

**GISBORNE:
YOUNG SHEDMEN
AWARDS**

*Sheds Supporting
Members & Communities*

*Decade of Shedding:
Ouyen*

*St. Leonards Men's
Shed Dog Boxes*

*National Shed
Development Program*

SHED TALK

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Issue 25

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LETTER FROM THE CHAIR

As another year draws to a close, we should take a moment to reflect on how much the Men's Shed movement contributes towards the physical and mental health of men and to their connectivity and wellbeing. Apart from helping men lead longer and happier lives, men's sheds contribute to their communities in a myriad of ways and in doing so make an important contribution to strengthening them. All up 2023 hasn't been a bad year. VMSA staff and board members have visited over 180 sheds and have attended shed and regional functions and events across the state.

VMSA events include:

The Queens Hall exhibition held in state parliament held over three days in May.

The Statewide Forum and AGM in November held at the Meadows. Both events were very successful, and we will build on them for next year.

We have also made a submission to the Minister and the department to double funding for men's sheds and the VMSA.

This issue needs attention, as overall funding for men's sheds in Victoria has not been increased for thirteen years, notwithstanding the fact that back in 2010 there were around 60 sheds and there are now over 330!

In recent visits to sheds, the issue of whether Men's Shed should be just for men or become community sheds open to women as well has sometimes arisen.

At one level the answer is an easy one in that it's an issue for the shed itself. An incorporated shed is self-governing so the decision rests with that shed. Men's Shed are funded to support men's health and that's at the heart of what they are about, but if a shed wishes to have women involved in any capacity then that is up to it. A shed auspiced by another body such as a council or Neighbourhood House is in a different situation as it can be subjected to pressure from the auspicing body to become a community shed, admitting women as well as men. Some councils which own the land or buildings on which sheds exist have been trying to coerce sheds into becoming community sheds and admitting women.

So, what is the position of the VMSA in relation to this question? Our Board Charter says that men's sheds welcome all men - and in this spirit, we will support and defend sheds that wish to remain as men-only.

If the peak body for men's sheds in Victoria can't defend the men's shed movement, I don't know who will, so let us know if you need any support in this regard.

It's worth remembering that there are many resources available to women now including neighbourhood houses (that receive around forty times the funding available to men's sheds). The VMSA is also happy to help women set up She Sheds if requested. Happy Xmas and a great New Year to all members, the VMSA Board and staff.

TREVOR DOBBYN
VMSA Chair



GISBORNE MEN'S SHED HONOURS YOUNG SHEDMEN ACHIEVEMENTS

The Gisborne Men's Shed proudly celebrated the accomplishments of four outstanding Gisborne secondary school students during a recent presentation night, marking the culmination of their participation in the transformative Young Shedmen Program for 2023.

Initiated in 2017 with the backing of the Victorian Police Proactive Policing Unit at Gisborne Police Station, this year marked the first full cycle since the onset of COVID. The program involves up to four Year 9 students facing academic challenges, providing them with a unique opportunity. Released from their school for an afternoon each week, these students are mentored by five dedicated volunteers from the Gisborne Men's Shed. All volunteers hold Working with Children accreditation, ensuring a safe and supportive learning environment.

Throughout the year, the Young Shedmen engaged in both personal projects and community initiatives. Their efforts extended to supporting the Gisborne Men's Shed annual Cubby House construction, a project raffled with all proceeds benefiting the Gisborne Foodbank.



GISBORNE MEN'S SHED HONOURS YOUNG SHEDMEN ACHIEVEMENTS

Notably, this year's cohort crafted the charming furniture adorning the Cubby House.

The presentation night was a heartwarming affair attended by the Young Shedmen, their families, school representatives, VMSA Field Officer Nigel Robertson, and the Shed's longstanding supporters—local State Member Mary-Anne Thomas (Minister for Health) and Federal Member Rob Mitchell (Co-Chair of the Parliamentary Friends of Men's Sheds). Each Young Shedman was honoured with a tool kit (courtesy of Bunnings) and a certificate, marking the positive impact of their dedication.

Feedback from the Young Shedmen, their families, and their school has been overwhelmingly positive, underscoring the program's success. The Gisborne Men's Shed eagerly anticipates the arrival of their next group of Young Shedmen in 2024, continuing this legacy of mentorship and community engagement.



SHEDS SUPPORTING MEMBERS

Bannockburn Shed's Inclusive Initiative

In a wonderful display of camaraderie, members at Bannockburn Shed went the extra mile to connect with a fellow shedder facing hearing challenges. Recognizing the importance of effective communication, they organized a multi-week sign language course. The shed engaged a qualified sign language teacher to empower shedders with the skills to interact and support their deaf mate. This initiative not only fosters inclusivity but also showcases the genuine spirit of mateship within the shed community.

Castlemaine Shed's Compassionate Project

At Castlemaine Shed, a touching story unfolds as shed members unite to support a fellow member grappling with Motor Neuron Disease. Beyond the regular camaraderie, shedders have taken turns visiting their mate, assisting with daily chores and odd jobs. This shared project not only eases the burden on their friend but also deepens the bonds among shed members. Their collective efforts exemplify the power of compassion and solidarity within the shed community.

SHEDS SUPPORTING COMMUNITIES

Empowering Disadvantaged Children: Several sheds, including St. Leonard's, Taylor's Hill, and Warrnambool, have embraced woodwork mentoring programs for disadvantaged children. These initiatives not only provide valuable skills but also create a supportive environment for youngsters facing challenges.

Rehabilitating Prisoners Through Woodwork: Castlemaine Shed has taken a unique approach to prison rehabilitation by offering woodwork classes for inmates at a local penitentiary. Through hands-on activities, the shed contributes to the rehabilitation and skill development of those within the correctional system.

Inclusive Programs for People with Disabilities: Sheds like Cranbourne/Casey, Wodonga, and Pines are making a significant impact by hosting classes tailored for NDIS groups and other disabled communities. These inclusive activities foster a sense of belonging and skill enhancement.

Refugee Support Initiatives: St. Lukes/Highett in Geelong stands out with its commendable refugee support program. The shed has become a welcoming space for refugees, providing not just skills but a community where individuals can find support and camaraderie.

Woodwork for Aboriginal Recovery: Bentmoor Shed is contributing to the recovery journey of twelve local Aboriginal men as part of their Alcohol and Other Drug (AOD) detox program. This weekly woodwork program not only aids in skill development but also plays a role in the healing process.

Supporting Aged Care Residents: Leopold Shed dedicates Wednesday mornings to supporting a group of frail men from a nearby aged care facility. This initiative fosters connection and offers a meaningful space for aged care residents to engage in productive activities.

These programs highlight the incredible breadth of impact that Men's Sheds can have, reaching out to diverse populations and making a positive difference in the lives of many.

A DECADE OF SHEEDING FOR **OUYEN**

Tuesday, the 12th of December, the Ouyen District Men's Shed Inc. marked a significant milestone – a decade of shared endeavours, mutual support, and community impact. The shed was adorned with celebration as members came together to commemorate this special occasion.

Amidst the cheerful ambience, a delicious cake took centre stage, embodying the sweetness of shared experiences and collaborative projects over the past ten years. The celebration reached its zenith with a hearty cooked lunch, a symbol of the nourishing friendships and connections that have flourished within the shed's walls.

This anniversary holds more than just chronological significance; it represents a journey of growth and resilience. The Ouyen District Men's Shed now stands as a testament to the dedication of its members, who, over the years, have transformed it into a thriving hub of creativity, support, and camaraderie.

An achievement that adds an extra layer of pride is the shed's ownership of both the land and sheds, marking a new chapter of financial stability and long-term planning. This autonomy sets the stage for envisioning and realizing an even more impactful future for the Men's Shed, one that extends its positive influence far into the community it serves.

As the Ouyen District Men's Shed reflects on a decade of achievements and memories, the celebration becomes not just a marker of the past but a launchpad for the exciting endeavours that lie ahead. Here's to a decade of resilience, friendship, and shared accomplishments, and to the promising chapters yet to unfold in the journey of the Ouyen District Men's Shed.





SHEDS EMBRACING **EXERCISE AND WELLNESS**

A noticeable trend is emerging among Men's Sheds, with an increasing number incorporating regular exercise activities into their weekly schedules. These initiatives not only promote physical well-being but also provide an opportunity for social connection. Here are some noteworthy examples:

Mornington Shed: Stepping Out with Walking Groups The Mornington Shed has taken a proactive step towards fitness by organizing walking groups. This traditional yet effective form of exercise not only enhances physical health but also encourages camaraderie among shedders.

Langwarrin Shed: Cycling for Health and Unity Langwarrin Shed has embraced cycling as a group activity, promoting not just individual fitness but also a sense of unity among shed members. Cycling provides a dynamic and enjoyable way to stay active.

Mordialloc Shed: Chair-Based Yoga for Holistic Well-being Breaking stereotypes, Mordialloc Shed has introduced chair-based yoga, recognizing the importance of holistic well-being. This inclusive approach allows shedders to engage in yoga within the comfort of their shed, fostering both physical and mental health.

Endeavour Hills Shed: Embracing Tai Chi for Mindful Movement Endeavour Hills Shed has incorporated Tai Chi, offering shedders a mindful and gentle exercise routine. This ancient practice not only contributes to physical fitness but also aligns with the shed's commitment to diverse wellness activities.

The increasing participation in these activities within the shed environment highlights the appeal of exercising among peers, fostering a comfortable space for men to prioritise their health. These initiatives reflect the Men's Sheds' adaptability and commitment to the overall well-being of their members.

ST. LEONARDS MEN'S SHED

DOG BOXES

In a delightful collaboration between St. Leonards Men's Shed and local high school students, creativity blossomed in the form of charming dog plant boxes. This innovative project not only produced beautiful creations but also fostered a unique connection between the shedders and the enthusiastic young minds.

To join this program, students expressed their eagerness by writing compelling letters to the school principal. The response was overwhelming, with the initiative becoming a hot favourite among students. Only the most impressive letters secured a spot, underlining the program's popularity.

For those fortunate enough to participate, it quickly became the "best part of the week," a sentiment echoing the impact of hands-on, collaborative projects on young minds. The enthusiasm and joy infused into each session radiated through the vibrant creations taking shape.

The variety of dog plant boxes crafted in the workshop now finds a special place in 'The Dogalogue' folder. This collection not only catalogues the different breeds and types of plant boxes but also stands as a testament to the diversity of talents and skills nurtured within the St. Leonards Men's Shed.

As the shed continues to be a hub of creativity, mentorship, and shared experiences, the dog plant box project remains a shining example of how intergenerational collaborations can sow the seeds of inspiration and growth.

Here's to more projects that bring generations together and cultivate a love for craftsmanship and camaraderie!



DINGLEY VILLAGE MEN'S SHED

A PUTTING GREEN OF DIVERSITY

At Dingley Village Men's Shed, the spirit of inclusivity has taken a unique and playful form with the creation of a putting course adorned with a shield celebrating the rich tapestry of shedders from various nationalities.

The putting course, a delightful addition to the shed's offerings, serves as both a recreational space and a symbol of unity. As shedders engage in friendly matches, they're surrounded by the collective energy of the diverse backgrounds represented within the shed.

The accompanying shield stands proudly, adorned with emblems or symbols representing the nationalities of the shedders. This artistic creation not only adds vibrancy to the shed but also reflects the shared pride in the multicultural community that defines Dingley Village Men's Shed.

The putting green, often buzzing with camaraderie, laughter, and friendly competition, embodies the shed's commitment to providing a welcoming space for men of all backgrounds. It's more than just a game; it's a testament to the strength found in diversity and the bonds forged over shared interests.

As the putting course continues to be a hub of shared moments and friendly rivalries, it stands as a beacon of unity within Dingley Village Men's Shed—a place where different nationalities come together, not only to play but to celebrate the richness each member brings to the collective tapestry.





NATIONAL SHED

DEVELOPMENT PROGRAM

Round 27 documentation will be available on the AMSA website on Monday 15 January 24

The NSDP is a competitive grants programme and applications are open to all Men's Sheds across Australia regardless of location or AMSA membership. The programme supports Men's Sheds and organisations supporting a Men's Shed to better respond to the needs of the members and their local community.

The NSDP provides direct financial assistance to:

- Address the health and well-being of the shed members.
- Support health improvements for shed members.
- Deliver appropriate activities and programmes.
- Improve facilities and the sustainability of Men's Sheds across Australia

The National Shed Development Programme is a program of the Australian Government Department of Health & Aged Care, administered by AMSA.

Email/call VMSA's Regional Coordinator Jim Kane jim@vmsa.org.au or call 0448 015 554 if you have enquiries about the NSDP programme, items and services that are eligible for funding.

(Please note that Jim will be on leave from 21.12.23 to 15.01.24)

[CLICK HERE FOR MORE INFORMATION](#)

INSIDE THE WORKSHOP

SHED CHRISTMAS SHOWCASE

OBERON

Oberon Men's Shed created a beautiful Nativity Scene, earning praise for its meaningful Christmas touch at the community hall during the Combined Churches of Black Springs' annual Carols service.



CROYDON HILLS

Croydon Hills Community Men's Shed members showcased the spirit of giving by assembling and delivering Christmas food hampers to the Ringwood Salvation Army, spreading joy and support to those in need in the Maroondah area.

Well done to these community champions!





ROSEBUD

Santa and his merry helper from the Seawinds Men's Shed spread joy and festive cheer during a special visit to the Seawinds Community Hub early learning centre.

It's heartwarming to see our shed members making a positive impact on the holiday spirit!

ROWVILLE

Rowville Men's Shed celebrated Christmas with joy, camaraderie, and a delightful party. Despite the rain, our team, like a fine-tuned machine, quickly prepared the space for 50+ participants, relocating benches and setting up festive tables.



MOUNT GAMBIER

Members of the Mount Gambier Men's Shed have spent hundreds of hours crafting 130 handmade wooden toys to donate to the 2023 Mount Gambier Community Mayor's Christmas Appeal.

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**

EXERCISE: **BENEFITS OF REGULAR PHYSICAL ACTIVITY**

Physical activity or exercise can improve your health and reduce the risk of developing several diseases like **type 2 diabetes**, **cancer** and **cardiovascular disease**.

Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life. A minimum of 30 minutes a day can allow you to enjoy these benefits.

Benefits of regular physical activity

If you are regularly physically active, you may:

- reduce your risk of a **heart attack**
- **manage your weight** better
- have a lower **blood cholesterol level**
- lower the risk of **type 2 diabetes** and some **cancers**
- have lower **blood pressure**
- have stronger **bones**, **muscles** and joints and lower risk of developing **osteoporosis**
- lower your risk of **falls**
- recover better from periods of hospitalisation or bed rest
- feel better – with more energy, a better **mood**, feel more relaxed and **sleep** better.

A healthier state of mind

A number of studies have found that exercise helps **depression**. There are many views as to how exercise helps people with depression:

- Exercise may block negative thoughts or distract you from daily worries.
- Exercising with others provides an opportunity for increased social contact.
- Increased fitness may lift your mood and improve your sleep patterns.
- Exercise may also change levels of chemicals in your brain, such as serotonin, endorphins and stress hormones.

Aim for at least 30 minutes a day

To maintain health and reduce your risk of health problems, health professionals and researchers recommend a minimum of 30 minutes of moderate-intensity physical activity on most, preferably all, days.

Physical activity guidelines

Australia's physical activity and exercise guidelines state that:

- Doing any physical activity is better than doing none. If you currently do no physical activity, start by doing some, and gradually build up to the recommended amount.
- Be active on most, preferably all, days every week.
- Accumulate 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities, each week.
- Do muscle strengthening activities on at least 2 days each week.

EXERCISE:

BENEFITS OF REGULAR PHYSICAL ACTIVITY

Ways to increase physical activity

Increases in daily activity can come from small changes made throughout your day, such as **walking** or **cycling** instead of using the car, getting off a tram, train or bus a stop earlier and walking the rest of the way, or walking the children to school.

See your doctor first

It is a good idea to see your doctor before starting your physical activity program if:

- you are aged over 45 years
- physical activity causes **pain in your chest**
- you often **faint** or have spells of severe **dizziness**
- moderate physical activity makes you very breathless
- you are at a higher risk of **heart disease**
- you think you might have heart disease or you have heart problems
- you are **pregnant**.

Tips and ideas for older people (65 years and older)

Four types of activity are needed to keep you healthy:

- moderate activity – for your heart, lungs and blood vessels
- strength activities – to help maintain bone strength
- flexibility activities – to help you move more easily
- balance activities – to improve your balance and help prevent falls.

Pre-exercise screening is used to identify people with medical conditions that may put them at a higher risk of experiencing a health problem during physical activity. It is a filter or 'safety net' to help decide if the potential benefits of exercise outweigh the risks for you.

Where to get help:

- Your GP (doctor)
- Local gym
- Local community centre
- AUSactive Registered exercise professional Tel. 1300 211 311
- Physiotherapist
- Podiatrist
- Exercise physiologist
- Heart Foundation Walking

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 (fleshy 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-rig-1-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 in 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/UVAlert



Slip on protective clothing

- Use clothing to cover as much skin as possible.



Slip on SPF 30 or higher sunscreen

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



Slip 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



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.



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.

Power your Shed with

**BUNNINGS
TRADE**

PowerPass



**Useful
digital tools**



**Exclusive
PowerPass prices****



**Flexible
payment options***



**Trade-quality
hire equipment~**



**Dedicated
trade support**



**In-store collection
& delivery^**

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