming newsletters, mailouts, and our website and social media as dates and locations are confirmed.

Our field officers will be busy over the coming months out visiting as many sheds as possible, and we encourage to talk openly with them so we can best understand how we can support you.

We also have young uni student, Zac doing a lot of ringing around and emailing sheds updating our membership database, so please assist him if you receive a phone call or email from him, and I thank the sheds that have contacted me to verify that he was actually working for us and not randomly collecting personal information to sell to the Russian Dark web!!

Derek O'Leary - CEO

Chair Report



The thorny issue of insurance for men's sheds comes up from time to time and presents shed committees with a range of considerations.

The cost of insurance going up and up is a front of mind issue and we have already lost an insurance broker (Gallagher) which regarded the losses incurred as unacceptable.

Sheds auspiced by government funded entities don't have an issue with insurance in the sense that they get the VMIA through their auspicer, although as I understand it this doesn't cover building or industrial tools and equipment.

Incorporated self governing sheds have two main alternatives and they are AMSA and Job's Australia.

In deciding which policy to take up shed committees weigh up the policy and check what it actually covers. For example if there's any possibility of a flood does the policy cover this.

Other important matters attended to include making sure the insurer is advised of the correct number of members.

Undercounting membership might save a few dollars but is not regarded as a smart move in the long run as it will potentially lead to the rejection of a claim.

The insurer is also advised of any significant change of membership to avoid problems with claims.

It is important to note that only financial members of the shed are covered by its insurance.

So non-financial members should not use tools or equipment in the shed because if they cause injury to themselves or others it can put the shed and it's committee in legal jeopardy.

Some sheds get around this problem by getting agreement that non-financial members coming to the shed from a community organisation are covered by that organisation's insurance.

Sheds approach this issue with great diligence and care as there are risks associated with not doing so.

The most common solution is for committees to enforce the rule that anyone who uses tools and equipment at the shed as minimum is required to be a financial member of the shed.

Importantly shed committees know that you get what you pay for and trying to find the cheapest insurance option could cost you a lot more in the long run.

The above are just some of the ways men's sheds deal with this issue and the VMSA has had some preliminary discussions with the DFFH about how the government might provide some assistance to help sheds deal with this complex and increasingly expensive problem.

Trevor Dobbyn, VMSA Chair

Murray Hume Report



The Murray Hume Men's Shed cluster met at the Wodonga Men's Shed on 30th November 2022.

The meeting opened with a welcome from Leigh Casey, the President of the Wodonga Shed. He expressed thanks to the organising group and then included an update from Denise Gregory, (Dementia Australia) who talked about the Living with Dementia efforts, including support for carers, how isolation increases, and comments about increasing awareness and knowledge about dementia, and where to get help.

Paul Sladdin, the President of Australian Men's Shed Association (AMSA) then spoke about volunteerism and its importance in our post-Covid environment, before commenting on the 20/21 review of the Association undertaken by the Australian Government Department of Health, and the intention to adopt all but one of the recommendations, with responses to be published. He then mentioned that they were developing MOUs with state-based Men's Shed Associations, and a proposal to put a representative of the state associations on their board. This would require a change to the constitution and agreement from member Sheds. They had also arranged a coffee van to supply coffee for attendees and 50 AMSA mugs.

In the absence of Trevor Dobbin, our VMSA President, I was asked to make some comments about the Victorian Men's Shed Association (VMSA). I thanked our hosts and noted the links many of us had across the state border and what a great opportunity it was to 'meet and greet' each other following the restrictions we had during the pandemic. As the pandemic covered my time as a member of the Yackandandah Men's Shed in NE Victoria, and my time on the VMSA Board, I was especially pleased about the opportunity to be there. I then noted a few of the many initiatives that the VMSA had supported in recent times:

1. VMSA as a peak body for Men's Sheds in Victoria support efforts to bring Sheds together, and support them individually or regionally, and represents our combined interests to the Victorian Government, businesses, and community organisations.
2. In talking about what we do, I started with a very recent example of how we had picked up an idea from a Shedder who had asked for a web page where we could post photos and a few notes about what we were making and bring this to the attention of others who may be looking for ideas. Not so much a simple idea as a brilliantly simple idea, and one that looked at sharing and linkages.

