

NEW VMSA NEWSLETTER



Calling all sheds... Have you updated your details lately?

We would all agree that communication is important.

It is how we find out information that is of assistance to us for all sorts of reasons.

So, we are asking all Shed Management Committees to update their contact details on our website at this web address:

<https://www.vmsa.org.au/shed-contact-form/>



What's Inside

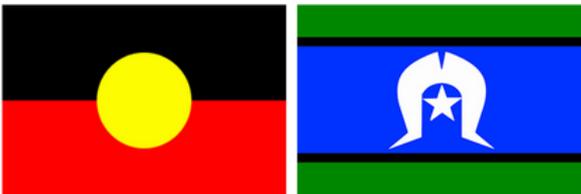
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Acknowledgement of Country

'In the spirit of reconciliation, the Victorian Men's Shed Association Inc. acknowledges the Aboriginal and Torres Strait Islander peoples as the first inhabitants of this nation and the traditional custodians of the lands where we live, learn and work. We pay our respect to their Elders past, present and emerging'.



The Victorian Men's Shed Association is funded by the Victorian Government

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Chair Report



As a consequence of my involvement in the men's shed movement I often get asked what sheds do and as I travel around the state visiting sheds I realise I should really start the answer with "how long have you got?"!

That's because men's sheds are wildly diverse in what they do on a day to day basis. There's such an amazing range of skills deployed over a huge landscape of tasks and activities as to almost defy description.

This was evident during a visit to the Ocean Grove & District Men's Shed Inc. on 17 April. I was kindly given a tour by the President Peter Deering and Secretary Bruce Ward and was immediately struck by what a great shed it is.

Their shed was established 14 years ago and has around 60 members. In terms of community work which comprises much of the work done in the shed, Ocean Grove has partnerships with five local primary schools, one secondary school and four kindergartens. The kindergarten partnership for example involves the maintenance and building of equipment.

The shed also offers a Science in the Schools program which has been partially supported by the local council and hard-to-get science grants. This program is offered to all schools in the region and members conduct science shows and make interactive science exhibits which are available to schools. In addition, the shed has made a very popular portable mini-golf course which is available to community groups. Businesses such as Bunnings have provided contributions to this project. The shed also makes outdoor furniture, nesting boxes, notice boards for the community etc. for the cost of materials and a modest contribution.

Some of the things made in the shed are for sale and notwithstanding my resolve formed on entry that I wouldn't buy anything I quickly succumbed and bought a very nicely made chopping board!

There is one other thing that made an impression on me and that was the video produced by a local film maker which involved interviewing members about how they came to the shed and what it meant to them. I thought it was a very powerful piece which really summed up what men's sheds are all about. An introduction to the shed leaflet says "Men don't talk face to face they talk shoulder to shoulder." It goes on to say that men attending the shed can find friendship and a renewed sense of self-confidence, pride and purpose that comes from the productive use of their hands, minds and time.

What more can you say other than it's a great and well led shed and I want to thank the committee for the opportunity to visit it.

Trevor Dobbyn - VMSA Chair

CEO's Report



Over the coming months we anticipate there will be an announcement of the annual Victorian Government "Strengthening Men's Shed Grants".

Rather than leave it until the last minute, it's worth thinking about what you may want to apply for, and more importantly starting to do some groundwork if you are planning on doing any modifications, extensions, or a new build of a Men's Shed.

We know that many building trades are very busy at the moment, caused by a combination of labour and skills shortages, natural disaster repair and rebuild works, and the collapse of several major builders in the Victorian market. This is reportedly causing difficulties and delays in obtaining quotes, so it is appropriate that you start thinking about these matters earlier rather than later as they do seem to be taking longer than normal.

It is also very important when you apply for any grants or funding, that you take the time to study the guidelines and application process requirements carefully.

We often receive feedback from government funders that sometimes what are potentially very good projects and applications are knocked back on a technicality purely because they haven't followed the published guidelines.

You can find grant information on the VMSA website via this link
<https://www.vmsa.org.au/grants/>

I'd also like to remind all the sheds, that both the VMSA and other sheds love to find out what you're doing in your shed, so please send us your stories and pictures.

Derek O'Leary - CEO

VMSA Queens Hall Event

Calling all Sheds



The VMSA have been very fortunate to be offered an opportunity to showcase our work as an organisation and the great work produced locally around the State by Men's Sheds in a display at the very prestigious Queen's Hall in the Victorian Parliament on May 16 - 18th.

