

WOODEND MEN'S SHED

PARLIAMENTARY FRIENDS OF MEN'S SHEDS

*Lakes Entrance
Prostate Cancer Awareness Talk*

*Future Proof Your
Shed Workshop*

*Health and Wellbeing
Partners Directory*

*Grant
Opportunities*

SHED TALK

FEBRUARY 2025

Issue 38

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REPORT FROM THE **CHAIR**

The 2024/25 Men's Shed Funding Program grant recipients have now been announced, with successful applicants notified of their funding allocations. Under this program, grants of up to \$100,000 were available to sheds for new construction, refurbishments, extensions, or the purchase of major equipment. While \$860,000 was initially available, a small top-up brought the total funding to \$871,000.

However, sheds collectively applied for approximately \$2.1 million in funding, highlighting a significant shortfall between what was requested and what was granted. While some applications may not have met the grant guidelines, this funding gap underscores the need for the state government to consider increasing support for Men's Sheds.

The VMSA will continue to advocate for increased funding and will raise this issue with the Department of Families, Fairness and Housing (DFFH) and the Minister. We recognise that this is a challenging time, with government budget constraints, but that should not deter us from pushing for greater investment in men's sheds to ensure they can continue supporting their members and communities.

One shed in particular that has reason to celebrate is the Tangambalanga/Kiewa Men's Shed Inc., which has secured an \$80,000 grant towards building a new shed.

This men's shed has been through some very tough times after being told to vacate the premises by their council in May last year. Faced with oblivion, the men's shed led by their president Jack Britton and the committee organised a very strong community-based campaign to save their shed which also had the backing of the VMSA and men's sheds across the state.

Fortunately, the council eventually saw reason and at the time of writing members are still in their shed and determined to stay there until the new shed is built and ready for them to move in.

The Indigo Shire Council is now backing the development of a new shed, and discussions are underway to make it a reality. This outcome has been warmly welcomed by the whole community and is likewise celebrated by men's sheds everywhere.

It has often been said that "if you don't fight, you lose" and this men's shed fight for survival demonstrates the truth of this maxim.

To support the new shed's development, the group has set up a GoFundMe page to raise additional funds. If you or your shed would like to contribute, you can find the details in this newsletter.

TREVOR DOBBYN
VMSA Chair





REPORT FROM THE **GENERAL MANAGER**

2025 is certainly starting to pick up speed in shed land with many network meetings and shed visits occurring over the past month.

I visited Akoonah Park MS for the South-East Melbourne network meeting on the 7th February. I've seen a few big screens at sheds since I started here but the gigantic AP screen must win the prize thus far. There was even a joke that we should pass around the popcorn before we connected with the online presenter.

The Macedon Ranges Network at Woodend is a consistently well-attended meeting that has been running like clockwork for years. It was great to find out what the sheds up this way are doing. The Gisborne Men's Shed has a great program for youngsters called the Young Shedmen that assists local youth who are struggling at school. There are a few of these types of programs across the state and I've heard nothing but great feedback about them.

Last week the Central Highlands network met for the first time in a couple of years. Around 25 shedders from a dozen sheds gathered at Wendouree MS in Ballarat which will also be the location for the VMSA's regional roadshow in May.

With all the recent VMSA events and shed visits, our warehouse stock of giveaway items has been gradually depleting. We're currently in conversation with a couple of hardware providers to replenish this stock and we'll keep you updated on how this is progressing.

Last but not least we are some way towards reducing the seemingly Sisyphean task of keeping all of your shed details up to date. We are in discussions with an IT provider to develop a system where you will be able to update your own details directly on our database. When we finally get this up and running it will surely be a cork-popping moment for VMSA staff and we imagine some of you too!

There's plenty going on in this month's edition of Shed Talk, if you have any stories from your neck of the woods for future editions please let us know,

JIM KANE
VMSA General Manager





ARE YOUR SHED DETAILS UP TO DATE?

Check out your Shed page and make sure everything is current.

If not, take a moment to update it today!

www.vmsa.org.au



PARLIAMENTARY FRIENDS OF THE MEN'S SHEDS

This month Kylie and Mark had the opportunity to meet with Rob Mitchell MP, Member for McEwen. Rob is the Chair of Parliamentary Friends of the Men's Sheds, a group of Federal politicians who support our Sheds and the important work that you do to look after each other. Rob is a frequent visitor to the Sheds and recently joined the Diamond Creek MS Christmas party to announce a big renovation grant. Is your local MP part of the Friends group?

Here's what Rob had to say.

MEN'S SHEDS COMMITMENT TO COMMUNITY WELLBEING

As the Federal Member for McEwen, I am in the privileged position to visit and spend time with many Victorian men's sheds and see first-hand the benefits they are providing.

Men's Sheds are a vital space for men of all ages to come together, share their skills, and, most importantly, improve their mental and physical wellbeing. As the Chair of the Parliamentary Friends of Men's Sheds, I am deeply committed to ensuring that these vital community hubs continue to thrive, and I want to acknowledge the critical role Men's Sheds play in supporting men's health and building stronger, more connected communities.

At its core, a Men's Shed is a place where men can gather in a supportive and social environment to work on practical projects, whether that involves woodworking, metalworking, gardening, or simply sharing a cup of tea with mates. It is a space free from judgment where men can pursue hobbies, learn new skills, and, importantly, combat isolation and loneliness.

Through the work of Men's Sheds, we've seen a significant reduction in the feelings of isolation and depression that many men face. Whether it's through conversations over a shared project or simply the camaraderie of being with others, Men's Sheds foster a sense of belonging and connection that is vital for emotional wellbeing.

The sheds in McEwen are amazing at tapping into community need and I have been amazed by the ingenuity they have shown, such as :

The Young Shedmen's program at Gisborne Men's Shed.

This has provided a place for some young men from Gisborne Secondary College to access a different place to learn for 4 years. Each year a group of 4-5 Yr 10 students are able to gain some basic skills such as precise measurement, safe use of tools and joinery, as well as how to get along with some old blokes and recognise how important education is.

While they may have originally been looking at leaving school, their experience teaches them how important it is to gain the knowledge and skills needed to find gainful employment.

They undertake projects alongside men's shed members one afternoon a week which have included building raised garden beds for the local primary school, nesting boxes for various wildlife that make their home at Gisborne Golf Course and leading sessions with visiting primary school groups on woodwork projects. Members of the shed have acknowledged the benefit of having some youthful enthusiasm around and also the satisfaction of hearing how the experience has been a positive one for the students from themselves, their parents and teachers.



Romsey Men's Shed T-Model Ford project

The Romsey Men's Shed were gifted a 1925 Model T Ford by local identity Doug Newham with the proviso it was restored to its original working condition and used by the shed for community events.

It has proven to be a great project for all different members of the shed to become involved in from planning the reconditioning and sourcing parts, mechanical works, upholstery and body work there is a plethora of tasks to become involved in.

They have also set up a GoFundMe page to raised funds for the restoration.



Woodend Men's Shed

The Woodend Men's Shed are using every available opportunity at their disposal to raise funds for a new facility, including tapping into a basic need in the community.

Everyone who has spent time in Woodend knows how cold it can get and one of the most popular forms of heating in the area is an open fire. With plenty of access to off cut wood, thanks to the current Shed being located at the old saw mill, shed members came up with the idea of prepping bags of kindling to sell at local hardware stores, with part of the proceeds going to their building fund.



Whittlesea Women's Shed

Whittlesea Men's Shed is a great example of a shed providing benefit to the community through its continued involvement in local charity projects, but it has gone one step further with it's support of the Whittlesea Women's Shed.

The Men's Shed have provided the use of their facility to the women's group on Wednesdays when they are not there allowing them the use of the tools and space, and even providing assistance to develop skills.

The Women's group is proving extremely popular since it's inception in July 2024, providing a space for women to come together and gain skills and confidence.



BUILDING STRONGER COMMUNITIES

These examples illustrate how the Men's Sheds don't just benefit the men who attend them—they help to strengthen the wider community. In this way, Men's Sheds have become an important part of the social fabric, providing practical support while also creating opportunities for men to give back to their communities.

By connecting men with others in their local area, Men's Sheds also create networks of mutual support that extend beyond the shed itself. These social connections are essential in building a sense of unity and shared responsibility that makes our communities stronger and more resilient.

The Parliamentary Friends of Men's Sheds is a bipartisan group of Members of Parliament who recognize the important role that these sheds play in improving the wellbeing of men in our communities.

In my role, I have been advocating for greater recognition of the contributions Men's Sheds make to public health and social cohesion. I believe that Men's Sheds are more than just hobby spaces; they are key to addressing some of the most significant health and social challenges facing men today. It's why I work alongside my colleagues to ensure that Men's Sheds are supported through appropriate funding and policies.

By championing the Men's Shed movement, we are not only supporting individual men but also helping to create stronger, healthier, and more resilient communities. This is something I believe we can all be proud of and work together to sustain.

Rob Mitchell
Federal Member for McEwen





**AUSTRALIAN
MEN'S SHED
ASSOCIATION**
Shoulder to Shoulder



**VICTORIAN
MEN'S SHED
ASSOCIATION**

International Happiness Day Breakfast

March 20th is International Happiness Day, and to mark the occasion AMSA and VMSA are working together to put on a Bloke's Breakfast.

There will be bacon and egg rolls for brekky and a coffee van.
More details to follow via our socials and website!

EVENT DETAILS

Date: 20th March

Location: Newborough-Yallourn Shed, Yallourn Drive in Yallourn

Time: 9 am - 10:30am, and will be followed by the Latrobe Network meeting 10:30am - 12:30pm.

RSVP: to Kylie for catering - 0458 105 444 or kylie@vmsa.org.au



Many thanks to Australian
Energy Partners
for sponsoring the event.

LAKES ENTRANCE

PROSTATE CANCER AWARENESS TALK

Linley Watson from the Prostate Cancer Foundation of Australia visited the Lakes Entrance Prostate Cancer Support Group yesterday, hosted at the Men's Shed. This event showcased the powerful connection between the shedders and the support group, working together for a common cause.

The gathering highlighted the importance of community-driven initiatives in supporting men's health. The Lakes Entrance Men's Shed provided the perfect setting for open discussions, shared experiences, and valuable insights into prostate cancer awareness and support.

We've got some great photos from the event, demonstrating the camaraderie and strength of this collaboration. It's fantastic to see the shed being used as a hub for both practical work and vital community support.

An impressive shed, an inspiring group, and a great example of mates looking out for one another!



SHED TO SHED

REGIONAL COORDINATOR UPDATE

You take the high road, and I'll take the low road, and I'll be in Scotland afore you." Well, not quite Scotland, but Bannockburn, Victoria. I turned up expecting all tattie scones, kilts and grey skies and was met with sunshine, CWA sandwiches and a shedload of blokes from Geelong and its environs.

And so began another great network visit. We are certainly starting the year with a bang with networks every other week and mixing it up with shed visits and the occasional meeting with an elected official. It's been a busy start to the year. I started the month with a short visit up into the hills to see Upwey Men's Shed and the new temporary shed they have acquired. They are moving slowly but in the right direction towards their ultimate goal of a permanent site. Back behind the wheel of the Shedmobile and on to Victoria's French Quarter of Labertouche, which is a bit of a way from Paris, but there are definite similarities—both are creative and like cows. Just down the road was the not quite as European-sounding Bunyip Men's Shed, a very productive visit saw me leave with a new friend, Seamus the pelican (see photo).

Mid-February had me in and around the eastern side of Port Phillip Bay and South Gippsland, and a huge thanks for the welcome to Mordialloc, Brighton Bayside, Bayside and Devon North—great sheds doing their own thing and doing it well. However, the highlight of my week was getting to visit Peninsula North Men's Shed in Baxter—literally a phoenix from the flames. After losing the shed some years ago to fire, they have themselves a new and beautiful shed. Hats off to them for the resilience and determination they have shown in the face of adversity and bureaucracy. It is to be admired and celebrated. Well done, lads.

Baxter is hard to top, but as I am finding in this role, every bend in the road throws you a nugget of innovation and interest. Bentmoor Men's Shed hosted a really informative presentation on the very serious subject of Sepsis—a hugely important subject for our community and one that needs to be promoted. There is information about this in this newsletter.

My final road trip of the month was heading north towards the snow—there wasn't much there, but what is there was amazing, a really beautiful part of the country. I attended the Murray-Hume Network hosted by Myrtleford Men's Shed, and it had a great turnout from both sides of the border. I took the opportunity to visit Yackandandah, Rutherglen and Beechworth, which just reinforced that the men in this area are very well served by the sheds in their communities.

As always, I am open to invites to any shed. If you are having an event or just need me to call in, let me know.

Slan go foil, Mark





WIN DOUBLE PASSES

Thanks to Transmission Films, we've got **FREE** double passes to give away for the upcoming film **SPIT!**

Want your shed to win?
Simply email vmsa@vmsa.org.au for your chance to score a double pass.
Entries close 14th March

ENTER NOW





EXPRESSIONS OF INTEREST

FUTURE PROOFING YOUR SHED WORKSHOP

Expressions of interest are being sought for an upcoming workshop on Future Proofing Your Shed, hosted by the Albury Men's Shed and facilitated by Stuart Torrance, AMSA Shed Development Coordinator. The workshop is scheduled for Thursday, 8 May 2025, at the Mirambeena Community Centre, 19 Martha Mews, Lavington, NSW.

This session is designed for up to five key members from each shed—ideally, those who play an active role in leadership and decision-making. The workshop will explore leadership, activities, and strategies to increase participation, with a focus on networking and sharing successful initiatives from other sheds. Attendees will have the opportunity to shape discussions by raising topics relevant to their shed's future.

Workshop Schedule:

☕ 9:00 AM – Morning tea & coffee

🔧 9:30 AM – Workshop commencement

🍴 12:30 PM – Workshop concludes, followed by a sumptuous lunch

Once expressions of interest have been received, official invitations will be sent out. Attendees will be required to register by Thursday, 1 May, providing names and a contact phone number for their shed.

To cover venue hire and catering, a \$10 per person fee applies, payable in advance. Payment details will be included in the official invitation.

✉ Expressions of interest should be submitted by 21 March to alburymensshed@outlook.com.

☎ Further details are available from Ron Lutton on 0447 940 506.

Sheds in the region are encouraged to take part in this valuable opportunity to future-proof their operations.



FIND YOUR LOCAL MEN'S SHED

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

www.vmsa.org.au



UPCOMING NETWORK MEETINGS

WITH KYLIE HUGHES

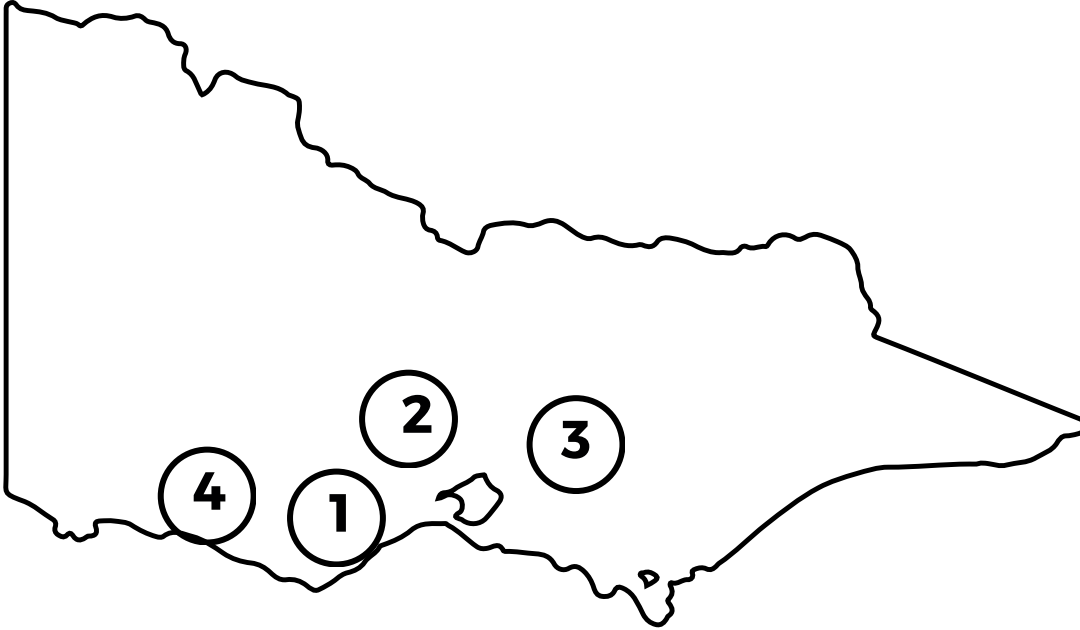
Thank you so much to everyone who sent well-wishes during my recent illness and hospital stay—I truly appreciated all your messages! Also, sincerest apologies to anyone inconvenienced by my sudden disappearing act—please bear with me as I catch up on returning messages.

We had a terrific meeting of the South East Melbourne Network on February 7th, superbly hosted by Akoonah Park Men’s Shed. It’s well worth a visit if you want to see a Shed that has everything! We also had two excellent guest speakers: Rochelle from Encara spoke about a Dementia Rehabilitation project currently being run in partnership with the South East Melbourne Primary Health Network, with hopes of expanding it to other areas of Victoria. Donna from At Your Will gave the first of two sessions on Wills, Power of Attorney, and Medical Decision Makers. It’s a complex topic, and we highly recommend having a guest speaker cover it.

Mark travelled to Myrtleford for a Murray Ovens meeting—the largest Shed network, which has been running for years and continues to attract a strong crowd. Meanwhile, Jim joined the Central Highlands Network meeting at Wendouree (near Ballarat), where they have a fantastic workshop setup. It was great for other Sheds to visit, and Wendouree will also host our Roadshow event in May. This was the first meeting for this network in a couple of years, so it’s fantastic to see them back in action.

Closer to home, Mark also attended the Cardinia meeting at Koo Wee Rup (yes, the famously good food was a major drawcard!). I was fortunate to be invited to the Yarra Ranges Network meeting at Mooroolbark, where an experienced group of Shed leaders shared their knowledge and support. Michael from Yarra Ranges Council arranged for a guest speaker to walk us through how the Council develops its Municipal Health and Wellbeing Plan. It was a great reminder to take every opportunity to let your Council know how important your Shed is to you and your local community.

UPCOMING NETWORK MEETINGS



MARCH

- ① Surf Coast Network - Wednesday 5th March (members only)
- ② Lower Goulburn Network - Monday 17th March at Kilmore Men's Shed
- ③ Latrobe Network - Thursday 20th March at Newborough Men's Shed
- ④ South West Vic Network - Thursday 27th March at Warrnambool

Check the [events](#) page of our website for details, and please RSVP for catering purposes.

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!

HEALTH & WELLBEING

PARTNERS DIRECTORY

The VMSA is proud to work alongside a range of health and wellbeing partners dedicated to supporting Men's Sheds and their members. These organisations provide valuable resources, education, and support on physical and mental health, including prostate cancer awareness, diabetes management, mental health initiatives, and more. Here are some of the health organisations VMSA has been partnering with and contact details so you can arrange them to present at your shed.

 <p>Prostate Cancer Foundation of Australia</p>	<p>Linley Watson 03 9948 2072 or 1800 22 00 99 or linleywatson@pcfafa.org.au</p>
 <p>Victorian Farmers Federation</p>	<p>Presentation on health and wellbeing for rural blokes. Paul Wearing, 0448 043 654 or mofs@vff.org.au</p>
 <p>liveup</p>	<p>Presentation on equipment to improve independence around your home. John Bradshaw, 08 6275 3322 or john.bradshaw@ilaustralia.org.au</p>
 <p>encara <i>encompassing care</i></p>	<p>Presentation on Dementia Rehabilitation. Only available to network meetings and large sheds in the LGAs of Mornington Peninsula, Greater Dandenong, Kingston, Casey and Frankston Rochelle Tones, 0423 982 622 or rtones@encara.com.au</p>

	<p>Small group discussions on legal issues. Gary Ferguson, 0407 329 290 or gferguson@seniorsrights.org.au</p>
	<p>Nurse Educator available to present on a range of health issues relating to ageing. Contact directly to discuss. Only available to Sheds and Networks in the South-west of Victoria. Louise Mayall, 03 5366 7934 or louise.mayall@mecwacare.org.au</p>
	<p>Presentation on how to support someone who has lost a family member or friend to suicide. Paula Westaway, 1300 727 247</p>
	<p>Currently trialling a 2 part presentation on Power of Attorney, Medical Decision Makers and Wills with the South East Melbourne Network – stay tuned for more details</p>
	<p>Contact via VMSA for network and large shed meetings. vmsa@vmsa.org.au</p>
	<p>Will be presenting at the Roadshow events in Geelong, Ballarat, Shepparton and Sale. Also some capacity for network presentations. Contact VMSA for your local representative.</p>

Mental Health and Wellbeing Locals: will be presenting at the Sale Roadshow in June and then available for Shed meetings – further details to follow.

Other organisations we are currently liaising with include Mental Health and Wellbeing Locals, Dept of Veterans Affairs, Continenence Foundation of Australia, Dementia Australia and Blooms Hearing – further details to follow!

INSIDE THE WORKSHOP

SHED

SHOWCASE

WODONGA MEN'S SHED

The Wodonga Men's Shed is proud to support Albury Wodonga Health Continence Services with a donation to help purchase a Male Pelvis model and another vital piece of equipment. These resources will assist Nurse Continence Specialists Leanne and Anne (pictured with Nurse Kylie) in educating men about prostate health and surgery. A great initiative ensuring blokes have access to the information and support they need!



DROUIN MEN'S SHED

A simple path has made a big difference at the Drouin Men's Shed, completed late last year thanks to the hard work of the Committee and support from Baw Baw Shire. Special thanks to Fred Mathews Concreting for a job well done and to Baw Baw Shire for their \$3,000 grant that made it all possible!

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



HAMILTON MEN'S SHED

Jeff put his skills to work, creating a small cypress outdoor table—just the spot to enjoy his morning cup of tea. A great example of craftsmanship in action!

NEWBOROUGH YALLOURN MEN'S SHED INC

Craft sessions are now underway at Newborough Yallourn Men's Shed Inc., with quilting, sewing, knitting, crocheting, and more in full swing—a great way to get creative and connect with others.



ROWVILLE MEN'S SHED

After having to cancel a planned fishing outing a couple of weeks ago due to bad weather, a few members of Rowville Men's Shed enjoyed much better conditions today at Stony Point jetty. Despite a light shower of rain, the weather was calm, and their spirits remained high as they coaxed a few fish onto their lines. A successful and enjoyable day out on the water!



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

**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!



GRANT

OPPORTUNITIES FOR YOUR SHED



Business
business.gov.au

Stronger Communities Programme Round 9

Grants of up to \$20,000 are available for eligible small projects that encourage and support participation in local projects and improve our community.

Some examples of eligible projects are listed below:

- Construction of a women's change room at a local football ground.
- Holding an event for NAIDOC week to celebrate indigenous Australians
- Installation of a new war memorial that commemorates Australians killed or injured in war
- Installation of solar panels at a local community centre
- Constructing a disability access ramp or lift at a local sporting facility
- Installation of a native garden to educate the community and celebrate indigenous Australians and their culture.
- Establish a new website to provide information and support to newly arrived immigrants in a local community.

A full list of program objectives is included in Section 2 of the [grant opportunity guidelines](#)

A full list of eligible activities is included in Section 5.1 of the [grant opportunity guidelines](#).

GRANT

OPPORTUNITIES FOR YOUR SHED



Australian Government
Department of Health & Aged Care
National Shed Development Programme
Administered by the Australian Men's Shed Association

Round 29 Now Open

Round 29 specifically prioritises applications with a strong health focus. Further details and resources are available at mensshed.org/nsdp/supporting-docs-faqs

Closing dates:

Cat 1-4 Friday 21 February 2025

Cat 5 Friday 7 March 2025

NSDP Documents:

1. [Programme Guidelines – NSDP Round 29 Jan 2025](#)
2. [General Application Form – NSDP Round 29 Jan 2025](#)
3. [Defibrillators Application Form – NSDP Round 29 Jan 2025](#)
4. [Preparing your NSDP Application – NSDP Round 29](#)
5. [Step by Step Guide - multiple pages into one pdf document](#)
6. [AMSA Resource - The Men's Shed Gathering and Health Event Manual Jul 2022 V4](#)

How to obtain additional information or assistance

Please email amsa@mensshed.net if you have enquiries about the NSDP programme, preparing your application, the Application Form and application process, items and services that are eligible for funding.

Support is provided to all applicants regardless of their location or membership of AMSA.

DID YOU KNOW

THAT PROSTATE CANCER IS GENETIC?

NEW RESEARCH FROM PROSTATE CANCER FOUNDATION AUSTRALIA MAY SAVE LIVES

Summary from an article originally published in [The Australian](#) online 14 Jan 2025

A groundbreaking study has found that genetic testing of relatives of men with prostate cancer could be a cost-effective way to save lives and reduce healthcare costs.

The study highlights the critical role of genetic testing and counselling in identifying family members who may carry hereditary risk factors for prostate cancer and other common cancers such as breast and ovarian cancers.

Prostate cancer now accounts for 16 percent of all cancer diagnoses in Australia, with more than 26,000 Australian men newly diagnosed each year, equivalent to 72 men each day. Tragically, nearly 11 men die from the disease every 24 hours. PCFA CEO, Anne Savage, said genetic testing of first-degree male and female relatives could save lives.

“It is a little-known fact that the genetic mutations that cause some breast and ovarian cancers can also increase men’s risks of prostate cancer, and that those genes can be passed on by fathers to their daughters,” she said.

The research also revealed that genetic testing of men with advanced prostate cancer could enable targeted treatments, which reduce the risks associated with conventional therapies like chemotherapy.

PCFA runs Australia’s only dedicated Prostate Cancer Counselling Service, in addition to funding more than 110 specialist prostate cancer nurses who can help men and families understand their genetic risks of prostate cancer.

Read more here: [New research on prostate cancer: Genetic testing first-degree family may save lives | PCFA](#)

There is also a handy health checklist here: [2025 Health Checklist that might save your life | PCFA](#)

For more information, call 1800 22 00 99 or go to www.pcfa.org.au



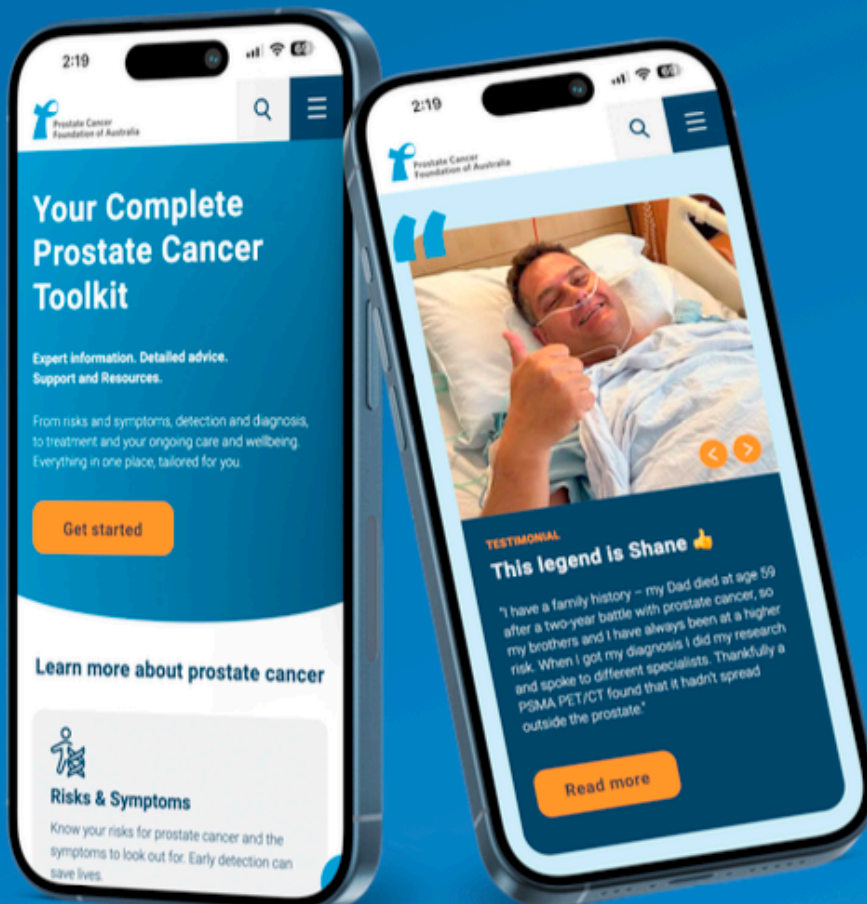
Prostate Cancer
Foundation of Australia

Your Complete Prostate Cancer Toolkit

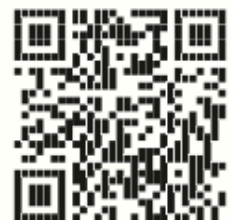
Expert information. Detailed advice.
Support and resources all in one place,
tailored for you.

🔍 prostate.org.au

☎ 1800 22 00 99



Scan the QR code
to get the Toolkit



CALL TO ACTION

MUNICIPAL HEALTH AND WELLBEING PLANS 2025 – 2029

Councils are currently 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.

This week, the Cardinia Network had a presentation from Gemma Paton, Healthy Communities Officer from Cardinia Shire, consulting the Shedders on how they can improve liveability across the Shire. Yarra Ranges Network also had their Health and Wellbeing team from the council attend their network meeting last week. We would strongly encourage all Sheds to consider inviting your council rep along to a meeting while their consultations are open.

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.

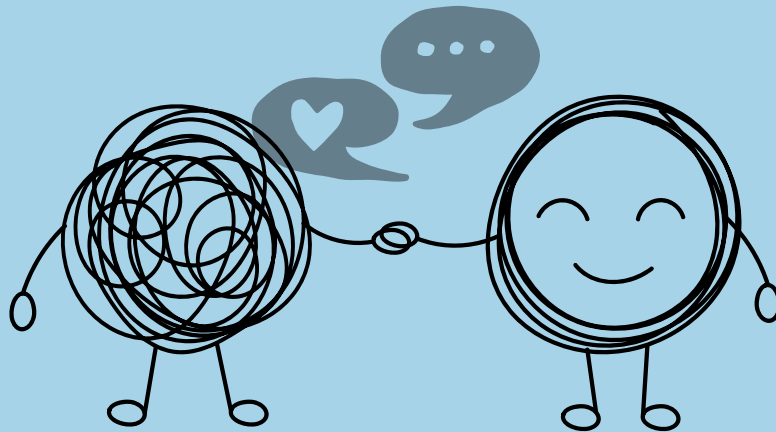
Why our Shed is Important: Having a men's shed in our small rural community of Tangambalanga and Kiewa is important because it provides a supportive and inclusive space for men to connect, share skills and foster mental well-being. We know only too well the significant impact of living 'life on the land', 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.

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.

SHED TO TABLE



Easy pasta bake

Recipe from CSIRO Total Wellbeing Diet

Ingredients

Pasta, uncooked, 120
Olive oil, extra virgin, 2 tsp
Brown onion, 1 medium, finely chopped
Garlic, 1 clove, crushed
Cherry tomatoes, canned, 1 x 400g can
Pepper, 1 pinch
Baby spinach, 100 g
Basil, 1 cup
Mozzarella cheese, 1/3 cup, grated
Parmesan cheese, finely grated, 4 tbsp

Directions

1. Preheat oven to 200°C fan-forced and lightly grease a baking dish.
2. Cook pasta in boiling water for 10 minutes, until almost tender.
3. Heat oil in a frying pan over medium heat, then cook onion and garlic for 5 minutes, until soft.
4. Add cherry tomatoes, season, and bring to a boil. Remove from heat and stir in spinach and half the basil.
5. Drain pasta, reserving 2 tablespoons of pasta water. Add pasta and water to the sauce and mix well.
6. Spoon pasta and sauce into the prepared dish, top with mozzarella and parmesan.
7. Bake for 15 minutes, until bubbly and golden.
8. Scatter remaining basil, season, and serve.

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

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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payment options***



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hire equipment~**



**Dedicated
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**In-store collection
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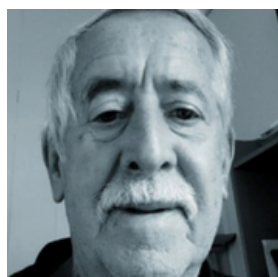
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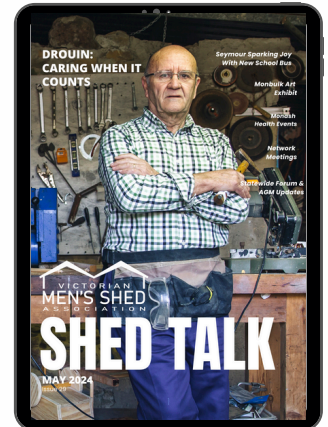


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- See projects in the community
- Updates from VMSA






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