



**LALOR MEN'S SHED  
REOPENS & LOOKS TO THE  
FUTURE**

*Wyndham Vale Men's Shed  
In The Spotlight*

*Ask A Shedder*

*Neerim South Men's Shed  
A Decade In The Making*

*Sale Men's Shed  
Diabetes Educator Visit*

# **SHED TALK**

**MARCH 2025**

Issue 39

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# REPORT FROM THE **CHAIR**

As a consequence of a one-off \$100k grant from the state government to the VMSA for 2024/25 to help us support existing men's sheds networks and establish new ones, we have helped organise a number of network meetings across the state. These are too numerous to list here but include new networks in Bairnsdale and the Latrobe Valley.

In northwest Victoria, a large region a long way from the end of the tram tracks in Melbourne, we will be holding our first ever men's shed network in mid-April.

This will be hosted by my shed, the Ouyen District Men's Shed Inc. as it is more or less in the middle of the region. So far the following sheds have committed to attend: Sunraysia (Mildura), Robinvale, Red Cliffs, Sea Lake, Wycheproof, Birchip, Woomelang, Robinvale and Hopetoun.

Until now, the tyranny of distance has kept us apart, but the VMSA funding has jump-started us and it has helped with the invitations, some giveaways, advice and will fund a modest lunch for travel-worn invitees.

Attendees will give reports of their shed's activities and talk about how they might be able to work together a bit more in the future.

Topics for discussion include but are not limited to governance, incorporation, community contributions, insurance, disability and children's access, auspicing, fundraising and the sharing of materials, tools and equipment.

But apart from all the chin-waggin, the real point of things is to get everyone together in the knowledge that we are not alone but part of a state and nationwide men's shed movement that is strengthened by the true spirit of mateship and comradeship that defines us all.

Men's shed network meetings such as these will continue to be rolled out this year and we will do our best to make them self-sustaining, as we have a lot to gain if this proves to be the case.

**TREVOR DOBBYN**  
*VMSA Chair*





# REPORT FROM THE **GENERAL MANAGER**

Hello Shedders,

It seems like 2025 has hardly drawn a breath and we're already seeing a load of Easter bunnies bouncing towards us from afar. Time marches on as they say, and March has certainly been an eventful month that has flown by over here at the VMSA.

I attended a lively shed network meeting in Kilmore on the 17th. It was great to be back at this shed - a big, bustling place with a great committee and a big heart. Paul from the host shed gave a talk on how they go about attracting new members. With well over a hundred guys on their books, it was obvious that Paul knew a thing or two about this and everyone was all ears as he spoke. One thing that is sometimes overlooked is tapping into the inestimable energies of local women whose main aim in life is to get their husbands 'out from under their feet'. (my words here not Paul's) Kilmore were kind enough to share their presentation with us and if any other sheds would like to have a look at it email me at [gm@vmsa.org.au](mailto:gm@vmsa.org.au).

In other interesting news it looks like the days of us turning up at shed visits with car boots full of old dusty drills and boxes of goggles are finally behind us. We're now able to fill our VMSA showbags with many different hardware items, including dowels, bags of screws, sanding pads, dowelling jigs, mitre boxes, corner jointers and more, thanks to the generosity of Ringwood-based company Fluidmaster. We'll be making sure our wagons are full every time we travel out to individual sheds, network meetings and regional roadshows.

In health news, our relationship with the Prostate Cancer Foundation of Australia continues to progress. They have added a VMSA profile to their website, and we hope it will help more men to connect with their local Shed.

The March edition of Shed Talk has lots of event updates, networking news and shed stories inside. I hope you enjoy it. Remember you can sign up to receive it in your inbox here: [Subscribe to Shed Talk](#)

**JIM KANE**  
*VMSA General Manager*





WE'RE COMING  
TO A TOWN NEAR  
YOU!!

## VM SA Road Shows

Save the dates:

**GEELONG - 15<sup>TH</sup> MAY**

**WENDOUREE - 28<sup>TH</sup> MAY**

**SHEPPARTON - 11<sup>TH</sup> JUNE**

**SALE - 27<sup>TH</sup> JUNE**

EVENTS



Images from Lalor Men's Shed Newsletter

# LALOR MEN'S SHED

## REOPENS & LOOKS TO THE FUTURE

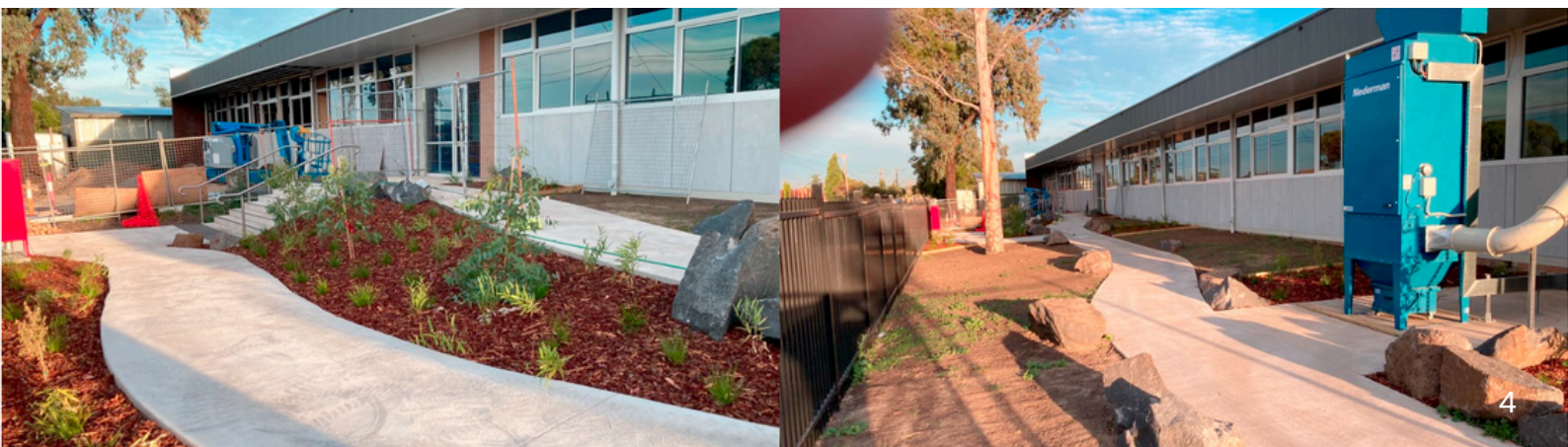
After a long wait and plenty of challenges, the Lalor Men's Shed officially reopened on March 26! It's been a tough journey, with delays pushing back the move-in date and all their gear packed away in shipping containers. But now, they're back in action and looking ahead to exciting times.

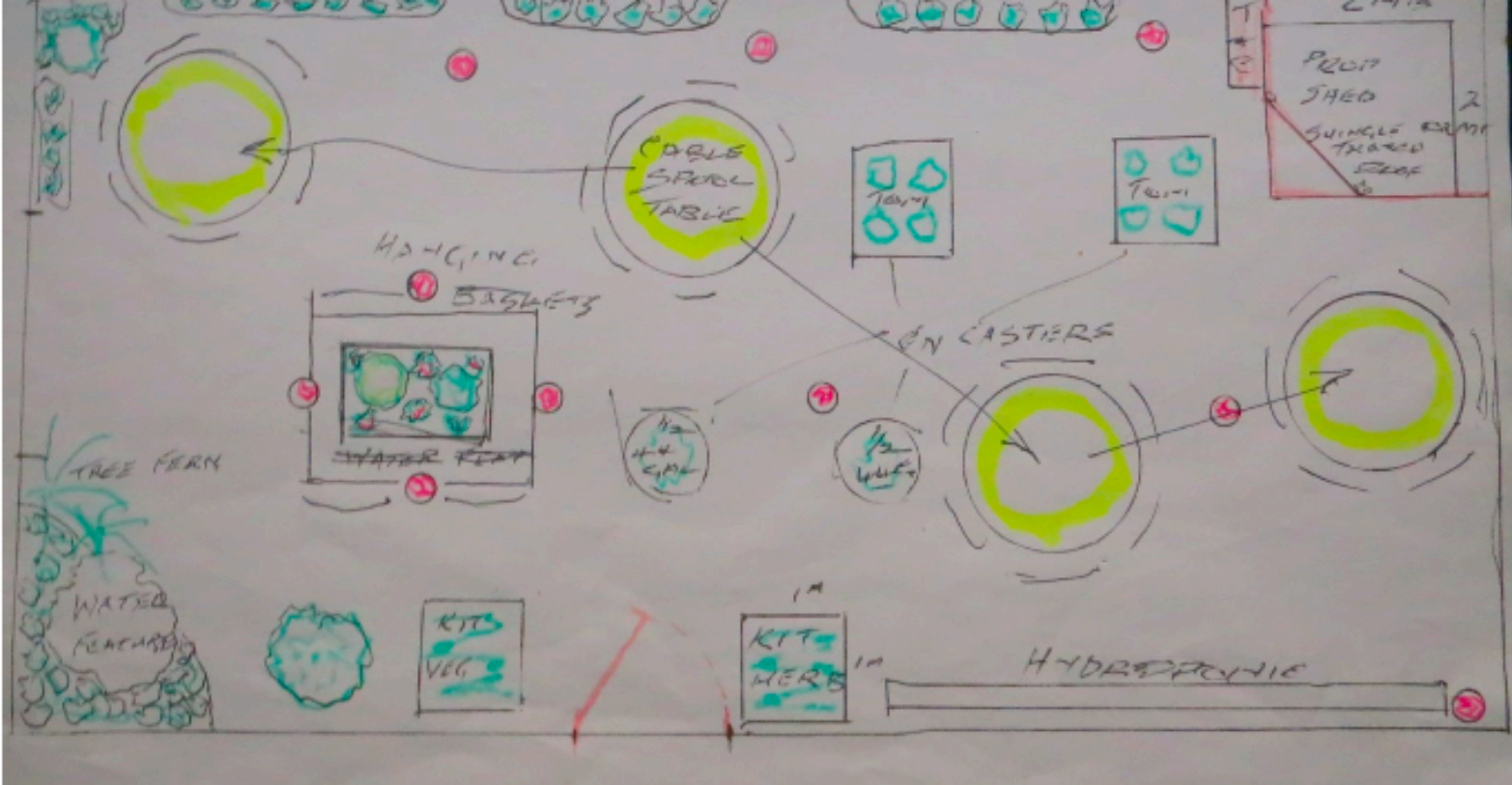
To celebrate, an Open Day is in the works, where the shed will showcase its fantastic new facilities. In April, Lalor will also host the Outer North East Melbourne Network Meeting, giving local sheds the chance to see what they've accomplished firsthand.

### **A Massive Effort**

Getting back into the shed was no small task, and a huge thank-you goes out to the dedicated members who worked tirelessly to move everything in (and out... and back in again!). While things are still being organised, there's a strong vision for the future.

By the end of the year, the goal is to reach 100 members and operate five days a week, including Saturdays to welcome younger members. The Merriang School Program will resume on Tuesdays, led by Julie and Doug. Plus, there are plans to bring back a weekly lunch, featuring classic pub meals like bangers & mash and pie & peas—just like in the Navy days!



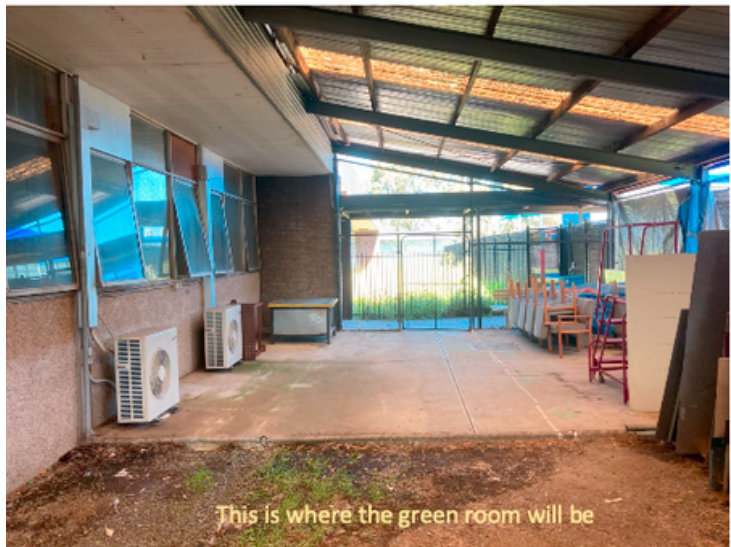


# LALOR MEN'S SHED

## REOPENS & LOOKS TO THE FUTURE

### The Green Room & Future Projects

Another exciting development is the Green Room, a garden space planned for the shed's lean-to area. Anyone interested in helping shape this project is encouraged to get involved. Meanwhile, the woodworking and metalwork groups are kicking back into gear, with Brian & Paul leading the woodshop and Doug & Nat running the metalwork area.



### Fundraising & Community Support

Merv put it best—"We've been spending money like a man with ten arms!" With relocation costs and fewer fundraising opportunities over the past year, the shed is looking for ways to rebuild its funds.

Sausage sizzles at Bunnings and community BBQs have helped, but there's a callout for members to take on toy-making projects—toys always sell well and could be a great way to raise much-needed funds.

### A Shed Built on Resilience

Despite all the setbacks, the Lalor Men's Shed has continued supporting the community, making A-frames for Andrew Giles MP and crafting boxes for the local bowling club. Their dedication proves that, even in tough times, the shed remains a pillar of the community.

With a fresh start, new goals, and plenty of plans ahead, there's no doubt Lalor is back and stronger than ever!

# WYNDHAM VALE MEN'S SHED

## IN THE SPOTLIGHT!

The Wyndham Vale Men's Shed recently featured in the Star Weekly, shining a light on the many benefits of joining a shed and encouraging locals to get involved.

Since its founding in October 2015, the shed has been a hub for camaraderie, skill-building, and community support. Members take part in everything from woodworking and wood turning to electronics, robotics, 3D printing, and computer programming.

Always Growing, Always Innovating  
Shed Secretary Peter Gibbons shared that, despite ongoing challenges with finding a permanent home, membership continues to grow. The shed currently operates three days a week—Tuesdays, Thursdays, and Fridays from 9am to 2pm—behind the Iramoo Community Centre.

The shed remains on the lookout for a permanent space and welcomes any community support in securing a dedicated location. In the meantime, members are making the most of what they have, tackling exciting projects like a remote-controlled car currently in the works!

### Join the Shedders!

If you're interested in learning new skills, working with your hands, and making great mates, Wyndham Vale Men's Shed is the perfect place to get involved.

📍 Find them at: [vmsa.org.au/shed/wyndham-vale-mens-shed-inc/](https://vmsa.org.au/shed/wyndham-vale-mens-shed-inc/)

🕒 Visit on: Tuesdays, Thursdays & Fridays, 9am - 2pm

📱 Connect on Facebook: [Wyndham Vale Men's Shed](#)

Whether you're into woodwork, tech, or just good company, there's something for everyone at Wyndham Vale Men's Shed!



Article from Star Weekly





## **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](http://www.vmsa.org.au)

# ASK THE SHEDDERS

Got a question that's been on your mind? Need advice on a project, tool recommendations, or tips for your shed? We're excited to introduce a new section in our newsletter called "Ask the Shedders," where members can write in with their questions and receive answers from the wider shed community.

## How it works:

1. **Submit Your Question:** Email your question to [vmsa@vmsa.org.au](mailto:vmsa@vmsa.org.au). Be sure to include as much detail as possible.
2. **Featured Questions:** We'll select a few questions to feature in each edition of our newsletter.
3. **Community Answers:** Our knowledgeable and experienced shed community will provide their insights and answers.

Let's tap into the collective knowledge of the shed community!

## QUESTION FROM DANIEL, WYNDHAM PARK COMMUNITY CENTRE

Q

Do you know of any supplier who can assist with discounted Chemical Spill Kits for Mens Sheds please?

If you know the answer to this question, please email Jim to pass on the information to Daniel.

[gm@vsma.org.au](mailto:gm@vsma.org.au)

A

# SHED TO SHED

## REGIONAL COORDINATOR UPDATE

A wise man once said that a long road without end goes nowhere, luckily for me, all the long roads in Victoria lead to a Men's Shed. And I got to go East, West and North over the past 4 weeks and in between, I practiced my manual handling skills manoeuvring pallets, but that's a story for another day. Early doors saw me head towards the snow up north. There was none there, but I did get to check in with some great sheds in the Shepparton area. I was made welcome in Shepparton, Golden Valley Woodworkers and Mooroopna. I was also scoping out a venue for the upcoming Regional Roadshow, which I am pleased to say will be held at the Shepparton Greyhound Racing Track on Wednesday, 11 June 2025. More Details to follow soon.

I was then very pleased to be invited to the first meeting of the Latrobe Network, which was hosted by Newborough/Yallourn Men's Shed, It coincided with International Happiness Day and there certainly was an outbreak of happiness on that day, especially when it started with a cracking breakfast and lovely fresh coffee. Big shout and thanks to AMSA for shouting us all breakfast. After breakfast, we had a really productive network meeting with guest speakers from the Prostate Cancer Foundation, Ambulance Victoria, the Victorian Farmers Federation and the Health and Wellbeing Local team. There was a real buzz in the room and another network was reborn.

The end of my month was spent in the beautiful west, I attended a great health forum put on by Heywood Men's Shed, it was a bit of a drive and an early start but definitely worth it. Heywood is one of those classic sheds, that punches way above its weight and is a huge asset to its community. They put Health front and centre and have provided amazing opportunities for shedders and the wider community over the last few years. Just down the road ( apparently) the following day and I was in Warrnambool for the first South West Victoria Network, again these days don't just happen but when you have someone like Phil Pettingill doing the organising you know you are on to a good thing, and so it proved, a hugely positive meeting which has helped sow the seed of an even greater Network to come. The VMSA were also able to say that we will be having a Regional Roadshow in the Southwest in late August of this year.

So there you have it: a lot of KM's covered, but every one worth it. Remember if you are chatting with a politician in the next few weeks don't forget to mention the wonderful world of Men's Sheds and the amazing health benefits they provide for your community.

As always, if you are having an event, flick me an invite and I'll do my best to get there.

Slan go foill mo Cairde ( Bye for now my friends)

,  
Mark



# UPCOMING NETWORK MEETINGS

## WITH KYLIE HUGHES



It's been another month of overwhelmingly positive feedback coming through from network meetings. Jim Kane headed up to Kilmore for the second meeting of the Lower Goulburn Network, and Board member Graeme Newman (Diamond Creek Men's Shed) also attended. Kilmore member Paul Harvey gave a highly valued presentation on attracting new members. Paul also did a power of work to pull this meeting together – thanks, Paul!

The inaugural meeting of the Latrobe Network was held at the Yallourn Shed and was very well received by attendees. Mark Tyrrell was there representing VMSA and was full of praise for the Yallourn shedders running of the event. Guest speakers included Ambulance Vic, the Prostate Cancer Foundation, the Vic Farmers Federation and the Gippsland Health and Wellbeing Local team. Federal Member for Monash Russell Broadbent also stayed on after breakfast to address the meeting and was effusive in his support of the contributions our Sheds make to local communities.

Mark got two for the price of one this week, heading for the SA border to attend the Heywood Shed's Health event and following up with the first South West Vic network meeting at Warrnambool the next day. Sandra and Terry at Heywood never disappoint with their events, and this one was no exception. Mark came away with plans to hold a VMSA event there later in the year. South West Vic is the first network (to my knowledge!) planning for hybrid meetings to address the challenges of distance. Phil Pettingill has been the driving force in getting the South West Vic network up and running, even securing local sponsorship for a network newsletter. Great work, Phil!

This month, VMSA joined a collaboration of researchers seeking to address the health impacts of loneliness and isolation. The project is led by Monash University in partnership with Deakin University, University of Sydney, University of Melbourne, the National Ageing Research Institute, Heart Foundation, Department of Health Victoria, MIND Australia and others. I'm delighted to be the VMSA representative on this project.

The aim of the Connecting for Better Health project is to gather the knowledge and tools to successfully implement strategies for tackling loneliness and social isolation. The coalition will study the links between loneliness and social isolation and chronic diseases and identify evidence-based strategies for breaking those links. It aims to provide the government with the information it needs to move away from siloed solutions to more holistic planning approaches that reduce the devastating impacts of loneliness and social isolation in Australia. What better way to reduce loneliness than joining the local Men's Shed!

Finally a reminder that Thursday, 8<sup>th</sup> May is Shed Mates Day (Shed M8s). Please consider a coffee morning or similar to celebrate men looking after their mates! Resources are available on the AMSA website [Shed Mates - Australian Men's Shed Association](#)

# UPCOMING NETWORK MEETINGS



## APRIL

- 1** North West Vic MS Network - Tuesday 15th April at Ouyen Men's Shed
- 2** East Gippsland - Wednesday 16th April at BADMAC
- 3** Inner and South Gippsland - Thursday 17th April venue TBC
- 4** South East Melbourne - Thursday 24th April at Dingley Village

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](mailto:kylie@vmsa.org.au). She's here to help!



# NEERIM SOUTH MEN'S SHED

## A DECADE IN THE MAKING!

After ten years of dedication and fundraising, Neerim South Men's Shed is celebrating the completion of its long-awaited facility. The journey began four years ago when the shed received funding to reach the lock-up stage. From there, a dedicated group of members worked tirelessly over the next two years to fit out the workshop and obtain the necessary Certificate of Occupancy.

In 2023, the shed secured two significant grants—\$50,000 from the Department of Veterans Affairs and another \$50,000 from DJSIR—to build a kitchen, mess and meeting room, and a consultation space. Additional support from the local Bendigo Bank, which contributed \$10,000, helped bring the project to completion. Now, with construction officially finished, members are eager to embrace the next stage of the shed's development.

The Neerim South Men's Shed is well-equipped for a range of activities, including woodworking, metalworking, welding, and automotive projects. Among the standout initiatives, a group of Afghanistan veteran soldiers is currently restoring various pieces of military memorabilia, including a Hummer, a Bofors gun, and a jeep.

With the facility now fully operational, the shed is looking forward to welcoming new members and continuing its commitment to supporting the local community. The completion of this project marks not only a milestone for the shed but also a testament to the dedication and resilience of its members.

# SALE MEN'S SHED

## DIABETES EDUCATOR VISIT

Sale Men's Shed is continuing with its health education programs following the successful session last year on Prostate cancer. Registered Nurse Fenella (Fen) Purdon, Diabetes Educator Central Gippsland Health was invited to the shed on Friday 14<sup>th</sup> February by one of our members Matthew Ridgeway.

Several members of the men's shed have type 2 diabetes and Fen explained simply the causes of diabetes and the role of insulin in the body's cells. She explained the importance of diet and exercise and how those people at risk need to just make small changes in their habits because we are used to poor diet and reduced exercise. It is important to become well informed and get the views of other educators and make the necessary changes that suit us.

Excessive sugar is usually consumed through liquids more than food. Fen stated that sugar free drinks are better from a diabetes educator's point of view instead of drinks like coke and fruit juices which are concentrated sugar, but also to be considered is the health concerns by some of the effects of artificial sweeteners and sugar replacement products.

Members were happy with the visit with simple explanations about diabetes and its effects.



Photo: L to R Alan Huckell (Shed Member), Registered Nurse Fen Purdon (Diabetes Educator), Phil Armstrong (Shed Member)

INSIDE THE WORKSHOP

# SHED SHOWCASE

## WARRNAMBOOL MEN'S SHED

Men's Sheds across South West Victoria have formed the South West Victorian Men's Shed Group in partnership with VMSA. Covering 24 sheds from Colac to the SA border, the group will share resources, promote men's health, and strengthen communication, with larger sheds supporting smaller communities.



## LANG LANG MEN'S SHED

Lang Lang Men's Shed recently visited the Dandenong Community and Learning Centre, connecting with fellow shedders and sharing ideas. The visit was a great opportunity to exchange skills, learn from each other, and strengthen ties between sheds. A fantastic day of camaraderie and collaboration!

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)





## LANGWARRIN MEN'S SHED

Langwarrin Men's Shed's monthly get-together featured an insightful presentation from the Langwarrin and Balnarring CFA on home safety. A big thanks to David and the CFA team for sharing their valuable knowledge and keeping our community informed!

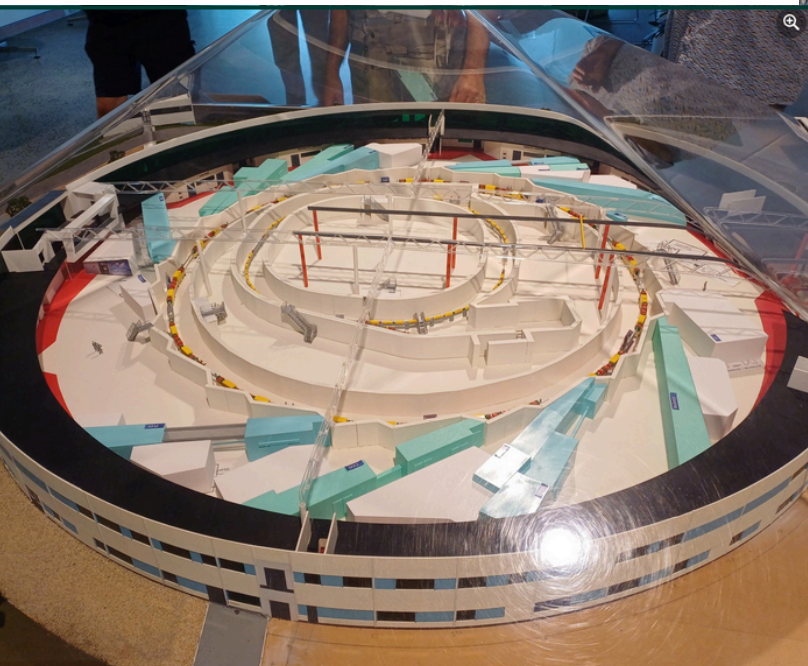
## WODONGA MEN'S SHED

The Vintage Train Detachment of the Wodonga Men's Shed John S, Vince, and Garry K, along with their partners enjoyed a historic ride on the Picnic Train with steam loco R766. Departing Albury, they traveled in vintage 1930s carriages to Gerogery and back, complete with a buffet car for morning tea and a luxurious lounge car. A fantastic day celebrating rail history!



## ENDEAVOUR HILLS MEN'S SHED

Endeavour Hills Men's Shed visited the Synchrotron facility in Clayton, exploring its role in medical, engineering, food, and nuclear research. Led by a knowledgeable Swinburne PhD student, the tour was both fascinating and eye-opening, showcasing the incredible work behind advancing medicine and technology.



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)



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

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

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



# 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><b>Prostate Cancer Foundation of Australia</b></p>	<p>Linley Watson 03 9948 2072 or 1800 22 00 99 or <a href="mailto:linleywatson@pcfafa.org.au">linleywatson@pcfafa.org.au</a></p>
 <p><b>Victorian Farmers Federation</b></p>	<p>Presentation on health and wellbeing for rural blokes. Paul Wearing, 0448 043 654 or <a href="mailto:mofs@vff.org.au">mofs@vff.org.au</a></p>
 <p><b>liveup</b></p>	<p>Presentation on equipment to improve independence around your home. John Bradshaw, 08 6275 3322 or <a href="mailto:john.bradshaw@ilaustralia.org.au">john.bradshaw@ilaustralia.org.au</a></p>
 <p><b>encara</b> <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 <a href="mailto:rtones@encara.com.au">rtones@encara.com.au</a></p>

	<p>Small group discussions on legal issues.  Gary Ferguson, 0407 329 290 or <a href="mailto:gferguson@seniorsrights.org.au">gferguson@seniorsrights.org.au</a></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 <a href="mailto:louise.mayall@mecwacare.org.au">louise.mayall@mecwacare.org.au</a></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.  <a href="mailto:vmsa@vmsa.org.au">vmsa@vmsa.org.au</a></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!

# WALK FOR HIM

## A PROJECT FOR MEN'S HEALTH

The Prostate Cancer Foundation of Australia (PCFA) is calling on all Victorian Men's Sheds to take part in a fantastic initiative this June during Men's Health Week – Walk for Him. This event aims to raise awareness and vital funds for prostate cancer research and support services, while encouraging all Australians to challenge themselves for the men in their lives. Men's Health Week 2025 is 9 - 15 June.

Prostate cancer is the most commonly diagnosed cancer in Australia, with over 120,000 men diagnosed in the past five years. Tragically, more than 18,000 men have lost their lives to this disease. Walk for Him participants are encouraged to collectively help cover 26,000kms to raise funds for awareness, clinical trials, nurses, and essential services that support men and their families impacted by prostate cancer.

For Sheddors, this presents a perfect opportunity to engage in a meaningful project. Many Men's Sheds already have walking groups, and those who don't may like to start one. It's not only a way to improve your health but also to build camaraderie and raise awareness about this crucial cause. You'll be walking for the men in your Shed who have been impacted by this disease and your community, all while creating a stronger sense of connection and purpose.

To get involved, simply sign up at [www.walkforhim.org.au](http://www.walkforhim.org.au). Whether you walk solo, as a group, or even set up your own walking challenge within your Shed or with other Sheds, your participation will make an impact. The goal is to raise \$250,000 to help fund prostate cancer research, nursing services, and clinical trials.

So, grab your walking shoes and join in the effort this Men's Health Week. Sheddors, together, we can walk a long way towards supporting men's health!



# Greyhound Adoption **Month**

## Greylight Savings

📅 April 5

📍 GAP Tullamarine

## Easter Buddy Adoption Day

📅 April 13

📍 The Meadows

## Sale GRC Adoption Day

📅 April 20

📍 Sale Greyhound Racing Club

### It's that time of year again!

April is Greyhound Adoption Month. A wonderful time of year to celebrate our favourite four legged friends and, of course, find forever families for as many as we possible can. Here's a sneak peak of what's to come!

#### Greylight Savings

**When:** Saturday April 5 10am - 2.30pm

**Where:** GAP Tullamarine, 444 Melrose Dr, Tullamarine VIC 3043

As the seasons shift and daylight saving time comes to an end, it's the perfect moment to embrace change—and what better way than by welcoming a greyhound into your life?

#### Easter Buddy Adoption Day

**When:** Sunday April 13 11am - 1pm

**Where:** The Meadows, 80 Northcorp Blvd, Broadmeadows

This is a unique event and the first time we have offered greyhounds for both permanent adoption AND short term foster at the same event!

**Registrations are essential for this event.**

[Register here](#)

#### Sale Adoption Day

**When:** Sunday 20 April

**Where:** Sale Showgrounds, Maffra-Sale Rd, Sale VIC 3850

Save the Date for National Adoption Day at Sale Showgrounds! This promises to be an unforgettable event filled with fun and love. Stay tuned for more details!

## **BINS4Blokes helping local men to live life freely**



**BINS4Blokes is a Continenace Health Australia initiative to help get more incontinence product disposal bins in male toilets across Australia.**

**The Prostate Cancer Foundation of Australia (PCFA) has teamed up with BINS4Blokes to support the initiative and make a difference to the lives of men and boys living with incontinence.**

**Installation of incontinence product disposal bins in public toilets will ensure that males with incontinence can live and work in their community with confidence and freedom.**

## **[ THE FACTS ]**

**Did you know that an estimated 2.4 million Australian boys and men are living with urinary and/or faecal incontinence?**

- **Each year, over 26,000 men are diagnosed with prostate cancer**
- **The risk of prostate cancer increases with age and one in five men in Australia are at risk of developing prostate cancer in their lifetime**
- **Urinary incontinence rates following radical prostatectomy are high**
- **A lack of facilities to dispose of incontinence products can be stressful for men. It can discourage men from leaving the house, resulting in social isolation.**

**Show your support for BINS4Blokes by asking for more bins to be installed in your local community.**

**Find out how at: [BINS4Blokes.org.au](http://BINS4Blokes.org.au) | [BINS4Blokes.org.au/resources](http://BINS4Blokes.org.au/resources) | [info@BINS4Blokes.org.au](mailto:info@BINS4Blokes.org.au)**

**For help with incontinence call the National Continenace Helpline on 1800 33 00 66**

**For prostate cancer support and information phone PCFA on 1800 22 00 99 or visit [prostate.org.au](http://prostate.org.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](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!



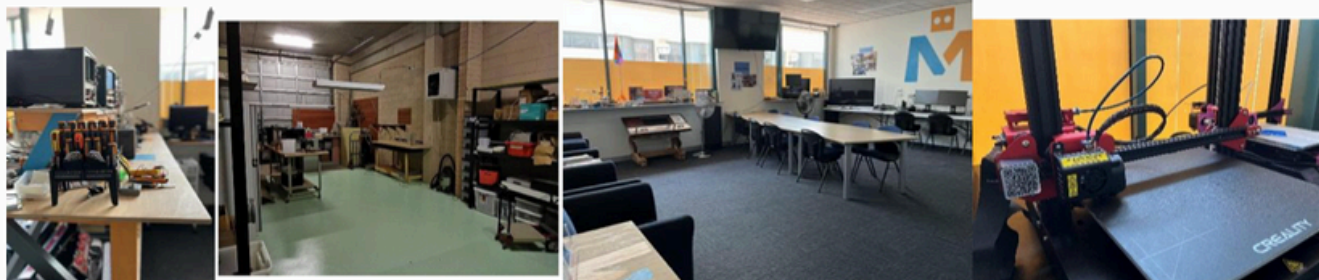


Call out to sheds as this may be of interest if you are wanting to start up a new interest group.



## Melbourne PC User Group

Members Helping Members



### Makerspace with 3D Printers, Workshop with Lathe & Mill!!

**CNC Project – Milestone achieved!**

**Free Help - How to use Smartphones, Tablets and Computers**

**Monthly Meeting every 1<sup>st</sup> Wednesday of the month at the Headquarters**

**For all our events see [Event Calendar](#)**

☀ **Upcoming events in collaboration with South East Volunteers at the [Headquarters](#)** ☀

☀ **Artificial Intelligence, run by SEV**

**April 15, April 22, April 29**

The sessions will start at 4pm and run for 1.5 hours

☀ **3D Printing, run by Melb PC**

**May 6, May 13, May 20**

The sessions will start at 1:30pm and run for 1.5 hours

**\$5 for members, \$10 for non-members of MelbPC or SEV**

#### Contact Us:

Ph. 03 9276 4000

[office@melbpc.org.au](mailto:office@melbpc.org.au)

[Visit Website](#)

[Location](#)



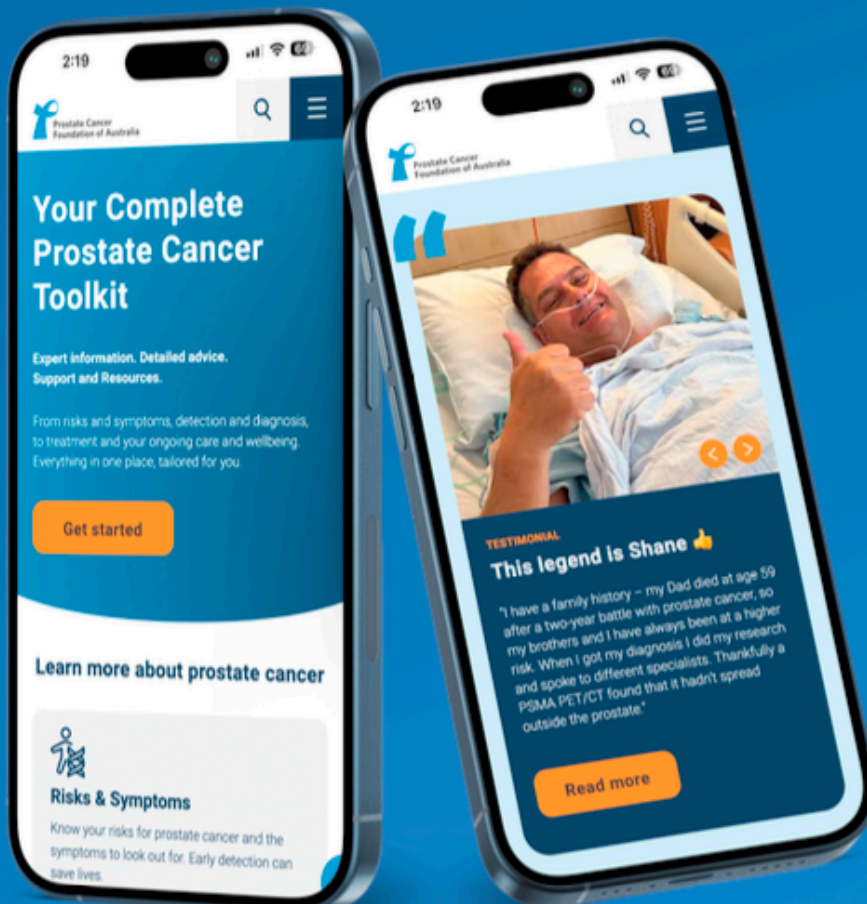
Prostate Cancer  
Foundation of Australia

# Your Complete Prostate Cancer Toolkit

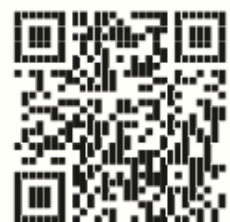
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☎️ 1800 22 00 99



Scan the QR code  
to get the Toolkit



# 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!

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# VMOSA TEAM



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**COURTNEY RODDA**

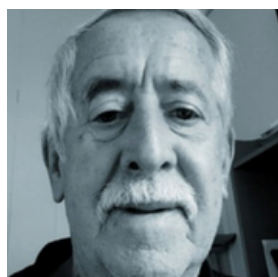
Social Media

# VMOSA BOARD



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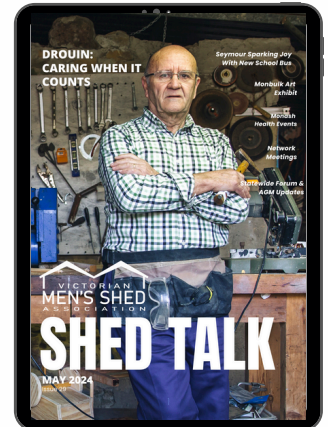


**Greg Male**  
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# SUBSCRIBE TO **SHED TALK**

CLICK HERE



## VISIT OUR ONLINE EDITION

<https://www.vmsa.org.au/newsletters/>

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



## FOLLOW US ON FACEBOOK

 Victorian Men's Shed Association

- Catch the latest shedders news
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