

**SALE PROSTATE
CANCER AWARENESS
SESSION**

Network Update

Shed to Shed

Christmas Showcase



SHED TALK

DECEMBER 2024

Issue 36



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REPORT FROM THE **CHAIR**



The men's shed movement continues to grow in Victoria and that is no small part due to the great work men's shed committees have done throughout the year. It is important to remember that men's sheds are not funded entities and are run by volunteers who put their own time and effort not only into developing their own sheds but establishing networks, partnerships and alliances to make a vital contribution to their communities.

I want to take this opportunity to thank the VMSA Board, our General Manager, Jim Kane, staff members Kylie Hughes and Mark Tyrrell and also our communications person Courtney Rodda for their sterling work over the past twelve months. They are all pretty new to the VMSA but notwithstanding this, they have got the VMSA up and running again and for this they deserve great credit. Importantly they are working well together as a team which is what is what our members expect of them.

As we approach the end of 2024 there is no doubt that our shed movement has both grown and strengthened over the course of the year.

On behalf of the VMSA Board, I wish you all a Merry Christmas and a happy new year.

TREVOR DOBBYN
VMSA Chair





REPORT FROM THE **GENERAL MANAGER**

Hello Shedders,

2024 has been an interesting one for me to say the least. As we approach its conclusion, it can be good to reflect on this movement of ours, one that grew from a humble little shed at the back of an aged care facility in Tongala just over 30 years ago.

The Tongala backstory is quite an interesting one. A new aged care resident who sometimes liked to have a bit of a tinker was told that he couldn't bring any tools with him to the centre. Not being a big one for rules, he decided to hide them under his mattress and wait for a quiet moment to sneak out to a small shed he'd spotted at the back of the garden. Before too long a few other blokes had joined him and voila, we had the formation of Victoria's very first Men's Shed. Some Tongalans claim it was the world's first, although a town in South Australia begs to differ, but this is a debate I'll happily leave for another day.

It's been a pleasure working with the VMSA Board this year (many of whom are shedders themselves) as we continue to focus on developing the VMSA as an organisation that places men's health firmly at its core. As you know, there really is no other community space like ours for bringing men together in a supportive environment. I will continue to investigate ways to leverage the goodwill that exists for us within the wider community to further strengthening your sheds, your networks and our association.

The full, lively rooms that I've witnessed at regional network meetings and at our annual conference indicate that there is an appetite for more of these, and with 70 meetings already scheduled over the coming twelve months, you can be assured that we will continue to prioritise these in 2025.

Our small team of staff are very shed-focussed and we've been happy to observe the number of your interactions with us steadily increase over the course of the year. Of course, these are not always to let the VMSA know how great we are and we understand there is still much work to do.

We look forward to hearing more from you in '25 but for now, I'd like to wish you and your families all a very Merry Christmas and a Happy New Year,

Happy shedding,

JIM KANE
VMSA General Manager





SALE MEN'S SHED

PROSTATE CANCER AWARENESS SESSION

On November 29th, the Sale Men's Shed proudly hosted a Prostate Cancer Awareness session, which proved to be a meaningful and impactful event despite a smaller turnout. The session, supported by the Prostate Cancer Foundation of Australia, aimed to encourage local men to prioritise their health and understand the importance of regular testing for prostate cancer.

The session featured dedicated speakers Linley, Moss, and David, who brought invaluable expertise to the event. Linley, who made the trip from Melbourne, was particularly appreciated for her commitment to raising awareness in regional communities. David, a local health worker, added a vital perspective, reminding attendees that prostate cancer is not just a distant issue—it's one that affects local men in our own community.

The Sale Men's Shed Secretary, Daryl Wilson, expressed his gratitude to the speakers in a heartfelt message, emphasising the importance of events like this in creating awareness and encouraging regular health checks. "Even though there wasn't a big turnout, it was still very successful, and we need to do it again next year," Daryl shared.

The Gippsland Times featured the session in a recent article, highlighting its significance in the local community. The success of the event has inspired plans for future awareness sessions to further support men's health initiatives in Sale.

The Sale Men's Shed extends its thanks to the Prostate Cancer Foundation of Australia and everyone involved in making this event happen. As Daryl noted, "If there is any way in the future that I can assist you to support prostate cancer awareness in the community, please let me know."

Community news

www.gippslandtimes.com.au

Early checks can help battle prostate cancer

Stefan Bradley

THERE'S no sugar coating prostate cancer risks for Gippsland men, and that's why awareness is so important.

Moss Mahony from the Prostate Cancer Support Group East Gippsland was the first speaker at a prostate cancer awareness session on November 29, hosted by the Sale Men's Shed at Gregg Hall at the back of St Columba's Uniting Church in Sale.

"If you live in the country, you are 24 per cent more likely to die of prostate cancer than if you lived in the city", Mr Mahony said.

"We're not talking about some obscure group, we are talking about us."

He cited stats that showed 60.4 per cent of

prostate cancer cases in the Latrobe-Gippsland region were presenting stage two. It is 47.4 per cent for the rest of Australia.

The Latrobe-Gippsland statistical area level four incorporates Gippsland LGAs, including Wellington. It's a geographical area the Australian Bureau of Statistics uses to classify different regions.

Mr Mahony urged those who should be tested for prostate cancer to go and do so, and to be aware of any family history of the disease.

"If I asked each of you, you could name one mate, one colleague, one associate who hadn't been to the doctor for two or three years," he said.

"And we're supposed to be having this checked." Early detection leads to early intervention.

In Latrobe-Gippsland, there are 252 new cases

of prostate cancer per year (average between 2012-2016), and 19,504 Australia-wide.

Prostate Foundation of Australia Victorian community engagement manager Linley Watson said the foundation has teamed up with the Men's Shed to raise awareness about prostate cancer.

"We've joined forces to get the message out, that's why we are here," Ms Watson said.

"(They) are slowly getting the message, but the challenge is that the number of people living with prostate cancer is set to double by 2040. So it's a problem that's getting worse, so we need to get more awareness out there. It's a big task."

Secretary of Sale Men's Shed Daryl Wilson said the session was for everyone, not just for Men's Shed participants, but all locals, including women concerned about the health of the men in their lives.

"We're all about men's health, and that's what this (session) is about," he said.

Guidelines recommend that men over age 50, or over the age of 40 with a family history of prostate cancer, or if men have any symptoms that could indicate a problem, should talk to their doctor about testing for prostate cancer as part of their regular health check-ups.

The most common test to indicate if you have issues with your prostate, is a prostate-specific antigen (PSA) blood test.

For further support and/or information, see your GP, or phone Prostate Cancer Foundation of Australia on 1800 22 00 99, email enquiries@pcfa.org.au or visit pcfa.org.au or visit pcfa.org.au



From left: Ian Edgley, President of Sale Mens Shed; Daryl Wilson, Secretary of Sale Men's Shed; David Murray, Sale-based prostate cancer specialist nurse; Linley Watson, Victorian Community Engagement Manager at Prostate Cancer Foundation of Australia; and Moss Mahony, Prostate Cancer Support Group East Gippsland.



Secretary of Sale Men's Shed Daryl Wilson opening the session at Gregg Hall.

Photos: Stefan Bradley



Tangambalanga Kiewa Men's Shed – It's More Than Just a Shed!

More parks – Less Sheds – the Battle to Save Our Men's Shed!

Where else can you find ten men, three generations, and one slightly dubious coffee machine all under the same roof. The local Tangambalanga Kiewa Men's Shed is not just a place for sawdust and dad jokes – it's quickly become a community cornerstone for our small rural north East Victoria Community. With humble beginnings, The Tangambalanga Kiewa Men Shed President Jack Britton saw the need to provide a safe space where men could gather around a workbench and tinker away on the tools whilst enjoying some good ole' fashioned banter with the boys.

In 2022 Jack's vision for a Men's Shed became a reality when a derelict state government shed was brought back to life. Armed by a swag of volunteers, a tonne of elbow grease and bit of imagination, the Tangambalanga Kiewa Men's Shed was born, and the rest they say is history – well unfortunately this story is destined for a 'not so happy' ending.

And whilst the humble shed is nothing flash, it is home for a motley crew of men that meet every Sunday, working away on a raft of community projects and wish lists from individuals throughout the community. Already in it's short life the men's shed has attracted men from our small rural community located within the Kiewa Valley.

With everything going swimmingly for the shed, we would soon be delivered some crushing news, with Indigo Shire Council (our landlords) not renewing our shed lease to make way for a new recreation reserve.

Why our Shed is Important: Having a men's shed in our small rural community of Tangambalanga and Kiewa is important because it provides a supportive and inclusive space for men to connect, share skills and foster mental well-being. We know only too well the significant impact of living 'life on the land', and the hardships it presents. Over the past decades our area has borne the brunt of mother nature and its catastrophic impacts to our region, to our economy and to our mental health. Our shed is important because just like your shed it helps combat isolation and loneliness, promotes mental health, helps build a sense of purpose and accomplishment, is a space to pass down skills, through community projects we strengthen the community and together with all of this our shed creates a safe space for men.

Once we were advised that our current Men's shed licence would not be granted an extension, we worked extensively with Indigo Shire council to evaluate all value for money options including: lease an established workshop, cease operations as an established Men's Shed; purchase outright a new parcel of land and build; build on council owned land. To consider all options, a working group was established with council and Men's shed members, and the option to close the Men's shed was pushed off the table as the community responded with a 1100 name petition to council. In consideration of all remaining options the most viable option was to seek funding via grants and fundraising to build a new shed on a Council offered parcel of land at Coulston Park - Tangambalanga. We are now delighted to say that we have obtained a new lease at Coulston Park located within the Coulston Park Reserve, where we aim to build a new men's shed thanks to pending grants and fundraising activities.

This new men's shed build will ensure that men within Tangambalanga; Kiewa; Sandy Creek; Kergunyah; Gundowring and surrounding towns have a place where social and community connections are fostered to help improve men's health and wellbeing.

So How Can You and Your Shed Help: With the green light given to build a new shed, we are busy fundraising and applying for grants to fund a new shed. We are proactively trying to raise \$100,000 to fund our new shed which will keep our shed alive. Our committee and members have been extremely busy hosting pub meat tray raffles, community bbq's at events all over town. We have members busily crafting up many wares to be sold at community garages sales and in our local general stores, and we plan on selling foundation bricks at the entrance of our new shed. We are working with local business's about becoming donors, sponsors and corporate memberships and we are using local media and MP's to fly the flag for this great cause.

We would love to hear about what fantastic fundraising ideas have worked for your shed, and if anyone is able to help with donations for our new shed we have a couple of direct ways to contribute.

How to Make a Donation – you can make a donation to support this important cause. Please contact us for more information, or donate directly using the following details/ options.

GO FUND ME - We have set up a 'Go Fund Me' link at <https://gofund.me/114c30c5>
Direct Bank transfer – Bendigo Bank – Tangam-Kiewa Men's Shed Incorporated,
BSB: 633000 Account No: 195666748

We are extremely grateful for all the support from all the Shed's throughout Australia and special thanks to all the Victorian Shed's for you unconditional support. We especially want to thank all the sheds that provided written support who advocated on our behalf to council to save our shed, your ongoing support has provided the encouragement to all our members to keep up the good fight, thank-you all.

Please contact: Jack Britton (Tangam-Kiewa men's Shed President) mobile: 0428273236/ Greg Porter (Secretary) mobile: 0407540791.

Thanks

Tangambalanga-Kiewa Men's Shed – It's More than Just a Shed.





NETWORK ROUND UP

Thank you to Seymour Men's Shed for hosting the first Lower Goulburn meeting earlier in December. Mark and Jim were delighted to join you all and hear about the local Sheds. Kilmore MS have volunteered to host the next meeting in March - date to be confirmed.

The South East Metro network meeting that had been tentatively planned for late January has now been rescheduled to Friday 7th of February at 10am. This meeting will be held at the VMSA office in South Dandenong.

Yarra Ranges Network and Cardinia Network have not locked in their dates for February, but these will be added to the events page on our website as soon as we receive confirmation.

Please contact Kylie 0458 105 444 or kylie@vmsa.org.au if you are planning to attend a meeting. Invitations will also go out via email and text, so please ensure your contact details are up to date.

I'm sometimes asked why a particular Shed didn't get an invite to a meeting. If there is a meeting you would like to attend and your Shed is not on the invite list, please get in contact with me to discuss. Some networks prefer to keep meetings as "members only," others are happy to have visitors from other areas on request and some are completely open - don't hesitate to ask!

I have also had a few Sheds feed back to me that they got invitations to more than one Network. This is intentional - we allocated Sheds to the new Networks based on a combination of location, drive times and member advice, so we might have you on a list that is not right for you, or we may have put you on two Networks because you are near both.

Is your Shed in an area that doesn't have a network yet? Planning is underway for new Networks for next year, we are always happy to discuss your local needs.

Have you heard of the Parliamentary Friends of the Men's Sheds? In the Federal Parliament there are 65 interest-based groups where members of all parties can support activities that they care about. This includes a group of politicians who support the Men's Shed movement.

Friends of the Men's Sheds is co-Chaired by Rob Mitchell MP and Ted O'Brien MP. This group advocates on behalf of all Sheds. Victorian politicians who are members of the Parliamentary Friends of the Men's Sheds include Bill Shorten MP, Senator Zoe McKenzie, Michael Sukkar MP, Senator Jana Stewart, and Aaron Violi MP. If your Federal Member is not on this list, please invite them for a visit and encourage them to consider joining!

Wishing you all a wonderful Christmas, and I look forward to more network discussions in 2025.

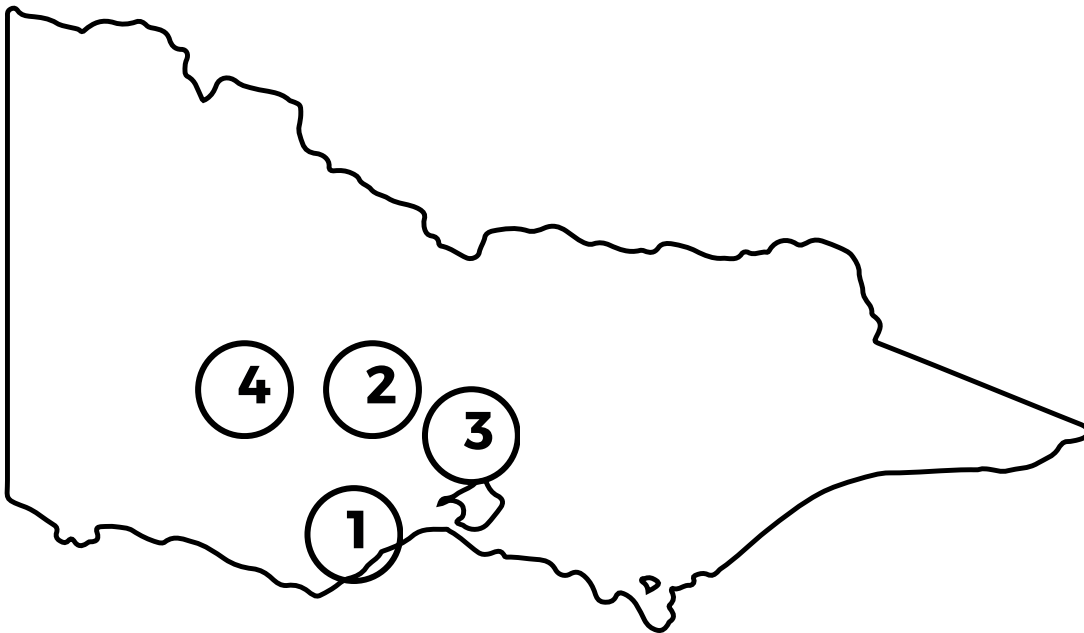
Kylie Hughes

UPCOMING NETWORK MEETINGS



FEBRUARY

- 1 Barwon Geelong Network, Wednesday 5th February at Bannockburn
- 2 Macedon Ranges Network, Tuesday 11th February at Kyneton (members only)
- 3 Murray-Hume Network, Wednesday 19th February, venue TBC but in township of Myrtleford
- 4 Central Highlands Network, Tuesday 25th February, Wendouree Men's Shed (NEW!)



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. She's here to help!



SHED TO SHED

REGIONAL COORDINATOR UPDATE

Hello All,

As has been mentioned before, I arrived here from the land of little sun and no heat at this time of year, 20 odd years ago. I would like to take this opportunity to recognize some unsung heroes in our community. Obviously it goes without saying that Shedders are at the top of this list, but spare a thought for all of Santa's helpers suited and booted in 35 degree heat, even after all these years here I find it hard not to feel sorry for them, not all heroes wear capes.

It's been another busy month on the highways and byways of Victoria, I have been to over 20 sheds as well as 6 networks. They were great, it was especially good to see how well the new networks went, plenty of positivity and engagement. The energy and expertise in each room and the willingness to share and help each other has been great to see. Huge thanks to all those sheds who hosted the network meetings and those who put their hand up to do it next year. 2025 will be the year of the network. We have a lot of exciting plans to get out and meet with you all.

The networks recently visited include:

·Macedon Ranges (Romsey), North East Metro (Diamond Creek)- East Gippslands (Bairnsdale), South Gippsland/bass (Leongatha) Lower Goulbourn (Seymour) Surf Coast Network - LGA facilitated.

Other events I've been involved in or am planning include;

·Represented VMSA at 3 day event at Sandown Racecourse to raise the profile of Mens sheds with broader community and identifying potential sponsors.
·Attended AMSA / Movember Big Breakfast in Marong to discuss "Real Face of Mens's Health report".

- Planning for 2025 Regional Roadshows in Geelong, Sale, Ballarat and Shepparton - scoped potential sites for each event.
- Health partner engagement, meetings included Mecwacare, Victorian Farmers Federation, and Prostrate Cancer Foundation.
- Sponsorship and Business relationship development with South East Manufacturing Association, ATSA Independent Living

If you want to know more about any of these or if you know of any events or organisations that you think the VMSA could connect with please get in touch with me.

I would like to thank you all for welcoming me into your sheds and allowing me to see the massive amount of good you do for each other and your communities. I wish you all a good holiday break whatever you are doing and look forward to exploring Victoria's shed world more in 2025.

Slan go foil agus Nollaig Shona (Bye for now and Merry Christmas)

Mark



Men's sheds join together

By Billie Davern

On December 10, the Victorian Men's Shed Association hosted a Lower Goulburn network meeting in Seymour, addressing more than 30 members of the community.

The association is made up of individuals from Seymour, Alexandra, Kilmore, Kinglake, Marysville, Violet Town and Broadford.

The members were addressed by association general manager Jim Kane, as well as regional co-ordinator Mark Tyrell.

The meeting was held with the intention of sharing resources, information and even raw materials between sheds.

The association offers an inclusive environment for like-minded men to share their personal expertise and abilities with others in their local area.

Mr Tyrell said the network meeting was "a part of a new initiative to try and connect sheds together".

There are about 360 men's sheds across Victoria, all of which are standalone and volunteer-run.



Men's Shed members gather at Seymour for the Lower Goulburn network meeting.

Photo: Wayne Herring.

The Victorian Men's Shed Association has developed partnerships with a wide range of men's health organisations, including the Prostate Cancer Foundation, Diabetes Victoria and Men's Health.

Mr Tyrell said that network meetings helped a great deal because the sheds did such brilliant work on men's health.

The association is attempting to forge 25 networks over the next 12 months and plans to host four or five regional roadshows to connect the community and raise

awareness for the work that men's sheds do.

You can keep up to date on the work of men's sheds in your community on the Australian Men's Sheds Association's website at <https://mensshed.org>

Being involved in men's sheds has a range of positive benefits for both members and the wider community.

"The impact that being a men's shed member has, not just on the person, but on their families and the community, is significant," Mr Tyrell said.

INSIDE THE WORKSHOP

CHRISTMAS SHED SHOWCASE



CROYDON HILLS COMMUNITY MEN'S SHED

Once again, the Shedders were delighted to support a great local cause, assembling a van full of Christmas hampers for distribution across the Maroondah area through the Ringwood Salvation Army. The Salvos continue to do an incredible job reaching those in genuine need during the Christmas season.



AKOONAH PARK MEN'S SHED

Shed members, led by Ken O'Keefe, banded together to make a difference for those in need this Christmas. Through their generosity and partnership with their supplier, CCM, the Shed donated an incredible 63kg of pre-cooked pork and beef to Transit. This generous contribution will provide meals for around 160 people at each of Transit's two Christmas celebrations. The team at Transit was overjoyed with the delivery, ensuring those facing challenging times can enjoy a meal this festive season.

WODONGA MEN'S SHED

Another sizzling success for the Wodonga Men's Shed! The Shedders fired up the BBQ at the community Carols, spreading holiday cheer one snag at a time.



WARRNAMBOOL MEN'S SHED

The Warrnambool Men's Shed members recently teamed up with the Vision Impaired Group at Archie Graham to create unique Christmas trees from repurposed novels. Pictured are Sharlene, Ted, and Evelyn folding their trees, with the finished product displayed front left.



SAFETY BEACH MEN'S SHED

The Safety Beach Men's Shed celebrated a joyful 2024 Christmas with a festive gathering filled with laughter, camaraderie, and holiday spirit. Members came together to reflect on a year of hard work, community involvement, and friendship. The luncheon was a perfect way to end the year, with everyone enjoying good food, great company



KOO WEE RUP

Koo Wee Rup Men's Shed joined the KWR Community Toybox for a fantastic community Christmas party! The day was filled with amazing food, great company, and plenty of festive fun, including a special visit from Santa. It was a wonderful celebration that brought everyone together to share the holiday spirit.

SHARE YOUR SHED'S STORY!

Got a story to tell? Whether it's big or small, we'd love to feature it in Shed Talk! Celebrate your Shed's achievements, events, or unique moments with the wider network. Email your stories to vmsa@vmsa.org.au and let's spread the word!



AGED CARE

VOLUNTEER VISITORS SCHEME

Do you know someone who would like a visitor to chat to?

Elder Rights Advocacy, supported by funding from the Department of Health and Aged Care, run a program designed to match individuals in need of companionship with volunteers who share similar interests, hobbies, and backgrounds. This initiative underscores the importance of personal connection for people living at home or in residential aged care, providing friendship and enriching the lives of both the volunteer and the older person.

The Aged Care Volunteer Visitors Scheme (ACVVS) is a free service available to individuals in aged care homes, those receiving Home Care Package services at home, and those on the Home Care Package waiting list. The program's goal is to foster meaningful relationships and alleviate feelings of isolation among older Australians. In a world where meaningful connections can sometimes be overlooked, programs like the ACVVS offer companionship, proving that even small acts of kindness can have a lasting impact.

To learn more about the Aged Care Volunteer Visitors Scheme and to register your interest (or refer a friend) for this program, please contact Elder Rights Advocacy at 1800 022 887 or visit www.elderrights.org.au



FIND YOUR LOCAL MEN'S SHED

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



**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** 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!



SHED TO TABLE

TABLE



Bocconcini and tomato pasta salad

Recipe from taste.com.au

Image by Brett Stevens

Ingredients

300g dried spiral pasta
3 zucchini, thinly sliced lengthways
150g basil pesto dip
170g (2/3 cup) aioli
60g baby rocket
2 x 220g tubs bambinibocconcini, drained
200g baby tomatoes, halved
200g golden baby tomatoes, halved
2 x 260g jars chargrilled red and yellow capsicums, drained, coarsely chopped
2/3 cup fresh basil leaves
2 tbsp pine nuts, toasted

Directions

1. Cook the pasta in a large saucepan of boiling salted water until al dente. Drain. Refresh under cold water. Drain.
2. Meanwhile, spray a chargrill pan with oil and heat over high heat. Cook zucchini for 1-2 minutes on each side or until charred and tender. Transfer to a plate.
3. Combine the pesto dip, aioli and 1-2 tablespoons water (enough to make a pourable dressing) in a small bowl. Season.
4. Place the pasta in the base of a glass serving bowl. Top with layers of rocket, bocconcini, tomato, zucchini, capsicum, pesto dressing, basil and top with pine nuts.

SHED TO TABLE

TABLE



Recipe from taste.com.au Image by Jeremy Simons

Roasted root vegetable & goat's cheese filo tart

Ingredients

5 small parsnips, peeled
700g baby carrots, scrubbed, trimmed
1 tbsp honey
2 tsp fennel seeds, crushed
150g baby spinach
400g reduced-fat fresh ricotta
100g soft goat's cheese, crumbled
2 eggs, lightly whisked
2 tbsp chopped fresh chives
1 tbsp chopped fresh thyme, plus extra sprigs, to serve
2 tsp finely grated lemon rind
6 sheets filo pastry
1 tbsp olive oil

Directions



1. Preheat the oven to 200C/180C fan forced. Line a large baking tray with baking paper. Cut the parsnips and any large carrots in half lengthways, reserving one of each. Leave small carrots whole. Place parsnip and carrot on the prepared tray. Drizzle with honey, sprinkle with fennel seeds and lightly spray with oil. Bake, turning halfway through cooking time, for 30-35 minutes or until tender and golden.
2. Meanwhile, place spinach in a large heatproof bowl and pour over enough boiling water to cover. Blanch for 30 seconds. Drain and refresh under cold running water. Drain, squeezing out excess water with hands. Finely chop.
3. Combine ricotta, goat's cheese, egg, spinach, chives, thyme and rind in a large bowl. Season.
4. Spray oil over base and sides of a 20 x 30cm fluted tart tin with removable base. Place on a baking tray. Spray one sheet of filo lightly with oil, top with another filo sheet and repeat process until all used. Line the prepared tin with filo, allowing excess to overhang sides. Spoon ricotta filling into the base and use the back of a spoon to smooth the surface. Roll edges of filo over to form a border. Lay roasted vegies over ricotta filling and sprinkle with extra thyme sprigs. Bake for 30-35 minutes or until set.
5. Meanwhile, thinly slice reserved parsnip and carrot into discs. Heat olive oil in a large frying pan over medium-high heat. Cook parsnip and carrot, stirring, until crisp. Drain on paper towel. 6. Serve tart topped with vegetable crisps.

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COURTNEY RODDA

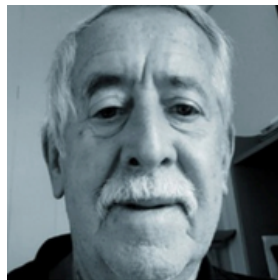
Social Media

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Follow Us on Social Media



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

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



LiveUp: Your Free Guide to Healthy Aging, supported by the Australian Department of Health and Aged Care, empowers you to maintain independence and social connections as you age.

Discover helpful assistive products for everyday use with the guide below. From simple home modifications to assistive gadgets, you'll find solutions to enhance your daily life.

Explore a variety of recommended products from reputable retailers and online stores, with clickable links provided as you navigate through the guide. Plus, benefit from valuable tips and insights shared by occupational therapists.

Click the image below to open the guide and flip through to learn more.

Making Choices, Finding Solutions

A guide to independence and wellbeing



Supports and Tools for Elder Abuse Prevention (STEAP)

2024 Outreach Calendar

Generate awareness and foster action to end elder abuse!

There are many opportunities throughout the year to bring your community together and build awareness of elder abuse.



January

National Stalking Awareness Month

Identity Theft Awareness Week

January 29 – February 2

Law Enforcement Appreciation Day (LEAD)

Tuesday, January 9

February

Black History Month

World Day of Social Justice

Tuesday, February 20

March

National Nutrition Month

Social Work Month

Women's History Month

National Consumer Protection Week

March 3-9

Slam the Scam Day

Thursday, March 7

April

Sexual Assault Awareness Month

Social Security Month

National Public Health Week

April 1-7

National Crime Victims' Rights Week

April 21-27

National Volunteer Week

April 21-27

Sexual Assault Awareness Month (SAAM)

Day of Action

Tuesday, April 2

May

Asian Pacific American Heritage Month

Older Americans Month

Mental Health Awareness Month

June

Alzheimer's & Brain Health Awareness Month

LGBTQ+ Pride Month

World Elder Abuse Awareness Day

Saturday, June 15

Olmstead Anniversary (1999)

Saturday, June 22

July

Older Americans Act Anniversary (1965)

Sunday, July 14

Medicare & Medicaid Anniversary (1965)

Tuesday, July 30

August

Social Security Anniversary (1935)

Wednesday, August 14

September

Healthy Aging Month

National Hispanic Heritage Month

September 15 – October 15

National Senior Center Month

World Alzheimer's Month

National Medicare Education Week

Grandparents Day

Sunday, September 8

October

Crime Prevention Month

Cyber Security Awareness Month

Domestic Violence Awareness Month

Guardianship Awareness Month

LGBT History Month

National Hispanic Heritage Month

September 14 – October 15

Residents' Rights Month

International Day of Older Persons

Tuesday, October 1

Ageism Awareness Day

Monday, October 7

November

National Alzheimer's Disease Awareness Month

National Family Caregivers Month

Native American Heritage Month

Veterans Day

Monday, November 11

December

Home for the Holidays – Encourage families and friends to use holiday gatherings to discuss crucial health and safety issues with older loved ones and their caregivers.

Human Rights Day

Tuesday, December 10

Get started!

Awareness events and activities can help build relationships, strengthen partnerships, and bring recognition to various local and regional efforts to address elder abuse.

Here are some ideas:

- ✓ Organize a "Letter to the Editor" campaign to spotlight elder abuse and promote local resources from your agency or community partners.
- ✓ Reach isolated older adults through direct mailing, ads in local newspapers, and radio interviews. Include elder abuse prevention information in community and neighborhood association newsletters or e-Newsletters.
- ✓ Download STEAP Toolkit materials and distribute them at community events.
- ✓ Partner with local organizations, schools, and agencies and organize food, personal care, or cleaning supply collection drives. Assemble packages and include copies of elder abuse awareness brochures.
- ✓ Host a "shred-a-thon" shredding event for your community to safely destroy and dispose of sensitive documents.
- ✓ Offer or share information about volunteer service opportunities.

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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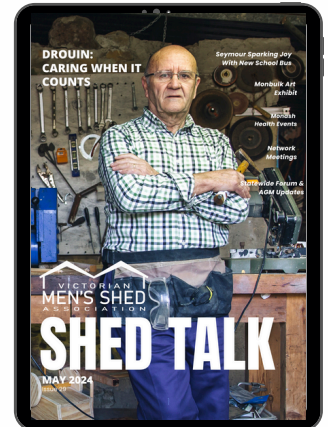
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