We are calling on sheds to provide any stand out pieces of work that they produce to be placed on display in Queens Hall for the week. There is limited space and time, so we do need to start working towards this as soon as possible. Items will need to be received and packed safely and stored at our Dandenong South Offices at least two weeks prior to the event, they will then be transported to Parliament in one delivery.

Queens Hall is a historic centerpiece in the State Parliament in Spring Street Melbourne, with Members of Parliament, Ministers, and other State Government staff passing through the hall whilst in Spring St.

Aside from having items produced by Sheds on Display, we will also be running a Video Display on the in house systems, and are calling all sheds to provide a photo of both the outside and inside of your shed.

VMSA Chair Trevor Dobbyn has been hard at work behind the scenes with Bronwyn Halfpenny Member for Thomastown pulling this together and I'd like to thank both of them for creating this fantastic opportunity for Victorian Sheds.

Please contact me if you are interested in providing display items for this great event

Derek O'Leary - CEO

VMSA Board Visits

On Monday the 14th of March, VMSA Chair Trevor Dobbyn accompanied the Vice Chairman, Colin Prowd, on a tour of three sheds across the Mornington Peninsula.

Throughout the tour, Trevor covered a wide range of topics from discussing Field Reps, the Queens Hall event, webpage and IT updates, grants, and the ways in which the VMSA will continue to assist all the sheds. Trevor's presentations were greatly appreciated at each shed, and he also gained valuable feedback from the questions raised by members and the committees, as well as seeing the diverse variety of talent and work on display at these sheds.

They started their tour at one of the larger sheds on the peninsula, Mt Martha, and were shown the various projects the shed is involved in, benefitting local schools, refurbishing toys and equipment, and, even restoring a 100 year-old boat made from Huon Pine.

Moving on to Mornington, Trevor was able to speak to 60 of the sheds members about the VMSA, answering questions and giving a commitment to assist in their long term goal of acquiring some land to enable the shed to build a facility large enough to house all their operations under one roof, as the shed is currently split between multiple locations.

Lastly, the pair made their way to the temporary location of the shedders from Peninsula North, who's shed at Baxter was unfortunately destroyed due to a fire. Now operating 2 days a week out of the Westernport Shed, thanks to the generosity of the Westernport Mens Shed, and Colin himself, the Peninsula North shedders we're able to gather and listen to Trevor talk about the role of the VMSA, how they operate, and the ways in which the VMSA will be assisting sheds in the future.



New Peninsula President Andrew Doncovio
with VMSA Vice Chair Colin Prowd

Introducing one of the newest members to the VMSA family: GV Woodworkers!

Growing from humble beginnings in the early 1980's, the club now boasts more than 130 members. Senior members are fantastic at sharing their skills and knowledge with newer members, as well as having a cuppa and chat. The club provides a place where members can use their skills to help upkeep and maintain the facility, as well as a place to come each week and catch up with old friends. New members are treated to a huge selection of expertise to utilise, allowing their woodworking projects to come to life!

The club supports local charity organisations by regularly providing woodturning and pyrography demonstrations at fundraisers, expos, and other events, including conducting several seminars involving prominent guest woodturners and craftsmen.

In fact, the main aim of the club, besides passing down knowledge and expertise from master artisans, is to support local charities. Each year the club has made toys and donated them to charities at Christmas time. Throughout the year, GV Woodworks holds monthly toymaking workshops, and have donated more than 17,000 toys.

Moving forward into 2023, GV Woodworks is aiming to capitalise on the momentum from the 2022 Woodshow and get their members upskilled in areas of interest. They're also working hard to recruit more members, in the hopes of continuing to grow in the years ahead.



Life Saving Skills

In a demonstration from Ambulance Victoria staff members on Thursday 9 March, the members of the Emerald Men's Shed were shown life saving skills for use in the local community.

The Call, Push, Shock session saw paramedics educate around 12 attendees about how to perform CPR and how to use a defibrillator on a patient experiencing cardiac arrest, as well as how to use the GoodSAM app which alerts the public to where the nearest accessible defibrillator is located.

"We thought it was important that we got involved and we all learn how to use it," Emerald Men's Shed president Alan Bennett said.

"As we are all getting older, there's more possibility that one of us in here could have a heart attack or someone in the public could have a heart attack.

"If we can assist them or assist someone in the shed, then it's an important thing we need to do."

According to the Ambulance Victoria presentation, thousands of Victorians suffer a cardiac arrest at home or out of home each year.

"For every minute without life saving intervention, a person's chance of surviving rapidly decreases. Tragically, only one in 10 people survive an out of hospital cardiac arrest," Ambulance Victoria paramedic and community engagement officer Tim Hill said.

Men's shed members were able to practice compressions on a dummy and use the men's shed defibrillator, which uses spoken instructions, on the mock patient.

Senior team manager for Cardinia 2, Sharon Haslam, said bringing information into the community will help make a difference to people's lives.

"All we want to do is give people enough confidence to put their hands on a chest... start the compressions and get someone to get a dfib, know where they are, be familiar, and then that will be the game changer," Ms Haslam said.

"Being a small community [with] only one ambulance. quite often we're not up here, so at least the community can hopefully manage themselves until we can get a car into the area and take over the arrest."

Credit: Tyler Wright. Sourced from:

<https://ferntreegully.mailcommunity.com.au/news/2023-03-12/learning-life-savings-skills-with-emerald-mens-shed/>

Mental Health & Wellbeing Reform

An update from Katherine Whetton

Deputy Secretary
Mental Health and Wellbeing Division
Department of Health



2 March 2023

Dear all

Today marks two years since the Royal Commission into Victoria's Mental Health System handed down its final report.

Anniversaries are opportunities for reflection and celebration, and it's important to take the time to acknowledge how much progress we've collectively made in just two years.

Of course, the work to transform the system didn't begin with the Royal Commission's report. It's important to see these milestones not in isolation, but as a continuation of the vital work that so many consumers, carers, families, supporters, advocates, clinicians, workers and sector leaders have been doing for years – in some cases, decades.

There's lots to celebrate, but a lot still to do – and 2023 is shaping up to be a busy year. Some of our biggest priorities over the next 12 months include:

- Being ready for our new Mental Health and Wellbeing Act – I've included some more information about this below, but we'll be focusing on helping the sector prepare for new responsibilities and processes through training and resources.
- New and expanded services – we're continuing our work setting up more new Mental Health and Wellbeing Locals as well as working with our partners to further develop and expand community and bed-based services.
- Helping the workforce to grow and develop – working on growing the available workforce as well as building the skills and capabilities of workers to deliver services in a safe and welcoming workplace.
- Supporting a culture that embraces lived experience leadership across the mental health and wellbeing sector – empowering lived experience leadership at all levels of the system.

In my last bulletin for 2022, I promised that we would work closely with you to develop a sustainable program of reform and associated engagement activities this year, providing important opportunities for you to contribute to the areas of work that interest you while minimising demands on your time and resources.

My team and I are looking forward to working with you to develop a shared vision and strategy for this year and beyond, in recognition of the feedback you've provided about the pace of the transformation program and the scale of work that's underway. We want to hear your ideas and advice on how we can best work together to deliver system transformation.

To support these important conversations, we'll be running the first of a series of discussion forums in late March and early April for people across the mental health, wellbeing and AOD sectors to come together and reflect on what we have learnt from the past few years and what we need to prioritise to ensure we achieve the transformation so important to us all.

I'll be sending further information about the forums, including how to register, over the next few weeks. Look out for my email, and I hope you can join us for what I'm sure will be a very rich and valuable discussion.

Seeking your feedback: please help us improve these bulletins

In my last update I mentioned that I was keen to get your feedback on these regular bulletins, and how we can continue to improve our communications with you.

We've prepared a very brief survey, and I'd really appreciate your honest and constructive feedback about what you'd like to hear about and how we can help make sure you have the information and opportunities you're looking for.

The survey is anonymous and should take no longer than 5 minutes to complete. **You can fill it out here.**

I look forward to sharing some of the insights in a forthcoming bulletin.

Sheds in the Media

Belgrave Men's Shed creating habitats for rosellas

The Belgrave Men's Shed has made a contribution to supporting local wildlife by creating rosella nesting boxes for locals to use in their own backyards.

With materials from storm damaged areas supplied by Yarra Ranges Council, men's shed members manufactured 20 nesting boxes now on display at Belgrave Library for locals to use as a habitat for birds awaiting the re-growth of storm affected tree hollows.

