

NEW SHED: WARRNAMBOOL

November 2023 Issue 24

*Victorian Government
Men's Shed Funding
closing soon*

*Gispsland regional
meeting*

*Horsing around
Simpson*

*Lorne: Decade of
impact*



SHED TALK

NOVEMBER 2023

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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!

LETTER FROM THE CHAIR

As we hurtle towards the festive season there's been a bit going on in men's shed land.

The VMSA has made a submission to the state government to double the current funding for men's sheds. The VMSA funding has not increased since 2010. At that time there were around 60 men's sheds. Today there are over 330 across the state with thousands more members. These sheds and their members are making incalculable contributions to their communities in terms of mental and general health, connectivity and wellbeing and we think it's well past time that the funding reflects this.

We understand that this is not a great time to be asking for an increase, however there is a clear case for more funding for the men's sheds and we would be remiss as a peak body if we didn't make the case. This submission has been sent to the Minister, her office and the department (DFFH).

Colin Prowd, the VMSA Board Vice Chair recently met with the Greyhound Clubs Victoria (GCV) board to discuss how we might work more closely together and form a possible partnership between the two organisations. This could involve sheds being able to utilize GCV facilities around the state to support local and regional meetings as has recently happened in Geelong. The VMSA again thanks the Geelong club for the generous support provided on the day. Earlier in the month I attended a regional sheds meeting at the Warrnambool Men's Shed which was very successful. I must say I admire the way they didn't waste a crisis by building a new shed in the middle of the Covid disaster!

I have also visited the very friendly Port Fairy Men's Shed and attended the AGM at the Port Phillip Men's Shed in South Melbourne, which was a very well run and well attended affair. This shed is looking for a permanent home and the VMSA is fully supporting this laudable objective.

Our part-time Field Officers continue to visit sheds across the state to build relationships and trust and to offer support where requested. If your shed hasn't had a visit for a while, please let us know and we'll prioritise it.

The tools and equipment from the Peninsula Health Men's Shed, which closed before Covid, have been reallocated to the Westall Shed, which demonstrates how resources can be shared within the men's shed movement to strengthen it overall.

Our CEO has departed to pursue further opportunities and we wish him all the best. We are redefining the role and will fill this position in the new year. In the meantime, please contact me on 0408 121 934 or the Vice Chair Colin Prowd 0437 311 218 if I am unavailable.

With warmest regards,
TREVOR DOBBYN
VSMA Chair





CEO

DEPARTURE

On the 16th of November CEO Derek O'Leary left the VMSA after three years' service.

The board thanks Derek for his contribution and wishes him all the best for the future as he pursues other opportunities.

-Trevor Dobbyn VMSA Chair

SHED ALERT: UPDATE YOUR DETAILS

Hey Shedders! Quick one: Communication is key, and we need you to update your contact details on our website. It's simple—just head to <https://www.vmsa.org.au/shed-contact-form/>



IS THIS OUR OLDEST SHEDDER?

In the heart of Camperdown, the shed boasts a living treasure – none other than the remarkable Albert, who, at the incredible age of 98, is a testament to the enduring spirit of our community.

President John recently pondered with a twinkle in his eye: could Albert be the oldest shedder in all of Victoria? A question that adds a delightful touch of friendly competition to shed banter.

Albert, with his wealth of experience and a knack for sanding that stands the test of time, graces the shed with both his presence and his lively stories. His days are a blend of hands-on contribution and the shared laughter that fills the shed.

As we marvel at Albert's vitality and the wisdom he brings to the shed, we're reminded that age is just a number, and the camaraderie of our community knows no bounds.

Here's to Albert, a living legend in our midst, and to the rich stories that make the shed's truly exceptional.



ALBERT & JOHN

WARRNAMBOOL'S NEW SHED

The Warrnambool Men's Shed is thrilled to announce the opening of its impressive new facility on Hyland St, marking a substantial milestone in our journey. A big shout-out to President Phil Pettingill, the shed committee and shed members for their tireless efforts in securing grants.

Thanks to an \$80,000 Victorian Government grant, the new 600 sq metre shed is six times larger than the previous one. Equipped with a soundproof Wellness Centre, kitchen, meeting space, lounge, office area, and toilets, it's a game-changer.

From the pouring of concrete in May 2021 to daily gatherings of 10-12 members, this collaborative effort has resulted in a fully insulated shed with solar panels on the roof, all made possible with contributions from local businesses.



More than a workspace, the Warrnambool Shed is a vibrant community hub. Collaborations with groups local groups such as the lady's sewing club, along with a weekly program at the local primary school, showcase our commitment to community engagement.

The shed has over 90 financial members and has raided over \$100k for new equipment Which is a great achievement.

As the Warrnambool shedders step into the new shed, their focus remains on fostering well-being, supporting men's health, and actively contributing to the community.

Special thanks to Trevor Dobbyn, VMSA Chairman, and Jim Kane, VSMA Regional Coordinator, for attending this momentous occasion. The Warrnambool Men's Shed looks forward to the positive impact this new space will bring to our community.



REGIONAL MEETING IN GIPPSLAND

In the heart of Poowong Public Hall, an energetic assembly unfolded as 67 shedders from various sheds across the region gathered for the Gippsland Cluster Meeting. The camaraderie was palpable as members from sheds including San Remo, Sandy Point, Warragul Woodies, and many more shared their experiences.

The festive atmosphere was enhanced by a Christmas Show and Tell, where shedders proudly showcased their holiday crafts, soon to be available at local markets or within the sheds. Adding to the day's festivities was a joint effort by the community, with the Poowong CWA and Uniting Church coming together to prepare scrumptious meals and treats for everyone present.

A special acknowledgment goes to David Mudge and Barbara Look, the dedicated organizers of the Gippsland Cluster meetings, whose efforts are pivotal in bringing shedders together. They are now seeking community support to orchestrate the next Gippsland cluster event. Here's to the ongoing success of our gatherings and the creation of countless memorable moments within the shed community.



WAYNE LUCAS & DAVID MUDGE



In a heartwarming moment, we celebrated **Max Wood**, President of Leongatha Men's Shed, on his 88th birthday. Max is more than a leader; he is a local legend, embodying the spirit of our cherished shed community.



DAVID MUDGE & BARBARA LOOK

A DECADE OF IMPACT

LORNE

SHED

In a momentous milestone for the Lorne Men's Shed, their decade-long commitment to community well-being has been recognised with the prestigious Bendigo Bank Community Group of the Year Award. This accolade, awarded to groups, organisations, and nonprofits fostering meaningful connections and social well-being, is a testament to the shed's outstanding contributions to the local community.

Established ten years ago, the Lorne Men's Shed has become a hub of camaraderie, skill-sharing, and community service. The award, determined by local votes, reflects the shed's unwavering community spirit and its vital role in enhancing the social fabric of Lorne.

This year's win is a special acknowledgment of their journey, marking not only a decade of operations but also a decade of positive impact on the lives of the people they touch. From skill development to fostering friendships and community service, the Lorne Men's Shed has exemplified the essence of community spirit.

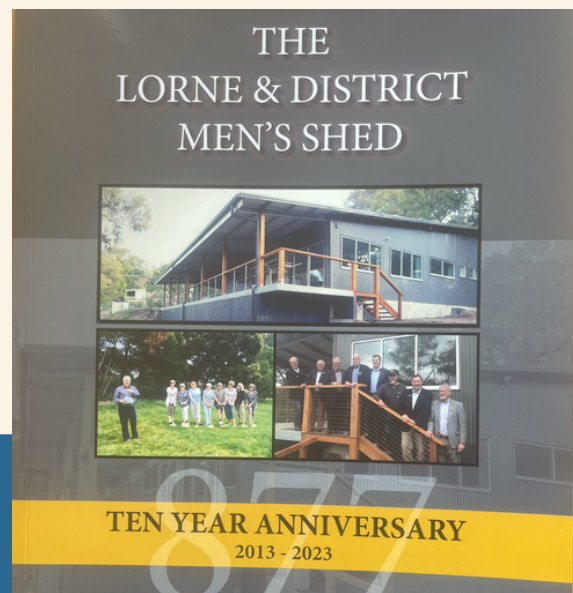
In addition to the honour of being named Community Group of the Year, the shed received a well-deserved prize of \$500. This financial boost is not just a reward; it's an investment in the shed's continued efforts to make a positive difference in the lives of Lorne residents.



But the celebrations don't stop there. To commemorate their 10-year journey, the Lorne Men's Shed has released a special edition book capturing the essence of a decade of shared experiences, achievements, and the spirit that makes their community unique.

As the Lorne Men's Shed looks back on a decade of growth and forward to a future filled with new opportunities, this award and the anniversary book stand as a testament to the enduring power of community connection. It's a recognition of the shed's commitment to creating a space where individuals come together, share skills, and contribute to the collective well-being of Lorne.

Cheers to a decade of impact, and here's to many more years of enriching the lives of the Lorne community.



SADDLE UP FOR SHED DAYS: **ANTON'S UNIQUE COMMUTE**

Tuesdays are more than just another day at the shed – they're a blend of horsepower and camaraderie! Meet Anton, one of Simpson Men's Shed dedicated shedder, who adds a distinctive twist to his weekly commute.

Every Tuesday, Anton saddles up on his trusty companion, Ruby, and embarks on a 14km journey to the Simpson Men's Shed. It's a sight to behold, as they traverse the scenic landscapes, forging a unique connection between man, horse, and shed.

In a recent snapshot, the Simpson shedders proudly posed alongside Anton and Ruby, capturing the spirit of their community and the diverse journeys that lead to their cherished space.

Anton's commitment and the special touch of his equine companion add a touch of equestrian charm to our shed days. Here's to the many more unique stories that make our shed community truly one of a kind!



INSIDE THE WORKSHOP

SHED SHOWCASE

BRIGHT

The Bight Men's Shed is bringing local history to life with a meticulously crafted model train.

From the meticulous replication of landmarks to landscapes, this project showcases the community spirit and creativity thriving within their shed.



NEW PENINSULA

The New Peninsula Men's Shed is spreading kindness by crafting Buddy Benches for the local primary school.

A testament to the shed's dedication to fostering connections and making a positive impact in their neighborhood!



MYRTLEFORD

In a heartwarming touch, the talented wife of a Myrtleford Men's Shed member has hand-drawn portraits of our cherished shedders.

Now, these personal artworks proudly grace the walls, adding a unique and personal touch to their shed!

ROMSEY

Romsey Men's Shed is currently hard at work restoring a classic 1920s T-Model Ford, reminiscent of the one captured in a photograph taken in Romsey back in 1923.

Bringing a piece of history back to life, one detail at a time!



WYNDHAM VALE

Wyndham Vale Men's Shed Raises a Glass to Miniature Craftsmanship! 🍷 ✨ Discover their exquisite artistry as they skillfully create a beautiful miniature wine glass and bottle set, meticulously presented on a stylish tray. A testament to the Shed's dedication to precision and creativity!

STATE GRANT APPLICATION

VICTORIAN GOVERNMENT

MEN'S SHED FUNDING PROGRAM

Great news for Men's Sheds across Victoria! The Men's Shed Funding Program is now accepting applications for grants up to \$100,000, aiming to enhance and build sheds.

This annual initiative invests \$1 million in supporting Men's Sheds, fostering community well-being.

The funding program supports Men's Shed groups to help build new facilities or upgrade existing ones. This may include upgrades like a dust-extraction system, or renovations to improve accessibility. Men's Sheds are an important part of our communities.

They bring people together and improve the mental and physical health of members. People can work on common projects, form friendships and give back to those around them. There are approximately 360 Men's Sheds across Victoria. Each shed contributes a lot of value to the local community and the people who attend them.

Check out the [How to Write a Grant Application](#) page for useful resources and visit the [Men's Shed Program](#) webpage to learn more and apply.

**APPLICATIONS FOR THE MEN'S
SHED FUNDING PROGRAM CLOSE AT
5.00PM ON 8 DECEMBER 2023.**





RECOGNISING SCAMS

AWARENESS WEEK

Scams target everyone, including community organisations, and everyone may be vulnerable. There are steps you can take to protect yourself from scams.

Scamwatch is a website run by the Australian Competition and Consumer Commission (ACCC) and provides tips on protecting yourself and your organisation from scams.

For tips on avoiding scams, visit [Scamwatch](http://www.scamwatch.gov.au) www.scamwatch.gov.au.

Reporting scams

If you have sent money or shared your bank details with a scammer, contact your bank immediately.

If someone is pretending to be you, contact IDCARE for free support on 1800 595 160 or visit the [IDCARE website](http://www.idcare.org) www.idcare.org.

You can report a scam online to [Consumer Affairs Victoria](http://www.consumer.vic.gov.au/contact-us/report-an-issue/report-a-scam) <http://www.consumer.vic.gov.au/contact-us/report-an-issue/report-a-scam>.

You can call the Consumer Affairs Helpline on 1300 55 81 81.

If you received funding from the Department of Families, Fairness and Housing

If you received funding from the Department of Families, Fairness and Housing (the department) and you or your organisation lost this funding to a scam, please get in touch with your contact at the department immediately to let them know.

If you or your organisation will not be able to deliver a project the department provided funding for because of a scam, please contact the department immediately to let them know.

More information

For more information, visit [Scamwatch](http://www.scamwatch.gov.au) www.scamwatch.gov.au.

For more information on Scams Awareness Week, visit the [Scamwatch Scams Awareness Week webpage](http://www.scamwatch.gov.au/research-and-resources/scams-awareness-week-2023) www.scamwatch.gov.au/research-and-resources/scams-awareness-week-2023.

What to do when you feel overwhelmed by life pressures



What is stress?

When faced with a challenging situation or stressful event, our bodies respond by activating the nervous system and releasing hormones including cortisol and adrenalin.

These hormones bring about certain physical changes in the body, helping us to react appropriately and deal with the challenge presented. However, if the stress is ongoing and the physical changes do not subside, we may feel overwhelmed and unable to cope.

Life pressures that can cause us to feel overwhelmed and stressed include:

- Relationship difficulties
- Family breakdown
- Illness or injury
- Work pressures or job loss
- Bullying and harassment
- Traumatic events
- Death of a loved one - including pets
- Financial difficulties
- Homelessness
- Lack of support and isolation

What are the signs of stress?

Below are some of the signs which indicate our stress levels are unhealthy:

- Feeling overwhelmed and unable to cope
- Feeling hyperalert and anxious
- Difficulty sleeping
- Changes in appetite
- Headaches and muscle tension
- Upset stomach
- Irritability
- Difficulty concentrating
- Changes in mood
- Fatigue and exhaustion
- Withdrawing from friends and family
- Thoughts of suicide
- Reliance on alcohol or other substances to cope

People respond differently to stressful situations. Responses to stress will be determined by the situation faced, past experiences, personality, social support, access to resources and cultural background. What one person finds stressful, another may be more easily able to cope with.

Knowing yourself and how you respond to different situations is important as you can then learn to manage stress and seek help when necessary.

What to do when feeling overwhelmed?

Below are some practical strategies for managing stress when feeling overwhelmed by life pressures:

- **Identify the cause of your stress** – write down what is contributing to you feeling overwhelmed and stressed. You may identify one particular issue or have a range of things contributing to how you feel at this time. Prioritise the issues and leave smaller issues to be dealt with at a later time.
- **Review your current coping mechanisms** – identify how you have been coping to date. What tools and strategies have you found helpful? What things are you doing that are not helpful? Make any necessary changes to increase your ability to cope.
- **Talk to a trusted friend or family member** – talking through your issues with someone you trust can assist you to work through the issue and identify possible solutions.
- **Check your thinking** – often we put pressure on ourselves to be a certain way. Our thoughts directly impact our emotional state and can influence our behaviour. When our thoughts are negative and self-critical we may begin to feel overwhelmed. Instead of doing the things we need to do in order to deal with the stressful situation, we may in fact do things that are unhelpful.

Ready to help 24/7.

13 11 14

www.lifeline.org.au

 Lifeline

- Give yourself some positive feedback for the things you have been doing to manage. Consider if the expectations you place on yourself are reasonable and adjust them accordingly. Demonstrate compassion to yourself as you would to others in a similar situation.
- **Make a positive plan** – work out ways to deal with the situation or how to approach it step by step. Write down the actions that need to be taken to bring about some change. Start at the beginning and focus on one thing at a time. Recognise when you need help to bring about change.
- **Take care of yourself** – we need to be healthy in order to meet life's challenges. Eating well, exercising and getting plenty of sleep are the basic building blocks of resilience. Take time out to engage in activities you enjoy and find rewarding. Engage in positive relationships with friends and family.
- **Access local support services** – there may be certain situations when you need to gain support from services in the community. For example, you may need to access counselling services when experiencing family and relationship difficulties or accommodation services if experiencing homelessness or domestic violence.



Where to go to for support?

If in need of support, you may consider talking to your GP or health professional about your current situation. Your GP can check your general health and assess for any physical signs of stress. They can refer you to local health professionals based on your needs or visit the Lifeline Service Finder Directory at <https://www.lifeline.org.au/get-help/service-finder> to search for local services and centres in your area.

Below are some of the places to go for information and support:

- Phone Lifeline on 13 11 14 (available 24/7) or chat to a Crisis Supporter online at [lifeline.org.au](https://www.lifeline.org.au) (7pm – midnight every night)
- Mensline Australia: 1300 78 99 78 (24hrs)
- Kids Helpline: 1800 55 1800

It is important to be able to identify when stress is affecting us in a negative way. Identifying the cause of our stress and making changes where possible is a good starting point.

For 24-hour telephone crisis support call 13 11 14. For more information visit www.lifeline.org.au

Ready to help 24/7.
 **13 11 14**

www.lifeline.org.au

 **Lifeline**

CANCER COUNCIL AUSTRALIA

Two in three Australians will be diagnosed with skin cancer in their lifetime.

Exposure to UV radiation, invisible energy from the sun, causes 95% of melanomas, the deadliest form of skin cancer. This means that skin cancer is almost entirely preventable.

Two in three Australians will be diagnosed with skin cancer in their lifetime.

Exposure to UV radiation, invisible energy from the sun, causes 95% of melanomas, the deadliest form of skin cancer. This means that skin cancer is almost entirely preventable.

We need to lift our game and make sun protection habits part of our everyday routine.

If the UV is 3 or above, be SunSmart. Save your skin. Slip, Slop, Slap, Seek and Slide. 🧑‍🦲 🧴 🧢 🌂 😎

You can find the UV levels by downloading the SunSmart App, visiting the Bureau of Meteorology website or on your local weather forecast.

For the best protection, use all five SunSmart steps:

1. Slip on covering clothing

Choose clothing that covers as much skin as possible, for example, collared shirts with long sleeves. Some clothing may carry an ultraviolet protection factor (UPF), which is a guarantee of how much UV protection a fabric provides.

2. Slop on SPF 30 (or higher) broad-spectrum, water-resistant sunscreen

Apply a generous amount of sunscreen to clean, dry skin at least 20 minutes before you go outside. The average-sized adult will need a teaspoon of sunscreen for their head and neck, each limb and the front and back of the body. That's about seven teaspoons (35mL) for a full body application. Reapply sunscreen every two hours or after swimming or excessive sweating.

Remember, sunscreen is not a suit of armour and should be used with other sun protection measures.

3. Slap on a hat

Choose, a broad-brimmed, legionnaire or bucket-style hat which shades your face, nose, neck and ears, which are common sites for skin cancers. Caps and visors do not provide enough protection.

4. Seek shade

Use trees, built shade structures, or bring your own (such as a sunshade tent)! Shade reduces UV radiation, but it can still reach you via reflection, so make sure you use shade in combination with other sun protection measures.

5. Slide on some sunglasses

Sunglasses and a broad-brimmed hat worn together can reduce UV radiation exposure to the eyes by up to 98%. Sunglasses should be worn outside during daylight hours. Choose close-fitting wraparound sunglasses that meet the Australian Standard AS/NSZ 1067.

If the UV is 3 or above, be
SunSmart. Save your skin.



Can you spot A rip at the beach? A great wave? A skin cancer?

Two in three Australians will develop skin cancer before the age of 70. The good news is that 95 per cent of skin cancers can be successfully treated if detected early.

Do you know what skin cancer looks like?

A simple check could save your life. We should all check our skin regularly. Get to know your skin and take immediate action if you notice any changes.

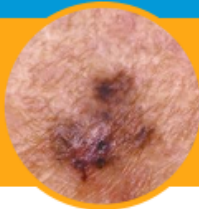
If you have fair skin, blue or green eyes, fair or red hair or lots of moles or freckles you are at high risk of developing skin cancer.

Cumulative UV exposure also contributes to your risk of developing skin cancer. So if you grew up in Australia, work outdoors or spend lots of time in the sun you should take care to protect and check your skin.

Use the ABCD of melanoma detection to check for the following:



Asymmetry
If the spot or lesion is divided in half, the two halves are not a mirror image.



Border
A spot with a spreading or irregular edge.



Colour
A spot with a number of different colours through it.



Diameter
A spot that is growing and changing in diameter or size.

Skin cancers

There are three main types of skin cancer: basal cell carcinoma, squamous cell carcinoma and melanoma.

Melanoma

- Accounts for 1–2% of skin cancers.
- Is the most dangerous and aggressive form of skin cancer.
- If left untreated can spread to other parts of the body and can be fatal.
- Grows quickly over weeks to months.
- Can appear as a new or existing spot, freckle or mole that changes in colour, size or shape.
- Can grow anywhere on the body, not just areas exposed to the sun.
- Occurs most frequently on the upper back in males and on the lower leg in females.

Basal Cell Carcinoma (BCC)

- Accounts for about 66% of skin cancers.
- Grows slowly over months or years.
- Look for small, round or flattened spots that are red, pale or pearly in colour. Some are scaly like a patch of eczema.
- May become ulcerated, bleed and fail to heal.
- Usually found on the upper body, head or neck.

Squamous Cell Carcinoma (SCC)

- Accounts for about 33% of skin cancers.
- Grows over months and may spread if not treated.
- Look for scaly red areas that may bleed easily, ulcers or non-healing sores that are often painful, especially when touched.
- Often found on lips, ears, scalp, backs of the hands and lower legs.

Warning signs

The following spots are not skin cancer but may predispose you to skin cancer or be a warning sign that skin damage has occurred.

Dysplastic naevi ('atypical moles')

- Are odd-shaped moles that may indicate a greater risk of developing melanoma.
- Usually 5–10mm wide with uneven colouring.
- If you have lots of odd-shaped moles get your skin checked regularly by your doctor.

Solar keratoses ('sunspots')

- Generally hard, red, scaly spots on sun-exposed areas of the skin.
- Most commonly found on the head, neck and on the back of the hands.
- Is a warning sign that the skin has been damaged by the sun and that skin cancers may develop.
- If you have solar keratoses, protect yourself from further sun damage and have your skin checked regularly by a doctor.

Harmless spots

Seborrheic keratoses ('senile warts')

- Common non-cancerous spots sometimes confused with melanomas.
- Raised warty-looking brown or black lesions with well-defined borders.
- Mostly found on the trunk but can occur anywhere on the body.

Eye damage

The sun can also damage your eyes. In the short term, sun exposure can cause burns to the eye similar to sunburn of the skin. Long-term exposure can lead to cataracts (clouding of the lens), pterygium (tissue covering the cornea) and cancer of the conjunctiva or cornea. It is important to protect your eyes by wearing sunglasses and a broad-brimmed or bucket hat.

1. Pterygium (tur-ridg-i-um)
2. Squamous Cell Carcinoma of the conjunctiva
3. Cataract

Check your skin regularly

- Many skin cancers are detected by people themselves or by a family member.
- To check your skin, undress completely and stand in good light.
- Use a full-length or hand-held mirror to check your back, legs and scalp. If there are areas you can't see properly ask a family member or your GP for a skin check – don't ignore them.
- Make sure you check your entire body as skin cancers can sometimes occur on parts of the body not exposed to the sun, for example the soles of the feet. Go through the same checking sequence each time to get into a routine.

Check your:

- **Head, scalp, neck and ears**
Take an extra close look around the nose, lips, ears and scalp.
- **Torso**
Check the front, back and sides of the torso.
- **Arms, hands, fingers and nails**
Remember to look at the spaces between the fingers and the beds of your fingernails.
- **Buttocks, legs and feet**
Remember to check between toes, under toenails and on the soles of feet.

See a doctor straight away if you notice:

- A skin spot that is different from other spots around it.
- A mole or freckle that has changed in size, shape or colour.
- A new spot that has changed over weeks or months in size, shape or colour.
- An inflamed sore that has not healed within three weeks.

Be SunSmart.

Protect yourself in five ways from skin cancer. UV levels are highest during the middle of the day. Take care to be SunSmart when the UV Index is 3 or above. Check our UV Alert online or download our SunSmart app at www.cancer.org.au/UVAAlert

Slip on protective clothing

- Use clothing to cover as much skin as possible.



Slop on SPF 30 or higher sunscreen

- Make sure it's broad spectrum and water-resistant.



Slap on a hat

- Wear a broad-brimmed hat that covers your face, head, neck and ears.



Seek shade

- Make use of trees or built shade or bring your own.



Slide on some sunglasses

- Close-fitting wrap-around styles offer the best protection.

Melanoma accounts for 10% of all cancers



Osteoporosis

What is osteoporosis?

Osteoporosis is a disease of the skeleton usually affecting older men and women. In osteoporosis, the bones become fragile and there is increased risk of bone fracture.

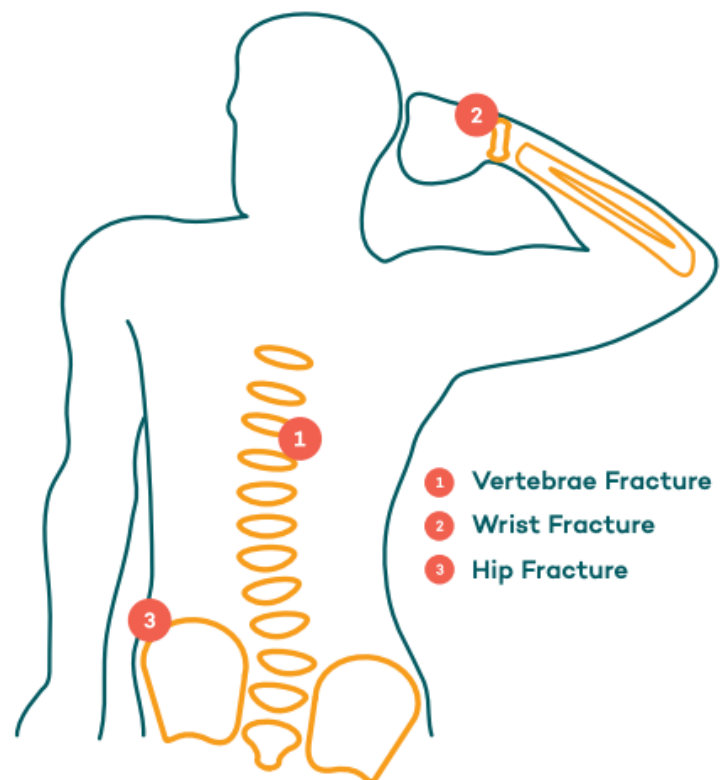
Most bones, except those of the face and head, can be affected by osteoporosis; however, the most common sites of fractures are the hip, spine, wrist and ribs. Osteoporosis is an important health issue; clinical management is geared towards the prevention of fractures.

How common is osteoporosis?

In Australia, one in three men over 60 years old will fracture a bone. The disease affects more women than men; however, when fractures happen in men it is more likely to shorten their life and has a greater impact on their quality of life. Men are also more likely to refracture the same bone than women.

How does osteoporosis happen?

The body continually 'turns over' bone so that old bone is replaced with new bone. Osteoporosis happens when there is increased rate of bone turnover and the bones lose minerals, such as calcium, more quickly than the body can replace them. This causes a loss of bone thickness (density) and strength. With thinner and less solid bones, even a minor accident can cause serious fractures.



At what age in men does bone mass begin to fall?

In men, peak bone thickness or density (when bones are at their strongest) usually occurs in their early 20s. Bone thickness falls gradually, with up to 25 per cent of peak bone thickness being lost in men by the age of 50.

BONE MINERAL DENSITY AND OSTEOPOROSIS	
CLASSIFICATION	T SCORE
Normal bone density	Greater than -1.0
Osteopenia (low bone density)	Between -1.0 and -2.5
Osteoporosis	-2.5 or lower
Severe osteoporosis	-2.5 or lower with a fragility fracture (fracture that happens as a result of minor trauma)

Do all men get osteoporosis as they age?

Not all men will develop osteoporosis as they age and there is no sudden increase in the rate of osteoporosis in men. However, the ongoing gradual loss of bone thickness significantly reduces bone strength and increases the chance of fracture in older men.

What causes osteoporosis in men?

Testosterone, the male sex hormone, is important for a range of body functions including the growth and maintenance of bone strength. Testosterone is converted to oestrogen in men, and oestrogen is important for regulating the rate of bone turnover.

In some men, low testosterone levels may decrease muscle mass, cause bone thinning, and increase the rate of bone turnover so bones become more fragile. Men with confirmed androgen deficiency (low testosterone levels) are therefore more likely to have bone fractures compared to men with normal testosterone levels.

Low testosterone levels are not the only cause of osteoporosis in men. A range of factors, including genetic factors, can have a strong influence on bone density.

What other hormones can cause osteoporosis?

Very high levels of the stress hormone cortisol lead to rapid bone loss and is an important cause of osteoporosis in men. The most common cause of high cortisol levels is corticosteroid medicines such as prednisolone (often used for asthma, arthritis and kidney disease). For men taking a corticosteroid medicine, it is important to closely monitor bone density, and osteoporosis treatment is often started earlier to prevent bone loss.

High levels of thyroid hormone and parathyroid hormone may also cause osteoporosis in men.

Can trauma or too much exercise cause osteoporosis in men?

Some osteoporosis in men is caused by trauma linked to excessive exercise and poor nutrition.

Too much exercise can put bones under a high level of stress, causing bones to fracture easily. However, for most men regular physical activity can lower the risk of fractures by improving muscle mass, balance and bone strength.

Men who do little exercise should speak to their doctor first about an exercise plan that will help to avoid injury.

What are the risk factors for osteoporosis in men?

Lifestyle factors including low levels of physical activity, smoking, excessive alcohol intake, and low calcium or vitamin D levels may increase the rate of bone loss.

Other factors linked to osteoporosis include a previous fall or fracture, family history of osteoporosis and being underweight.

Some medicines, such as corticosteroids and anticonvulsants (commonly used for epilepsy and some psychiatric problems), can also speed up bone loss.

Androgen deprivation therapy (ADT), used in the treatment of some prostate cancers, acts by turning off the body's testosterone production and is an important cause of osteoporosis. Men receiving ADT should have their bone health monitored.

Can I do anything to prevent osteoporosis?

If osteoporosis is diagnosed early and treated, bone loss may be slowed down. Having a healthy lifestyle by not smoking, limiting alcohol intake and being active may lower your risk of osteoporosis.

Weight-bearing and resistance exercises, such as walking, jogging and lifting weights will help improve muscle tone and help maintain bone mass.

Getting enough calcium and vitamin D each day is also important to keep bones healthy. You can get enough calcium by eating three to four serves of dairy foods such as milk, yoghurt and cheese daily. Calcium tablets can be used if there is not enough calcium in your diet. Vitamin D tablets and/or exposure to sunlight can increase your vitamin D levels.

How does osteoporosis affect a man's life?

Osteoporosis can have a major effect on quality of life. It can cause pain, disability and depression, and a loss of independence and social isolation can follow.

Men with hip fractures and other illnesses may die at a younger age than other men.

Bone fractures can cause a loss of height or curving of the spine that can make it hard to breathe normally.

How is osteoporosis diagnosed?

A doctor can assess fracture risk and diagnose osteoporosis by taking a medical history, measuring height, and other tests such as a DXA (dual-energy X-ray absorptiometry) scan. A history of previous fracture, especially within the previous five years, is strongly suggestive of bone fragility and therefore increased risk of fracture.

The DXA scan (bone density test) uses a small amount of radiation to measure the density of the bones in the spine and hip. This is compared with the bone density of an average young adult of the same sex and ethnicity. The test gives a 'T score', which tells the doctor whether or not bone loss has happened.

The T score is classified as normal, low bone density, or osteoporosis. A man who has a T score of -2.5 or lower has osteoporosis and is at high risk of getting a bone fracture; he should talk to the doctor about treatment. A man with osteopenia (low bone density) may be able to lower his risk of further bone loss and/or fracture with lifestyle changes.

Who should have a bone density test?

A bone density test is useful in men with the following:

- A previous diagnosis of osteoporosis
- Symptoms such as loss of height or past fractures
- Rheumatoid and other inflammatory forms of arthritis
- Chronic kidney or liver disease
- An overactive thyroid
- Using corticosteroids for more than 3 months
- Taking certain anti-convulsive medicines
- Androgen (testosterone) deficiency, including ADT for prostate cancer
- A family history of osteoporosis
- Aged 70 years or older
- Smoke or consume excessive amounts of alcohol
- A low body mass index (less than 20)
- malabsorption from the intestines
- High urine calcium levels.

How is osteoporosis treated?

There are medicines that may stop further bone loss or even improve bone mass, and also prevent spinal fractures. All available osteoporosis medications are effective, with a very small likelihood of side-effects. Calcium and vitamin D should be combined with these medications to maximise the benefit.

The most common medications used to treat osteoporosis aim to reduce further bone loss. This includes bisphosphonate therapy, which may be taken as a weekly or monthly tablet, or a yearly intravenous (into the vein) infusion. Denosumab is another option for treatment and is given with a small injection every six months.

Teriparatide (parathyroid hormone) is an anabolic medication that helps new bone to grow and increases bone mass. It is self-administered as a daily injection and its cost is subsidised in cases of severe osteoporosis.

Can testosterone replacement therapy lower the risk of osteoporosis?

Returning testosterone levels to normal in men who have confirmed androgen deficiency (low testosterone levels) can improve bone density. There is no evidence that testosterone therapy improves bone density in men with normal levels of testosterone and is only recommended as replacement in men with androgen deficiency.

Why is it important for men to maintain good bone health?

Often the only time a man realises he has osteoporosis is when he breaks a bone. Many men do not realise that osteoporosis is not a disease that only affects women or older people.

Having a healthy lifestyle including enough calcium in the diet and normal vitamin D levels and increasing weight-bearing exercise, and paying attention to bone health from childhood throughout life, are the best ways for men to lower their risk of osteoporosis.

Visit healthymale.org.au or speak to your doctor for more info.



HEALTHY MALE
ANDROLOGY AUSTRALIA



Australian Government
Department of Health

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The information in this fact sheet has been provided for educational purposes only. It is not intended to take the place of a clinical diagnosis or proper medical advice from a fully qualified health professional. Healthy Male urges readers to seek the services of a qualified medical practitioner for any personal health concerns.

healthymale.org.au

Victoria's container deposit scheme

Designed for all Victorians



Victoria's container deposit scheme (CDS) will:

- 🔄 increase recycling and reduce litter by up to half
- 🔄 be convenient and accessible with many types and locations of collection points
- 🔄 bring new jobs and economic opportunities for disadvantaged people, charity and community groups, and regional Victoria.

It's a new and accessible way for charities and community groups to raise money:

- collecting containers for refunds
- running container collection drives
- receiving donations – people will be able to donate their refunds to their favourite registered group
- running a refund collection point.



Purchase drinks

Recycling cost is included in the price.



Return empty containers

to a variety of locations across Victoria, including shops, reverse vending machines, depots, pop-ups and drop-off points. Run by recyclers, small business and charity, community and sports groups.



Container refunds

Ten-cent refund per container to person who returns it and/or charity, community and sports groups.



Recycle containers

reducing the need for new materials.

How it will work

Like all Australian container deposit schemes, beverage suppliers will fund the Victorian CDS.

To ensure an efficient, low-cost scheme and one that maximises container returns and recycling Victoria's CDS will adopt a split responsibility governance model with beverage industry having a strong role in administration and funding of the scheme.

The Victorian CDS will create new economic opportunities and jobs, with the responsibilities for running the scheme split between a scheme coordinator and network operators, appointed using a competitive tender process.

Coordinator role:

- manage finances and commercial viability
- audits to prevent fraud
- pay refund amounts and collection network costs to network operator/s
- report against government performance targets.

Network operator/s role:

- establish and maintain a network of refund points
- distribute refund amounts to consumers
- distribute payments to collection point operators
- report on participation and redemption rates.

Why are we doing it this way?

Our scheme adopts key elements from other schemes to maximise return of drink containers for recycling. By sharing responsibility for its operation, the scheme will have checks and balances so it is clear and accountable and ensure collection points are convenient and accessible, which is crucial for an effective CDS.

We meet regularly with our Community Organisations Reference Group, made up representatives from charity and community groups, to make sure the way we set up our CDS means they can take part and benefit.

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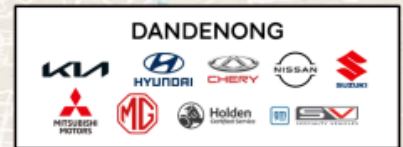
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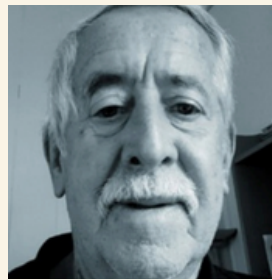


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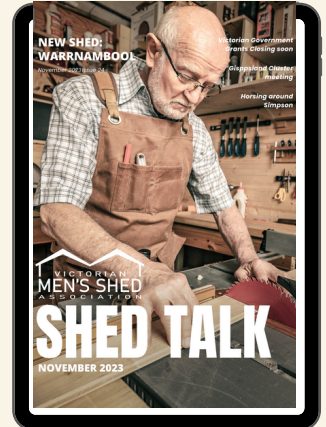
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