Murray Hume Report

3. I mentioned the successful lobbying for flood assistance from the Victorian Government for Sheds and Neighbourhood Houses who had been affected by recent floods. This is important as it seems that the insurance, we get does not cover flooding.

4. Then we have the successful partnership with Bunnings that includes the Powerpass scheme that provides discounts for Sheds and is being further developed. We also have the partnership with Ozito that has seen tens of thousands of dollars' worth of tools distributed to Sheds. And we successfully advocated for \$1 million annual funding to assist with renovations and rebuilding of Victorian Sheds. A comment from a participant indicated that we were far ahead of NSW in support for Sheds.

5. Another important initiative involved Trevor Dobbin's efforts to establish a Men's Shed Parliamentary Group, enabling stronger connections with Government and Ministers.

There was a bit more, and I probably exceeded my 10 minutes of time (not by much I hope), but as the VMSA does a lot for Sheds there was a lot to present. I ended by mentioning that Derek O'Leary, our CEO, sits on many committees, with one on digital communication being one that I saw as incredibly important given the increasing reliance across our society of online resources, and the risks of hacking as we have unfortunately just seen with some high profile examples, but also given the so-called digital divide that can at times bedevil communication with our elder cohort of members (and others), something I experienced in my recent employment.

We then had what I saw as the highlight of the meeting (besides getting one of the 50 free mugs), namely, reports from individual Sheds. We had reports from 21 Sheds covering a lot of issues including the following: post-Covid recovery in activities and membership, but also a need to market Sheds locally and establish links with other community groups; support for Men with disabilities was a common activity, although in some cases there were difficulties with ensuring sufficient care and carer arrangements were in place; the age cohort of Sheds was also raised with some having an increased number of younger members, and others providing support for Women's and Community Sheds; insurance costs for assets was raised, in addition to the insurance of members as available through Everest and AMSA; the income from the supply of kindling was highlighted, with the efforts of the Wodonga Shed in this respect being admired; and a range of projects that supported others in our communities being a common feature of many of our Sheds.

Murray Hume Report

That was a pretty impressive session, and I think showed the value of the meeting – it was supporting the aim of sharing and bringing Sheds together. It showed both the common features and the diversity, and the camaraderie that exists within Sheds, and between them.

The final business item covered a project being run from the University of Melbourne about evaluating the success of a Mental Health First Aid course on Conversations About Suicide.

This was presented by Dr Anna Ross from the University who was keen to attract more Sheds to participate and undertake the training that was being offered. Darren Scicluna from VMSA also commented on the course and involvement of individual Sheds, with Paul Sladdin from AMSA congratulating both the University and VMSA for their efforts.

Dr Ross's invitation to other Sheds to join the training was well received by many of those present, with further information to be provided in the report of the meeting.

We had just completed the circle of activities of Sheds from doing things for individuals and groups, to sharing and getting together, to supporting individuals and Sheds alike, to the important issue of men's well-being.

I was impressed, as a participant and representative of the Yackandandah Men's Shed and the VMSA.

I enjoyed myself, and heartily thank the organising group, and our Wodonga hosts. Thank you very much. It was great to join AMSA and individual Sheddors.



Max Finlayson
VMSA Board Member
Secretary, Yackandandah Men's Shed

A Helping Hand

Western Port Men's Shed has lent a helping hand to the Baxter Men's Shed, after an unfortunate fire broke out, leaving members without a space to come together.



VMSA Vice Chair & Westernport Shed member Colin Prowd, said that "the cause of the fire at the Baxter Men's Shed is yet to be determined, but we are very lucky that no one was in the shed when the fire started and no one was hurt."

Member's of the Baxter Men's shed have been unable to access the property since the fire, so the full extent of the damage is still unknown at this stage.

The Mornington Peninsula Shire has told members that it will be at least 12 months until they will be able to use the space again, which means that the Shed would have to be closed down during this time.

Western Port Men's Shed were quick to put their hands up to offer their assistance. They have graciously offered their space to the Baxter Men's Shed on Tuesdays & Thursdays, meaning that the Baxter Shed are able to continue to operate out of Western Port's Shed until they are up and running again.

"We try our best to help each-other out, and do everything we can when these things happen," Colin said.

What incredible generosity from Western Port Men's Shed, that shows the true meaning of community and coming together.

Goodbye, 2022

As the 2022 year came to an end, there were many Christmas lunches and breakups occurring throughout the sheds, after two years of Covid restrictions, many took the opportunity to celebrate in person.

This was particularly true for the Torquay Men's Shed, who had some special guests at their end of year celebrations.



Torquay President & Vice President, VMSA CEO and Libby Coker, federal member for Corangamite.



Torquay President, VMSA CEO and Richard Riordan, local State Member for Polwarth.

Torquay's Vice President, Tim, and secretary Ian said "there were about 68 people that attended our end of year lunch. That included 10 invited guests. We had our band and singing group playing some Christmas carols, and the members of parliament got up and got involved in it, which was great to see. Our shed has about 63 members at the moment, so we had a great turn out. This was the first year we had our function at the local pub. We always invite the member's wives to the functions and we subsidise everyone's lunch to say thank-you to everyone, especially the wives - they are our best recruiters!"



What a way to farewell 2022 and a great celebration put on by the Torquay Men's Shed.

NSDP Applications

National Shed Development Programme (NSDP)

The NSDP makes sure that all men's sheds in Australia have access to a wide range of resources and support for their particular shed.

The NSDP is a competitive men's shed grants program that started in 2010. It allows men's sheds and the organisations that support them to apply for funds. They then use these funds to better respond to their community's needs.

A men's shed is a community-based organisation that is open to all men. Men can gather and work on meaningful projects at their own pace and in their own time. The aim of men's sheds is to improve the health and wellbeing of its members.

Why it is important

The NSDP allows men's sheds to apply for grant funds to:

- help with health promotion activities
- purchase equipment
- maintain their buildings.

A men's shed is a community-based organisation that is open to all men. Men can The NSDP conducts 2 rounds each year (\$500,000 for each round). Funding is not automatically guaranteed. Sheds must apply for funding and all requests are evaluated all requests based on appropriateness and need.

Darren Scicluna, from the VMSA, has put together an excellent resource for more information on this Programme.

You can access this [HERE](#)



Care & Ageing Expo



11-12 February 2023

**Melbourne
Exhibition Centre**

Whether you are preparing for the future or caring for a loved one, the Care & Ageing Well Expo is the perfect place to start, showcasing the products, services, information and education available to assist you in the decision making process.

Over 55s are invited and encouraged to discover the services available to them, with the Expo showcasing comprehensive living solutions for older Australians and features speakers with a wealth of knowledge and advice for getting the most out of your later years.

Hear from experts across a wide range of aged care topics such as ageing well, home care planning, caring for those with dementia and more.

The Lifestyle Stage will provide a continuous stream of information from industry experts.

While the Uniting AgeWell Chat Lounge is another great source of information, with a focus on ageing well, staying healthy and consultations with health professionals.

Both stages allow guests to ask questions and discuss further with the speaker after their presentation at the adjacent Q&A booth.

With over 80 aged care exhibitors, the types will include Residential Care, Home Care, Retirement Living, Equipment, Service Providers, Health Care, Legal and Financial, Medical, Consultants, Technology and Support Groups.

In the centre of the Expo is the Retreat, a lounge area to relax and regroup over a coffee or a bite to eat from the pop-up café with friends or colleagues. Use the comfortable seating to reflect on the great source of information and plan out what's next

The expo is free to attend, however we recommend pre registering online before the Expo to receive updates and make entry more streamlined.

[Pre Register Here](#)

Sheds in the Media

AUSTRALIAN SENIORS NEWS

Early Christmas for 143 Men's Sheds



(Photo: Australian Men's Shed Association)

Christmas has come early for 143 Men's Sheds across Australia, with funding announced today to improve sheds, upgrade tools and equipment, and support the health and wellbeing of their communities. Federal Government grants totalling \$675,000 for Round 24 of the National Shed Development Programme included a new category where Men's Sheds could apply for funding to host and/or participate in mental health and wellbeing events.

Grant recipients in this round include Hume Men's Shed (Vic) for face-to-face mental health and wellbeing training; Eden Men's Shed (NSW) to host a south coast mental health gathering; and Kilkivan Veteran's and Community Men's Shed (QLD) for first aid training, test and tag training, and a chemical storage cabinet.

"Men's Sheds play a valuable role in improving health and wellbeing but most importantly they play a part in countering the isolation which some men experience," said Health and Aged Care Minister, Mark Butler. "This grant round provides \$675,000, which is a 35% increase on previous funding rounds."

Since 2011, the Government has provided more than \$8.7 million to support Men's Sheds under the National Shed Development Programme. The next funding round, also worth \$675,000, is expected to open on 23 January 2023.

"I encourage Men's Sheds to apply for funding under a new category to install or replace defibrillators and their components."

"Sheds that meet eligibility criteria can apply for a defibrillator at any time using the special application form available on the Australian Men's Sheds Association website," said Mr Butler.

Indigenous art for Tatura.

By Shepparton News, 10th January 2023



Helping hand: Men's shed members Kevin Ingram, Shaun Dennis and Leigh Williams install the community artwork.

A new and unique artwork, produced by Mooroopna artist Tammy Lee-Atkinson, has been installed in Tatura, behind the fountain and murals and near the public toilets in Stuart Mock Place.

The 2m by 1m painting was commissioned specifically for Tatura and the country surrounding it to depict some of our Indigenous heritage.

Greater Shepparton City Council liaised with the Tatura Community Plan Committee to commission the work and to find a suitable location.

After considering several locations, Geoff Lipshut from Lipshut Law was approached to use his wall to display the painting.

Mr Lipshut agreed to donate the space and to fund the weatherproof board it was painted on.

To complete the project, men's shed members stepped in and provided the bolts and labour to securely fasten the painting to the wall just before Christmas Day.

This project has allowed the diverse community to come together and provide another small but significant asset for Tatura.

Surf Coast Times

'Men's Shed put finishing touches on Community Orchard.'

BY Nathan Rivalland, 8th January 2023



L-R, Ian, Trevor and Brian from Torquay Men's Shed with Quay Reserve Community Orchard volunteers Scott and Graeme.

MEMBERS of the Torquay Men's Shed have put the finishing touches on 22 hand crafted wooden name tags for a new group of fruit trees in the Quay Reserve Community Orchard.

When several local gardeners looked at the amount of green space surrounding the playgrounds at the Quay a number of years ago, they wanted to make an effort to create something for future generations to enjoy.

Now looking at the developments made on the project into the summer of 2022, Surf Coast Shire Councillor Rose Hodge said she was pleased to be able to support and help fund the orchard idea.

"These name tags are another beautiful addition to this fantastic community garden," Cr Hodge said.

"Council exists to help our community to thrive and looking around at these healthy trees with these beautiful name tags really is a wonderful example of this."

"This project would not exist without the support of Council, the help of incredible volunteers, groups like the Men's Shed and Bunnings donations," added Quay Reserve Community Orchard volunteer Graeme Biggins.

"In addition to a playground and gathering space, there are now trees with apples, pears, stone fruit and citrus that anyone in the community is free to pick at harvest time.

"To see children running up to pick an apple and have a swing while they eat it, is just wonderful."

The Surf Coast Shire Council said that volunteers are always welcome at the Quay Reserve Community Orchard, particularly in summer.

'Four year search finally over for Upwey Men's Shed.'

By Parker McKenzie, 17th January 2023



The Upwey Men's Shed four-year search for a permanent home is set to end.

After four years of searching and dead-ends, the Upwey Men's Shed has signed a licensing agreement with a local high school to relocate to its premise.

Upwey High School granted the Men's Shed permission to have a storage container on Education Department land at the rear of the high school, with plans for the new shed set to be announced later in the year. Men's Shed President Gerran Wright said the community group's pleas were answered by the High School.

"We are very grateful for the generosity of Upwey High School and community members who want to help with donations of tools and equipment," he said. "Now we can start to say yes to offers of donations of tools and equipment."

Mr Wright said the groups fundraising has been successful with "regular sausage sizzles, raffles and bolstered by grants from Bendigo Bank, Home Instead Aged Care Services, Federal, State and Local Government to build a community shed."

"We have raised or secured promises of grants for our shed of around \$250,000 including \$5000 to \$6000 in fundraising from our sausage sizzles and raffles in 2022," he said. "Our last raffle was extremely well supported by thirty-three local businesses in Upwey and surrounding districts."

In September 2022, the Men's Shed put out a call to the community to help find a location for storage, as members had been storing tools and materials at their own homes. Despite having no permanent home, the Men's Shed has maintained a membership of around 40 members. Mr Wright said he is expecting an increase in membership when the plan for a new shed is announced in 2023.

"There will be an increase in membership from community members showing interest in gaining access to a large 250 square meter community workshop," he said. "Further partnership opportunities will be explored with Upwey High School and Upwey -Tecoma Community Recreation and Sporting Hub to further develop the Upwey Men's Shed as a valuable community asset."

Disappointing decoration damage.

By Robert Muir, 11th January 2023



Photographs of just some of the damage done to wooden Christmas trees produced to brighten Belmore Street at Christmas time.

Damage and theft of some Christmas decorations from Belmore Street, Yarrawonga at the start of 2023 has infuriated local residents.

The large, solid fibre glass Christmas tree owned by Moira Shire Council towards the bottom end of the main street was stolen and the sign near the top street roundabout outside Yarrawonga Bowls Club wishing everyone a happy and healthy Christmas, was also stolen.

"A fantastic local businessman paid to get another sign," Jeanette Douglas told the Yarrawonga Chronicle.

She said substantial damage was done to many of the 27 wooden Christmas trees produced by the Yarrawonga Men's Shed and painted by Powelly's Painting and Rendering outside of their working hours.

"Some slats were taken off some and in other cases, all the slats were taken off and just left on the ground, just leaving the poles there upright," Jeanette said.

"It is so disappointing that since New Years Eve the town has had significant damage - theft of our Christmas decorations.

"Most of it was funded by council, so it was the community's money. Yet some choose to destroy and steal. It's very, very sad."

A substantial amount of time and effort, and expenditure, went into the town embracing the Christmas spirit with Christmas decorations adorning trees, poles and roadside thanks to the caring nature of a group comprising at least 10 locals called 'My Christmas Spirit Glows'.

The group united with Yarrawonga Mulwala Tourism and Business, and Moira Shire Council to bring colour and Christmas spirit to Yarrawonga, only to see wilful damage done to the decorations.

Anyone with any information is asked to contact Yarrawonga Police on 03 5744 3641

Project Place

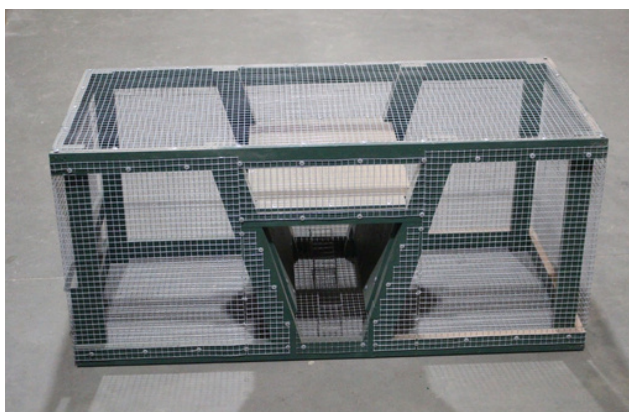
We are working towards launching [Project Place](#) on the VMSA Website.

This will be a collaborative page and a way to enable all shed's to share their ideas and current or past projects. This will also offer a way to give advice to other sheds, share, and unite.

For any projects, big or small, or out of the box ideas that you would like to share on our newest webpage, please send through some photos/descriptions of items that your Shed has made to:
newsletter@vmsa.org.au

Don't forget to send through your project plans and workshop drawings to us!

Below is an example from Rupanup Men's Shed of the things we would love to see!



VMSA Board Members



Trevor Dobbyn
Chair
0408 121 934



Geoff Brooks
Treasurer
0407 486 953



Colin Prowd
Vice Chair
0437 311 218



Peter Broomhead
Board Member
0405 058 319



Max Finlayson
Board Member
0428 171 020



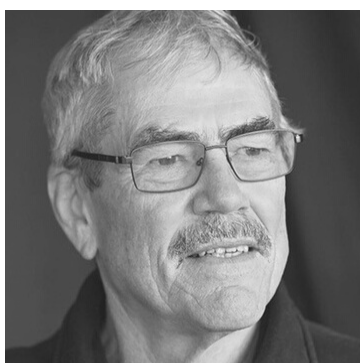
Tom Rolls
Board Member
0490 290 597



Graeme Newman
Board Member
0422 248 310



Marcelle Davis
Board Member
0408 592 016



James Gundrum
Board Member
0438 737 401



Geoff Gedge
Board Secretary
0405 983 635
secretary@vmsa.org.au

Important organisations that are there to help in difficult times
REMEMBER TO CALL A MATE
Beyond Blue 1300 224 636
Lifeline 131 114
MensLine 1300 789 978
Suicide Call Back Service 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

VMSEA Staff Members



Derek O'Leary
CEO
0408 465 228

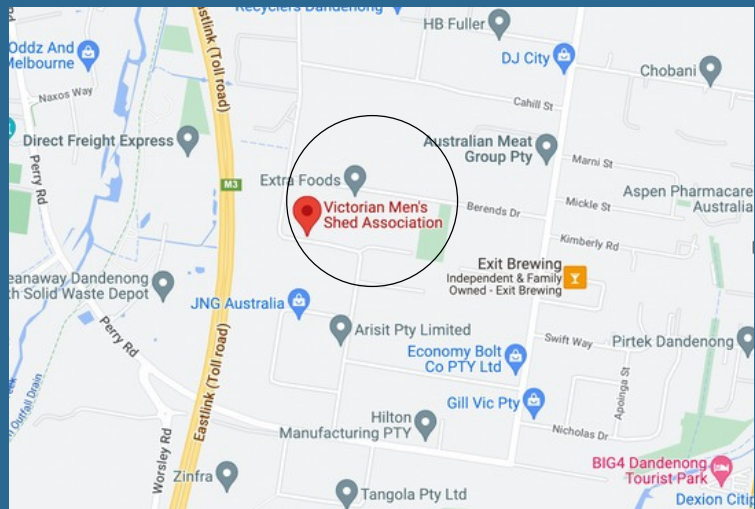


Cameron Thomson
Latrobe Field Officer
0487 427 404



Darren Scicluna
Regional Coordinator
0402 522 325

We are here to support you.
The VMSEA Office is open Tuesday,
Wednesday, & Thursdays 9-5



173-175 Ordish Rd, Dandenong VIC 3175

Our CEO, Board Members and Staff are always willing to help our shed members. Please do not hesitate to contact us.

Thanks to our sponsors for their ongoing support:

