

**STORIES FROM  
BADGER CREEK  
MEN'S SHED**

*Melbourne Men's Shed  
Does The Talk and Walk For Health*

*A New Chapter for  
Lalor & District*

*Sale Men's Shed  
Advertising Slides on Show*

*Heywood Men's Shed  
Shines at The Victorian Public  
Healthcare Awards 2024*

*Kilmore Men's Shed  
Recieved Generous Donation*



# SHED TALK

**NOVEMBER 2024**

Issue 35

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# REPORT FROM THE **GENERAL MANAGER**

Hello Shedders,

The regional network project continues to gather momentum. Kylie has developed a survey for sheds that are part of existing networks, to understand what makes them sustainable and beneficial. A blue sky survey has also been created to discover what it is that you hope to gain by joining new networks. In addition, a list of 20 possible options for guest speakers has been put together for 2025 meetings. This is designed to assist us in identifying which speakers we should be forming relationships with. If you have any questions about the surveys please email Kylie at [kylie@vmsa.org.au](mailto:kylie@vmsa.org.au) .

This month the Outer North East Melbourne network had its first meeting at Diamond Creek, organised by Board member Graham, and there were 27 people in attendance. It was a very successful meeting with everyone contributing. There was robust discussion about the systemic issues of DGR status, membership, safety, succession planning, operating expenses, and fundraising.

We also organised two very well-received meetings in East Gippsland (Bairnsdale) and South Gippsland (Leongatha) over the past week with full rooms at each. Mark Tyrrell has been busy organising these meetings and has helped the VMSA re-establish relationships with sheds in these regions.

It's great to report that we are on track to meet the objective of 10 new networks by end of February 2024, with 9 new/redeveloped networks active and 3 in early stages.

The VMSA is also planning four regional shed 'roadshows' between April and June next year. At the moment we are looking at Sale, Ballarat, Shepparton and Geelong as the venues for these events, and it is hoped that we will be able to engage many of our health and business partners to attend and showcase what they can offer for local sheds.

Finally, a reminder to have a look at our 'find a shed' page on our website ([vmsa.org.au](http://vmsa.org.au)) if you haven't already and check whether we have your details right. If not please let us know. This can be a very good marketing tool for your shed so it's important that we have this right.

I hope all is well with you and your shed,  
until next month, take care.

**JIM KANE**  
*VMSA General Manager*





# MELBOURNE MENS SHED DOES THE TALK AND WALK FOR HEALTH!

The Melbourne Mens Shed in Federation Square is quite unique – in addition to a variety of activities, it offers WALKING to its members! In fact, the Shed is only one of two in Australia where members participate in a Heart Foundation Walking Group! The group achieved a significant milestone this year - 10 years of walking, and it would not be possible without the generous support of the Shed and a dedicated Heart Foundation Volunteer Walk Organiser, Ray Brett.

Walk Organiser Ray says ‘the group meet and chat for a while before the walk, some members join the walk and coffee afterwards – it’s been easy to fit in the walk to our plan... I would say for other Men’s Sheds to give it a go at starting a walking group’. There are over 700 Heart Foundation Walking groups in Australia, including over 150 in Victoria. Walking for an average of 30 minutes or more a day can lower the risk of heart disease, stroke by 35% percent and Type 2 diabetes by 40%. But it’s not just your heart and muscles that benefit from walking. Regular physical activity can help reduce your risk of developing some cancers and osteoporosis, improve balance and coordination, reducing your risk of falls and other injuries and improve our daily mood which cumulatively leads to better mental health.

The group members really enjoy the walks, saying they ‘like to walk and talk’ and one said ‘coffee after the walk makes my day!’ Trevor said ‘The group has been a safe place for me on my mental health journey’, while Michael said that ‘It’s nice to get out with the group and the group provides encouragement and an opportunity for men to walk’.

The walkers come from different cultures and locations, some as far as Yarra Valley and Lower Templestowe. Due to the central city location, many walkers said they are lucky to have access to many beautiful walking routes, gardens and cafes.

If your Mens Shed would like to set up a walking group, contact [walking@heartfoundation.org.au](mailto:walking@heartfoundation.org.au) and you will be directed to a local support coordinator. Interested walkers can also find a local Heart Foundation walking group at [Homepage | Heart Foundation Walking](#).





# A NEW CHAPTER FOR LALOR & DISTRICT MEN'S SHED

Excitement is building at the Lalor & District Men's Shed as the move into a permanent home is now just one month away. After nearly eleven years of operating without certainty, members are thrilled to see the finishing touches being added to their new space.

The official handover date is set for Friday, 13th December (lucky for some!). The very next day, Saturday, 14th December, will be Relocation Day, when the team will start moving everything into the new building. While professionals will handle the heavy lifting, extra hands are needed to help with the move. Members are encouraged to bring along extra people to assist – and if they're over 18, they can even join the Shed! If you're able to help, please reach out and let them know who you can bring to lend a hand. Call the shed on 0431 119 422.

Major progress has already been made:

- **Essential Utilities Installed:** A trench was recently dug to lay the water main, an effort that involved unearthing enough rock to almost construct a small city!
- **Solar Panels in Place:** Solar panels have been installed on the roof, promising long-term savings on power bills. This initiative was made possible through a grant secured by a determined member, Jim.
- **Recreation and Kitchen Spaces:** The new Rec Room is now a reality, offering plenty of space for gatherings. A semi-commercial kitchen has also been added, opening up exciting possibilities for cooking and hosting events.

On-site, painters and carpenters are bringing the space to life with their finishing work. To show appreciation for their efforts, Building Supervisor Anthony organised a BBQ for the workers. It was a memorable event, with Greg, Tony, and another member manning the grill, and a great opportunity to celebrate the progress made so far.

As the finishing touches come together, the Shed is also planning activities for the future, including woodworking, metalworking, gardening, cooking, camping, boating, fishing, and even bonsai crafting, led by Michael. Members interested in joining these groups are encouraged to put their names down.

With just weeks to go, anticipation is high as the Lalor & District Men's Shed prepares to move into this incredible new space. This milestone marks a significant step forward, promising a bright future for the Shed and its members.



## **FIND YOUR LOCAL MEN'S SHED**

Camaraderie, connectivity,  
and engagement for men  
of all backgrounds.

[www.vmsa.org.au](http://www.vmsa.org.au)





**IMAGE** – Alan Huckell from Sale Men’s Shed and Linda Cam, a member of the Glover family who ran the theatres, check out the slides on the new light box.

# SALE MEN’S SHED ADVERTISING SLIDES ON SHOW

Sale Men’s Shed has provided a special lightbox to view some advertising slides once shown at the Prince Regent Theatre which are sure to bring back memories. The dozen slides promote cars, carpets and blinds, Tattersall’s lottery, upcoming movies and Heyfield Milk and Cream.

Alan Huckell from the Men’s Shed designed and constructed the light box which forms part of the display on ‘Movies in Sale’ at the Museum at 130 Foster Street Sale. The slides and the advertising schedule came from Val Morgan Advertising, still significant in cinema advertising, which was formed in 1894. The first movies in Sale were shown at Victoria Hall but in the 1920s two purpose-built theatres were erected in Sale.

The first was the Palais Theatre in Raymond Street Sale, next door to one of W. D. Leslie’s stores. This was constructed by the Glover family on the site of their grain store, opening on 2 December 1926 with ‘The Only Way’ starring Sir John Martin Harvey. ‘The Only Way’ was a play based on the 1859 Charles Dickens novel ‘A Tale of Two Cities’.

A few weeks later, on 4 January 1927, the lavish Prince Regent Theatre was opened by Combined Victorian Theatres, screening ‘The Thief of Bagdad’ starring ‘The King of Hollywood’ Douglas Fairbanks ‘with ample opportunity to display his athleticism’ according to the Gippsland Times of the day.

Mayor Cr William Stevens officiated at both openings.

At the time, both theatres were showing silent movies and orchestras, or at least a pianist, accompanied the program. Talkies were introduced in the 1930s with a Talkies Bus also touring district towns from 1932.

Within two years the Regent operators conceded they had over-invested and the theatres combined at the end of 1928, with the Regent eventually being bought out by the Glover family (who later also acquired Victoria Hall to reduce further competition).

The theatres were not only used for movies but for dancing, musical concerts, plays and fashion parades and other fundraising events. The Palais was also used for indoor roller skating and later became the city’s first indoor basketball stadium.

The final movie shown at the Regent was ‘Jane Eyre’, screened in February 1973 by George and Pat Glover who had leased the theatre from the family company for its final decade.

Developer Hanover Holdings, which demolished the Palais and constructed a Coles New World Store, also demolished the Regent but plans for a large store and several smaller shops on the Regent store never eventuated and only Specsavers and its neighbours in Cunninghame street were constructed. The back wall of the theatre remains in the carpark.

The exhibition at the Museum includes photographs and memorabilia from the time. The Foster Street museum is open from 1.30 pm – 4 pm each Wednesday and Sunday.

# Congratulations to the 2024 Victorian Public Healthcare Awards winners and finalists!



## HEYWOOD MEN'S SHED SHINES AT THE VICTORIAN PUBLIC HEALTHCARE AWARDS 2024!

A big congratulations to the Heywood Men's Shed for being recognised as the Health Volunteer Team of the Year at this year's Victorian Public Healthcare Awards! This is a testament to their long-standing commitment to community health and well-being through successful health events.

Representing the shed at the awards, President Terry Sparrow and Secretary Sandra Crone proudly accepted this well-deserved honour.

Adding to the celebration, Terry Sparrow received an extra special accolade, being inducted into the Honour Roll for an incredible 30 years of voluntary service. What an inspiring milestone and a reflection of his unwavering dedication to the community.

With funding already secured for four more health events in 2025, Heywood Men's Shed is set to continue making a meaningful impact in their local area. Congratulations, Heywood Shedders, on this outstanding recognition!







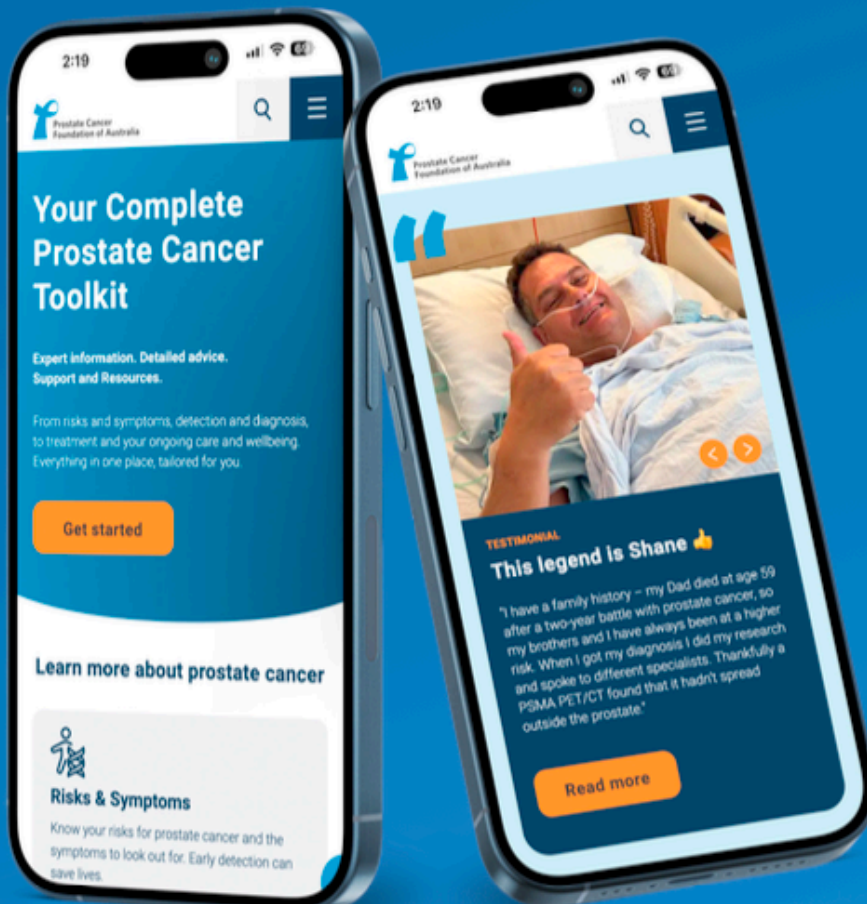
Prostate Cancer  
Foundation of Australia

# Your Complete Prostate Cancer Toolkit

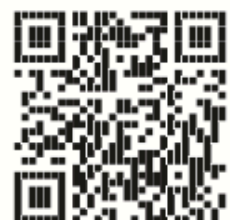
Expert information. Detailed advice.  
Support and resources all in one place,  
tailored for you.

🔍 [prostate.org.au](https://prostate.org.au)

☎ 1800 22 00 99



Scan the QR code  
to get the Toolkit





# KILMORE MEN'S SHED RECEIVES A GENEROUS DONATION FROM INLAND RAIL

The Kilmore Men's Shed recently received a valuable addition to their workshop, thanks to a generous donation from Inland Rail. The donated equipment has already found its place in the hands of the Shed members, helping them take on new projects and expand their capabilities.

President Paul Harvey was quick to demonstrate the equipment in action, showcasing how it will be utilised to support the Shed's many activities. The machinery will enable members to work more efficiently on community projects and personal creations while fostering the spirit of teamwork and skill-sharing that defines the Men's Shed movement.

The Kilmore Men's Shed extends their heartfelt thanks to Inland Rail for this incredible support. Contributions like these ensure that Sheds can continue to be safe, welcoming spaces where men can connect, share, and create while making a positive impact in their communities.

Stay tuned to see what projects come to life with this new equipment!



# BADGER CREEK STORIES FROM THE SHED

The Badger Creek & District Men's Shed always has a story (or two!) to share, and these two memorable moments are no exception.

A couple of years ago, the Shed welcomed an unexpected visitor—a curious male King Parrot that decided to stop by for a chat! The parrot was clearly comfortable with its newfound human friend, landing right on Jim Bray's head and staying long enough for a quick photo. The moment was quickly dubbed "Jim, of Badger Creek & District Men's Shed, chatting with a new FIFO member."

But it's not just wildlife making themselves at home at the Shed—our members are experts at solving the world's problems (or at least discussing them in depth). Recently, Ron, Steve, and Terry were caught soaking up the sun while deep in conversation. The scene, captured for posterity, perfectly embodies the camaraderie and connection that makes Men's Sheds so special. We think the caption, "Badger Creek & District Shedder's Ron, Steve, and Terry enjoying the sun and deep in conversation," sums it up perfectly.

These moments highlight what makes Men's Sheds so unique—a mix of hard work, good humour, and the occasional visit from nature! Keep the stories coming, Badger Creek!

Do you have a great shed story or funny moment to share? Let us know for the next edition of Shed Talk! Email [vmsa@vmsa.com.au](mailto:vmsa@vmsa.com.au)

# CALL TO ACTION

## MUNICIPAL HEALTH AND WELLBEING PLANS 2025 – 2029

It is a requirement of the Public Health and Wellbeing Act 2008 that all local governments prepare a 4 year Municipal Health and Wellbeing Plan within twelve months of Council elections.

By developing a Health and Wellbeing Plan, Councils demonstrate that:

- they understand the health and wellbeing needs of their community
- they are clear about the priorities for improving health and wellbeing
- they're committed to improving health outcomes for everyone in the community

Councils will soon be seeking community input to better understand the challenges in achieving overall health and wellbeing. Some Councils have already started consulting.

Men's Sheds are a powerful contributor to the health and wellbeing of men of all ages. Please look out for opportunities through your Council website, newsletter and social media to HAVE YOUR SAY on their Municipal Health and Wellbeing Plan and let them know how important your Men's Shed is for you.

Councils are interested in three types of health and wellbeing, that are all improved through involvement in a Men's Shed:

- Physical wellbeing: Being healthy and not having sickness or injury. It includes things like fitness, eating well, getting enough rest, and how well your body works.
- Mental wellbeing: This is about doing well in different parts of life, like relationships and hobbies, and how you feel and function emotionally.
- Social wellbeing: This is about having good, positive relationships with friends, family, neighbours and co-workers. It also includes feeling connected to your community and being involved in activities.

Actions:

- Answer those (boring) surveys from Council about how they can do better
- Advocate to your Council to include Men's Sheds in their Health & Wellbeing Plan
- Invite your new Councillors to visit your Shed

**DO YOU HAVE A STORY TO SHARE?  
WE WANT TO HEAR FROM YOU!  
WHETHER IT'S A PROJECT SUCCESS,  
A MEMBER'S ACHIEVEMENT, OR A  
COMMUNITY INITIATIVE, WE'D LOVE  
TO FEATURE IT IN SHED TALK.**

Send us your photos and stories to **[vmsa@vmsa.org.au](mailto:vmsa@vmsa.org.au)** and let us showcase the amazing work happening in your shed.

Don't miss this opportunity to share your journey with the wider Men's Shed community!



# NDIS CHANGES AND **MEN'S SHED**

On the 3rd of October new legislation came into effect which changes what NDIS participants can claim in relation to engagement with Men's Sheds. Here is a quick overview, and if you have any specific questions please send them to [Kylie@VMSA.org.au](mailto:Kylie@VMSA.org.au) for inclusion in future newsletters.

The key change is that previously there was a claim category for participants that paid for engagement in social activities, including attending a Men's Shed or membership fees. This category can no longer be used for this purpose. If a participant asks you for an invoice or receipt for NDIS claim purposes, this might not be appropriate.

## **Can NDIS funding be used to pay for a participant to join a Men's Shed?**

No. The Social, Community and Civic Participation category previously allowed for socially isolated individuals to try a new social activity. Participants may have used this funding to access a Men's Shed, pay membership, or pay for safety accreditation. This is no longer considered an NDIS funded support.

## **Can a participant use their NDIS funding to bring a support worker with them to a men shed activity?**

NDIS funding can be used to pay for the Support Worker's time. If transport is funded in the plan, it may also pay for the participant to travel to the Men's Shed. It cannot be used to pay for the support worker to participate in the Men's Shed, or for membership fees for the Support Worker, or for any costs relating to safety accreditation of the support person.

## **Can a Men's Shed charge an NDIS participant extra to attend the Men's Shed?**

The NDIA does not allow any organisation to charge participants more than they would charge any other member of the community to participate in an activity. If an activity is opened to general members, then participants would pay the same amount.

If a group activity is run by the Shed specifically for people with a disability, the Shed can charge a fee to group members, that they could claim through NDIS.

If a disability organisation wants to bring a group of people with disability to access the Shed, then the Shed can charge that organisation for the use of the facility.

## **Can a Shed provide paid Support Workers for NDIS participants who need additional support to access the Shed safely?**

Yes. Participants with disability would be expected to meet the same safety standards as any other member of the Shed. Some participants with disability will have no problem demonstrating safety competence. Others may need ongoing support to safely access various tools. If your usual safety screening process determines that a NDIS participant could access tools safely with support, they should discuss with the participant how this can be facilitated.

There is a straightforward process for a Shedder interested in becoming a Support Worker, including completion of 4 online training modules. You may also consider introducing a 2:1 supervision ratio policy i.e. the participant has both their own support worker with them and also hires support / supervision of a Shed member.



# SHED TO SHED

## BY MARK TYRRELL

Lots of time on the road this month getting out to see as many of our members as I can. I spent a few days at Sandown at the Victorian Historic Racing Register event advertising our organisations and hopefully sending some new members your way.

I had a great visit at the Lake Tyers Aboriginal Shed, talking through their future plans. I also got up to Omeo (what a beautiful drive!) and to the new Shed being established at Benambra. The Benambra team were planning a road trip to visit lots of other Sheds, so hopefully that went well. I also joined the Yallourn-Newborough blokes for a BBQ to check out their new building - it's absolutely huge!

I got along to network meetings at Romsey, Diamond Creek, Bairnsdale and Leongatha, meeting close to 100 shedders in the process. The issues across networks are very similar and it's great to hear shed members talking through topics and helping each other out. Special thanks to John Bradshaw for being our guest speaker at Bairnsdale.

Today I headed up to Morang for their Movember breakfast event, hosted in partnership with AMSA. Morang Men's Shed put on an excellent breakfast and also had a barber on hand to give free haircuts (my wife will be pleasantly surprised when I get home.) I was lucky enough to win a door prize and was pleased to donate it to the new Shed at Huntly on behalf of VMSA.

# PRIORITISING MEN'S HEALTH: HEALTH CHECK PROGRAM WITH NORTH EAST SHED NETWORK AND PRICELINE

The North East Shed Network, in collaboration with Priceline Pharmacy Albury, recently delivered a successful health check program to Men's Sheds in the Murray-Hume region. This initiative, aimed at promoting awareness and prevention, offered participating shedders the opportunity to undergo free, on-site health assessments conducted by trained Priceline health professionals.

Read on for the letter from the Priceline Pharmacy Albury Health Care team from their visit to the network meeting:

Dear Mick and All the Men's Shed Presidents,

Thank you very much for providing Priceline Pharmacy Albury the opportunity to conduct the recent health initiative at the Men's sheds in the greater Albury and Wodonga area.

The health checks conducted involved a brief health assessment and either a diabetes risk assessment (DRA) and/or an Obstructive Sleep Apnoea (OSA) screening form depending on the health status of each member. The DRA is a valuable tool as it helps to both identify the individuals' general level of risk and guide conversations about reducing future risk. It also allows positive feedback to show that everyone is usually doing at least one or two things that we could consider healthy and to motivate them to continue focusing on their health.

Having not been to any Men's Shed before it was a fantastic opportunity to see the sheds and meet the people who organise and participate in them. It was evident that the sheds provide a safe space for people to meet, share experiences, learn new skills, and give back to the community. Talking to foundation members and alike, the sense of pride in building a community at their shed was palpable.

As a health care professional, I was conscious of the saying that "You need to meet people where you find them", and on my travels I found people in many different stages of their life and in their health. I want to thank all the members who put their hand up to participate and hope they gained some valuable insights, whatever they might be. Everyone who participated was polite, engaged, and genuine. Which is not always easy to do when being screened or assessed.

To those members who were not able to attend I encourage you to have these conversations with your GP or local pharmacy as there is always something to learn. For those who were not yet ready to have these conversations I hope that with continued participation in the sheds and with positive health messages from peers they will one day be ready to take some positive steps towards being healthier.



# UPCOMING NETWORK MEETINGS

## WITH KYLIE HUGHES

This month the Outer North East Melbourne network had its first meeting at Diamond Creek, organised by Board member Graham Newman, with 27 people in attendance. It was a very successful meeting with everyone contributing great advice. There was robust discussion about the systemic issues of DGR status, membership, safety, succession planning, operating expenses, and fundraising. A very common theme was members who had wandered into their local Shed one day and somehow emerged with a leadership role!

The diversity of activities offered across this group of sheds was quite amazing with a strong social wellbeing focus. Diamond Creek shedders are just back from a cruise, and the Eltham Men's Shed touring group just had 60 members travel to Phillip Island together. Congratulations to Eltham Woodworkers on their recent exhibition where they sold 90 items for almost \$10,000! Whittlesea is kicking goals with its market stall every Monday and its sales at the Whittlesea Show. St Andrews has had success with building retail stands. They are running Tools of the Trade for Women again this term and will celebrate 10 years in May 2025. Darebin has secured funding for a social support program for NDIS participants. Kinglake are very focused on finding new members and financial avenues and would welcome any support.

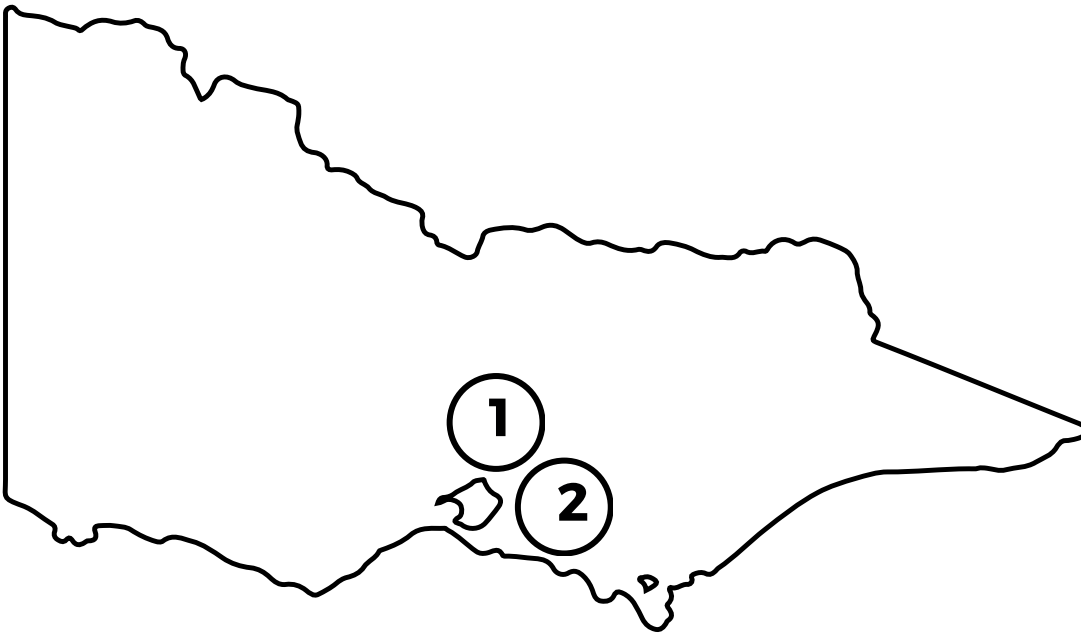
The most enthusiastic contribution was from Merv at Lalor who is very excited about the imminent opening of their new Shed after a long saga – a great story of perseverance! Congrats to the Lalor Shedders, we hope it is everything you deserve.

We also had Sheds of the new East Gippsland Network holding their first meeting at Bairnsdale this month, with guest speaker John from Independent Living. Sheds in the Inner Gippsland and Southern Gippsland networks combined for a meeting at Leongatha on the 28th of November.

We are on track to meet the objective of 10 new networks, with meetings planned for Lower Goulburn (10 December at Seymour Men's Shed) Central Highlands (25th Feb), South West Victoria (March) and LaTrobe Valley (March). A special mention to Phil Pettingill for his fantastic effort to establish the SWV network with its own newsletter and secure local sponsorship – this network will also offer online attendance at meetings given the size of the catchment. Thanks so much, Phil for your work on this.

Planning is also underway for regional networks in the Wimmera, far East Gippsland, Central Victoria, North West Victoria, Shepparton, Loddon Valley, and metro networks in the Eastern and Western suburbs. Please let me know if your Shed is in one of these areas and you would be willing to host a meeting in the first half of 2025.

# UPCOMING NETWORK MEETINGS



## DECEMBER

- 1** Lower Goulburn – Seymour - 10th December 2024
- 2** Yarra Ranges - 20th December 2024

As the VMSA Shed Network Facilitator, Kylie Hughes plays a key role in supporting and strengthening the connections within our shed community.

Kylie works part-time on Mondays, Tuesdays, and Fridays and is available to assist with inquiries or planning for upcoming network meetings.

To get in touch with Kylie, email her at [kylie@vmsa.org.au](mailto:kylie@vmsa.org.au). She's here to help!

INSIDE THE WORKSHOP

# SHED SHOWCASE

## LARA & DISTRICT MEN'S SHED

Thanks to the generous support of Bendigo Bank, the Shed now has a brand-new coffee machine.

Shedders are encouraged to drop in, enjoy a cuppa, and see the latest addition to the Shed!



## LANGWARRIN MEN'S SHED

The Langwarrin Men's Shed has brought back its cooking class, with sausage rolls on the menu for the day. One dedicated member even had a practice run at home the night before, producing a delicious batch—and a few leftovers to spare. The group is looking forward to perfecting their skills and enjoying some tasty results together.



## HAMILTON MEN'S SHED

Ensuring refurbished pews are sturdy and ready for use is a top priority at Hamilton Men's Shed. Ian kindly stepped up to assist with the final checks, making sure everything is in top condition. A big thank you to Ian for his dedication!

## KERANG MEN'S SHED

The Terang Men's Shed is making great progress, wrapping up yesterday with the next step being the roof installation. With a bit of luck, Christmas lunch might be celebrated under it this year. Exciting times ahead!

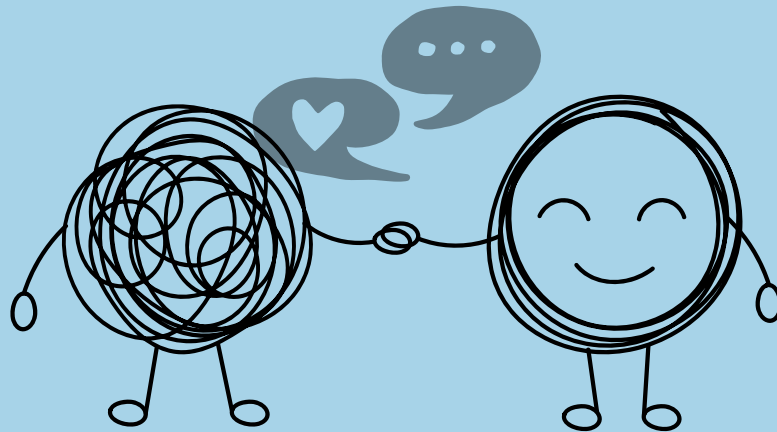


## LANG LANG MEN'S SHED

Eric is giving the 3D printer a run at Lang Lang Men's Shed! It's always great to see new technology being explored and put to good use.

# STANDBY SUPPORT AFTER SUICIDE

## “WHAT DO I SAY, WHAT DO I DO” WORKSHOPS



### Did you know?



Every year in Australia, more than 3,000 people die by suicide – nearly 9 people a day,



It is estimated that around 135 people are affected by each suicide death. The effects are devastating for families, kin and communities.



In 2022 in Australia, just over three-quarters of all suicide deaths were men.



The highest rates of suicides in a single age group occur among Australians aged 85 and older

StandBy is dedicated to assisting people bereaved or impacted by suicide. They support families, friends, colleagues and communities at any stage after their loss. StandBy is accessible seven days a week, providing free face-to face and/or telephone support at a time and place that suits you.

## STANDBY SUPPORT

# AFTER SUICIDE

Last month we introduced StandBy Support After Suicide. Here is some further information about their service, if you are considering engaging them as a guest speaker.

StandBy is Australia's leading suicide postvention program dedicated to assisting people and communities bereaved or impacted by suicide. Postvention is about supporting families, friends, colleagues and communities at any stage after their loss. StandBy is an initiative jointly funded by the Australian Commonwealth, New South Wales, Northern Territory, Queensland and Victorian Governments.

What we do:

The StandBy program is focused on supporting anyone who has been bereaved or impacted by suicide at any stage in their life, including:

- Individuals
- Families
- Friends
- Witnesses
- First Responders
- Service Providers

StandBy is accessible seven days a week, providing free face-to-face and/or telephone support at a time and place that is best for each individual.

The program offers coordinated evidence-based support and resources (including connections to local services and groups) that is individualised for each person's unique circumstance. This support is continued for up to two years to ensure those who engage with StandBy are not alone and receive ongoing support.

StandBy builds community preparedness and resilience through extensive training for community and professional groups to ensure effectiveness and that duplicated effort is avoided. The program is also ideally placed to offer a settings-based approach, providing group support after a suicide for schools, workplaces and community groups.

'What Do I Say, What Do I Do' - Workshop

Purpose: To increase understanding of suicide bereavement and learn basic support skills.

Topics covered:

- The StandBy Service Model
- Postvention
- Crisis, trauma and grief
- What makes suicide different from other sudden death
- Beliefs and values
- Support approaches and best practice
- Self-care

# JUSTICE CONNECT


## UPCOMING TRAINING


The Department of Families, Fairness and Housing, with Justice Connect's Not-for-profit Law, is providing free customised training on a range of different topics to help Men's Sheds better understand (and implement) their key responsibilities and legal obligations. Register for an easy to join, online sessions run by a lawyer in plain language – with no legal jargon.

Here's what training participants from men's sheds have said about this customised training:


- “ [I found it useful knowing] somebody else has already had or still has the same issues to deal with. Knowing I'm on the right track with handling issues and where to find policies and procedures to support correct procedure.”
- “Informative and despite being on zoom, very engaging.”
- “Trainers knew their subject, communicated well and were very inclusive of all participants.”

### Safety, Risk and Insurance


 When: 4 December 2024, 10am – 1pm


 Where: Online via Zoom (details sent upon registration).

Discover how to manage risks and ensure your organisation is covered.


 [Click here to register](#)

### Member Disputes and Conflict on the Committee

 When: 12 December 2024, 10am – 1pm

 Where: Online via Zoom (details sent upon registration).

Learn strategies to resolve disputes and maintain harmony on your committee.

 [Click here to register](#)

Free  
governance  
training  
for men's sheds

Register now

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# SHED TO TABLE

# TABLE



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## Strawberry Breakfast Trifle

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*Recipe from the Diabetes Australia*

### **Ingredients**

1250g strawberries  
1 teaspoon low GI honey  
200g Greek yoghurt  
½ cup granola

### **Directions**

1. Slice strawberries and divide in 2 tall glasses or bowls.
2. Add yoghurt on top of strawberries. Drizzle with honey.
3. Sprinkle granola over the top.



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Don't miss out on the latest updates, events, and community initiatives from the Men's Shed!

Follow our Facebook page **Victorian Men's Shed Association** for all the news, photos, and stories straight from Sheds.

Plus, join our Facebook group **VMSA - Public Notices** to connect with fellow members, share ideas, and stay in the loop with discussions on topics that matter to you.

Stay connected, stay engaged, and be a part of our vibrant online community!

Follow us today!



2022/183

## **ENERGY ASSISTANCE PROGRAM**

### **Free help with your energy bills**

**We have a new team ready to help you with your electricity and gas bills.**

**We can help you:**



Talk to your energy retailer and get help if you have debt



Access extra financial support



Check you are getting your Government energy concessions and ensure the concessions are applied to your bill



Find and move to an affordable energy plan



Understand your bill and fix any possible errors



Save money by changing the way you use energy around the home



Understand what other supports are available

**All you need is a copy of your most recent bill.**

**Call Anglicare Victoria's Energy Team on 1800 531 741**

(between 8am and 7pm, Monday to Friday excluding public holidays)

Or email [energy@anglicarevic.org.au](mailto:energy@anglicarevic.org.au)

We can also organise to meet you in-person at one of our outreach locations across Victoria. Call us to find out more or book an appointment.



Scan here to find out more.



Translating and Interpreting Services are available

This program is supported by the Victorian State Government



**BETTER TOMORROWS**



Support services that can help you **manage stress and uncertainty** before, during, and after a natural disaster.

Swipe →



### Mental Health Services

- Lifeline Crisis Support**  
13 11 14  
lifeline.org.au
- Beyond Blue**  
1300 224 636  
beyondblue.org.au
- 13YARN**  
13 92 76  
13yarn.org.au
- Suicide Call Back Service**  
1300 659 467

Swipe →

### Natural Disaster Services

- Get Prepared App**  
redcross.org.au/prepare/get-prepared-app/
- State Emergency Service**  
132 500
- Disaster Assist**  
disasterassist.gov.au
- National Recovery & Resilience Agency**  
recovery.gov.au/

Swipe →

Discover more services and wellbeing tips for coping with natural disasters in our **Support Toolkit**

Managing stress and coping with uncertainty isn't something you have to do on your own. Swipe to see and save a list of mental health and emergency support services that can help before, during, and long after a natural disaster.

Visit our Support Toolkit to discover more services and learn wellbeing tips for coping with extreme weather.

A Lifeline and NRMA Insurance Help Nation initiative

# 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.

# Power your Shed with

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TRADE**

# PowerPass



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PowerPass prices\*\***



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# VMOSA TEAM



**JIM KANE**

General Manager


 0448 015 554

 gm@vmsa.org.au



**MARK TYRRELL**

Regional Coordinator

 0413 353 819

 mark@vmsa.org.au



**KYLIE HUGHES**

Shed Network Facilitator

 kylie@vmsa.org.au



**COURTNEY RODDA**

Social Media

# VMOSA BOARD

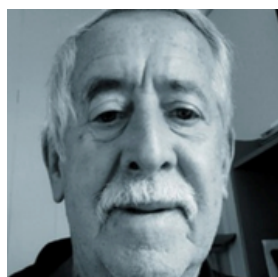


**Trevor Dobbyn**

Chair

 trevor@vmsa.org.au

 0408 121 934



**Colin Prowd**

Vice Chair

 colin@vmsa.org.au



**Mick Overman**

Treasurer

 mick@vmsa.org.au



**Max Finlayson**

Secretary

 max@vmsa.org.au



**Marcelle Davis**

Committee

 marcelle@vmsa.org.au



**Graeme Newman**

Committee

 graeme@vmsa.org.au



**Peter Broomhead**

Committee

 peter@vmsa.org.au



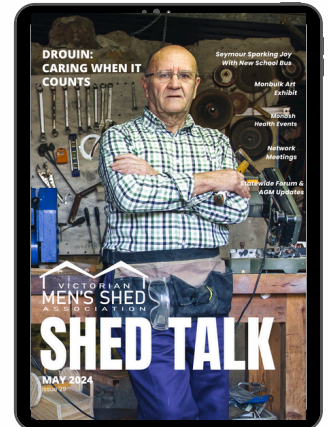
**Greg Male**

Committee

 greg@vmsa.org.au

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- Catch the latest shedders news
- See projects in the community
- Updates from VMSA



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

 0408 465 228

 [vmsa@vmsa.org.au](mailto:vmsa@vmsa.org.au)

 [vmsa.org.au](http://vmsa.org.au)