Belgrave Men's Shed secretary Dave Ashton said the nesting boxes took around three months for members to build, hampered slightly by a four-week closure of the shed due to flooding in October 2022.

"It's a habitat for the rosellas and a habitat for the sugar gliders. If they've lost their current location in the trees or in the eaves, it gives them an opportunity to be rehoused at the same site so they don't have to travel away from the site," Mr Ashton said.

"It's a really good concept for retaining the native animals and where they are currently located."

Mr Ashton said the men's shed believes in helping the community, and being able to share the boxes with the community adds a special meaning to the makeshift habitats.

"We manufacture a number of different boxes for a number of different organisations, we make our own shed boxes, we make Wildlife Victoria boxes, and then we did the shire's boxes for their program," he said.

"The plus of their programme was the fact that they were going into the community, either sold or donated through the shire."

As part of Yarra Ranges Council's Healing in Our Gardens program, the Monbulk, Morrison, Montrose Yarra Glen and District, Mooroolbark, Croydon and Badger Creek and District men's sheds also produced nesting boxes for native species made out of fallen timber sent to a mill in the Macedon Ranges, which have been gifted to storm affected residents.

Yarra Ranges' Lyster Ward councillor Johanna Skelton said after the 2021 storm event, the council heard from a lot of people who had "lost trust" in the environment and also harboured "a lot of fear".

"There was also the fact that so many trees came down... over 20,000 trees, and those are then trees that either had hollows, or they're unlikely to develop hollows in the next years because they've then fallen," Cr Skelton said.

"Because it takes so long to make a hollow, 100 years approximately, it's really important that in the meantime we put things like this up to provide habitat.

"From an environmental perspective and from a mental health and community connection perspective, it's just a really lovely project."

Cr Skelton said she expects the nesting boxes at Belgrave Library will be popular with residents.

"The idea was that storm affected residents mostly in the Hills could sign up for Healing in Our Gardens and the nest box program and be part of education or be part of monitoring the nest boxes...if you're in the Hills, in Belgrave, you can get these free boxes that are made by the Belgrave Men's Shed, which is even more delightful," she said.

Story courtesy of the Star Mail - Tyler Wright



Hills resident Shakti McLaren with a rosella nesting box

Project Place

We are working towards launching [Project Place](#) on the VMSA Website.

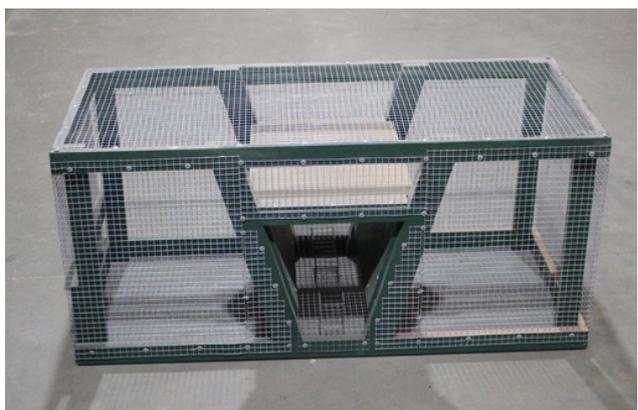
This will be a collaborative page and a way to enable all shed's to share their ideas and current or past projects. This will also offer a way to give advice to other sheds, share, and unite.

For any projects, big or small, or out of the box ideas that you would like to share on our newest webpage, please send through some photos/descriptions of items that your Shed has made to:

newsletter@vmsa.org.au

Don't forget to send through your project plans and workshop drawings to us!

Below is an example from Rupanup Men's Shed of the things we would love to see!



Adopt a Greyhound



Our kennels are still bursting at the seams

The Easter holiday is a time for relaxation and fun, spent with family and friends. Our mission is to place as many of our greyhounds into homes for the holiday season to be a part of a family. Can you help?

We're looking for all types of homes; full time workers, part time workers, families, medium/large dogs, or no other dogs. Unfortunately, we will not have greyhounds who are suitable to be living with cats, small dogs or in apartments.

We have our regular Melbourne foster runs happening every Wednesday and Saturday in April, with the last pick-up day being Wednesday 5th April from Sandown or Easter Saturday 8th April from Tullararine.

Returns will need to be organised for the first week after Easter from 15th April with the last return date being 22nd April.

For more information, and specific pick-up and return dates, please see gap.grv.org.au

If you would like to help us out on our mission, please get in contact with fostercare@grv.org.au and we will send you an Easter Foster Care Agreement to sign which contains a few questions to help us match you with the perfect Easter Egg-noodle dog. All dogs going out to non-foster care volunteers and public will have passed their GAP assessments and be ready for adoption.

[Click Here for More Info](#)

Wimmera Field Days

The Wimmera Men's Shed Network exhibited at the Wimmera Machinery Field Days at Doon outside Horsham. It was a huge turnout for the region with all accommodation options being fully booked for miles around.

Our Chair Trevor Dobbyn visited on the invitation of former VMSA committee member Geoff Witmitz who is also manager for Prevention & Population Health (Wimmera/Southern Mallee).

Horsham, Kaniva and Rupanyup Men's Sheds all participated attending a day each over the three days alongside a plethora of other health related organisations from the region.

The sheds displayed shed made woodwork products and engaged with local school children to make toys which was a very popular activity. Thanks also to Bunnings and their staff for partnering and assisting.

The Horsham Men's Shed will provide some items for our Queens Hall event which Geoff Witmitz will organise and he also talked local MP Emma Kealey (National Party) into joining the friends of the men's sheds group in the state parliament which is a very good thing, so thanks to Geoff Witmitz for getting Emma on board.

It was great to meet the Kaniva Shed members and hear stories about their shed and I was invited to drop in for a cup of tea anytime which was appreciated and I look forward to dropping in next time I am in the vicinity.



VMSA Board Members



Trevor Dobbyn
Chair
0408 121 934



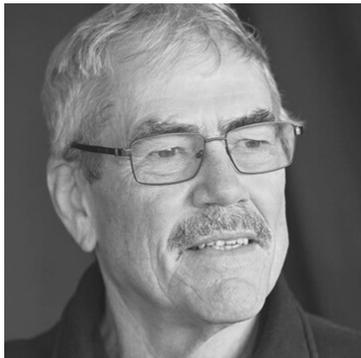
Colin Prowd
Vice Chair
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Max Finlayson
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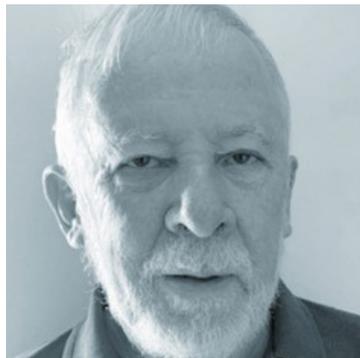
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Graeme Newman
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Marcelle Davis
Board Member
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Important organisations that are there to help in difficult times

REMEMBER TO CALL A MATE

Beyond Blue 1300 224 636

Lifeline 131 114

MensLine 1300 789 978

Suicide Call Back Service 1300 659 467

Veterans Line 1800 011 046

Black Dog Institute (02) 9382 4530

Head to Health:

<https://www.headtohealth.gov.au>

Grief Line - 12-3pm 7 days: 03 9935 7400

VMSA Staff Members



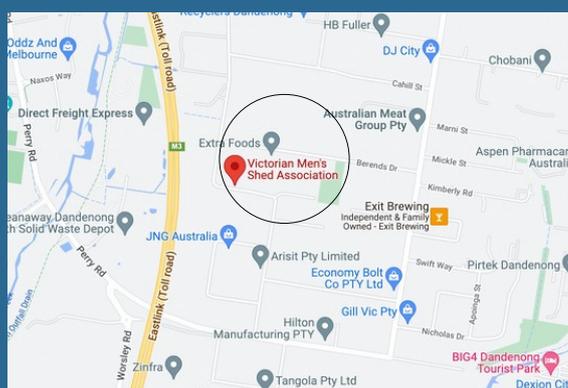
Derek O'Leary
CEO
0408 465 228



Cameron Thomson
Latrobe Field Officer
0487 427 404

**New Metro &
Regional
Field Officers
Coming Soon**

We are here to support you.
The VMSA Office is open Tuesday,
Wednesday, & Thursdays 9-5



173-175 Ordish Rd, Dandenong VIC 3175

Our CEO, Board Members and Staff are always willing to help our shed members. Please do not hesitate to contact us.

Thanks to our sponsors for their ongoing support:

