

VICTORIAN SHED MATES PROGRAM

*Shed Spotlight
Darebin Men's Shed*

*Different Sheds
Same Spirit*

*Shed Network
Updates for November*



SHED TALK

OCTOBER 2024

Issue 34

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Same Spirit
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REPORT FROM THE CHAIR

The 2024 Statewide Men's Shed Forum held at The Meadows (MGRA) on 23 October was bigger and better than last year with the room at capacity and with shed delegates from across the state.

I want to thank The Meadows and Greyhound Racing Victoria very much for fully sponsoring this important community event.

Attendees enjoyed morning and afternoon teas and a great cooked lunch that was appreciated by all. The room was well set up, with all of the things required to make such a big meeting run smoothly. A big shoutout also to The Meadows staff who were friendly, professional and approachable and who made shed delegates feel welcome.

Thanks also to our Minister Ros Spence who spoke warmly of her support for men's sheds in Victoria and who spoke of the support we receive from the State Government.

State parliamentary Friends of Men's Sheds and the VMSA co-convenors Bronwyn Halfpenny (the member for Thomastown) and Emma Kealy (the member for Lowan) spoke in support of the work done by shedders in communities across the state. Thanks to both for their continuing efforts on our behalf.

AMSA President Luke Clifton came down from Newcastle which was good of him and gave the keynote address focussing on the achievements and future opportunities of a movement now covering 1300 sheds nationally.

Luke has only recently become president of AMSA and we wish him well in the role. I think it was good for him to see first hand the strength of the VMSA which underscores the importance of our role in a national movement still struggling to overcome the effects of a damaging schism.

While I'm in thanking mode I also want to acknowledge the VMSA Board, Jim Kane the General Manager and our staff, Mark and Kylie and our communications contractor Courtney for all of their work in making the day a success.

There were several sponsors who contributed, and Jim will thank them in his report. We have had pretty good feedback from shed participants and we will feed this into planning for next year's Statewide Forum so that we can raise the bar a bit higher as we strive for continuous improvement.

TREVOR DOBBYN
VMSA Chair





REPORT FROM THE **GENERAL MANAGER**

Hello Shedders,

It was great to see a full room of shedders last Wednesday at the VMSSA conference, with over 80 sheds represented and 180 members in attendance. A special thank you to the Torquay and Eltham bands for providing the day's musical entertainment, a new addition that has generated much positive feedback. We'd also like to extend our gratitude to The Meadows and Greyhound Racing Victoria for hosting the event and providing delicious meals free of charge.

We appreciate Bunnings for their support and vouchers, and Exxon Mobil for assisting in getting shedders from afar to the conference. Thanks also to Mark Jensen and Linley Watson from the Prostate Cancer Foundation of Australia for their presentations and for raising awareness on prostate health to our members.

There were a lot of great conversations started between sheds and with the VMSSA, and we plan to continue these both directly with you and at the regional meetings being planned over the coming months. Feedback from the break-out room discussions was encouraging, although we won't have two groups in the dining room downstairs if we repeat this activity next year.

In other news, we helped to organise two successful regional shed meetings earlier in the month, one at Mount Duneed for the Barwon network and the inaugural South-East Suburbs gathering here at our Dandenong office.

I have also been busy developing relationships with national and statewide health organisations and corporate sponsors, many of whom have indicated their interest in connecting with our growing list of regional networks. Stay tuned for more information about this.

In terms of practical material help, we have procured many bags of gloves from the North-East Link Project and sandpaper from Abrasiflex. Mark and I will be loading these into the VMSSA cars in preparation for our upcoming trips.

Until next time, happy shedding,

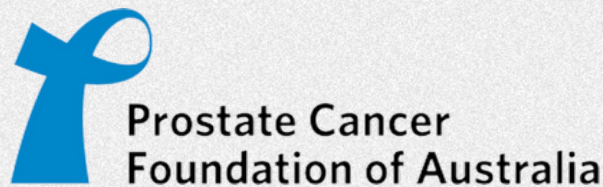
JIM KANE
VMSSA General Manager





STATEWIDE CONFERENCE
& AGM 2024

WE GIVE THANKS TO OUR
SPONSORS & PARTNERS



ExxonMobil

BUNNINGS
TRADE



ABR//SIFLEX

carbatec
THE HOME OF WOODWORKING



VICTORIAN SHED MATES PROGRAM

A fantastic opportunity has been developed as part of the open forum of sheds at the recent VMSA Statewide forum.

Woomelang Men's Shed shared with the forum the details of their struggle to survive and achieve their Men's Health outcomes with only a handful of members. Their concerns about sustainability and their future clearly resonated amongst the gathered shedders, no more so than with the Monash Men's Shed with Shed President and newly appointed VMSA board member Greg Male. Greg offered to support the Woomelang Men's Shed as soon as possible.

True to their word at the Monash Men's Shed Annual General Meeting today the Monash members endorsed that a partnership will be formed between Monash and Woomelang Men's Shed subject to the approval of the Monash Men's Shed Committee.

This partnership will see Monash support Woomelang with financial assistance, tool donations and a member visit to Woomelang in 2025.

This is truly mates supporting mates which is what sheds and the VMSA is all about.

This relationship is to be a VMSA pilot program for future opportunities for Victorian sheds to support other sheds. The VMSA believes that after a review of the program that all sheds in Victoria will accept the opportunity to be a "Mate" to another shed.



STATEWIDE CONFERENCE & AGM 2024

A Big Thank You to Eltham and Torquay Men's Shed Music Groups!

We want to extend our heartfelt thanks to the talented musicians from the Eltham Men's Shed Incorporated and Torquay Men's Shed for their fantastic music entertainment at the statewide conference! Your performances brought joy and camaraderie to everyone present, and it was truly a delightful experience for all.

We have put up some videos of the incredible music they shared with us on our [Facebook](#) page.

Thank you again for sharing your passion and talent with our community!





STATEWIDE CONFERENCE & AGM 2024





SHED SPOTLIGHT

DAREBIN MEN'S SHED

The Darebin Men's Shed is located in East Reservoir and is delivered by Your Community Health and has been operating since 2002. Our shed supports local residents who are at risk of social isolation and people who have chronic health conditions or are living with a disability. The Darebin Men's Shed is one of the 3% of sheds that do not operate on a traditional membership funding model. We have State and Commonwealth funding and NDIS participants can also attend as part of their plan.

The Darebin Men's Shed also provides the Bike Linx Program, which is a volunteer-led bike workshop that services and repairs donated bikes which are then donated or sold, when appropriate, back to the community. This program is supported by the Darebin Council.

Activities that are enjoyed by the participants include playing pool, which generates friendly rivalry and competition, gardening, music, games, and woodworking. The groups also enjoy going on outings for picnics and BBQs at local parks, ten-pin bowling, trips to hardware stores and visiting markets.

The Darebin Men's Shed recently underwent a major refurbishment which has provided the participants with lovely new facilities with a separate kitchen, community space, community garden and workshop.

Reflections from a couple of long-term participants:

"I have been coming to the Men's Shed since roughly 2002, and fondly remember the Men's Shed starting up. Previously working for a paper recycling and shredding company, I come to the Men's Shed to have a chat with the guys and stay to have a good meal and a coffee, which has been beneficial for me in creating friendships. I really like the renovated building, it feels comfortable and safe"

"I live with my sister and her partner. I have been coming to the shed for over 10 years. I had a job years ago working in a trophy shop making trophies. I spend time fixing bikes at the shed and I like learning new skills. I really enjoy socialising with other people and seeing my friends"

Due to our funding model, eligibility criteria and a referral process apply. For more information, please contact mensshed@yourch.org.au or call (03) 8470 1111

Your community Health values the contribution of our volunteers and is looking for people to join our team to assist in our shed workshop and bike workshop. For more information visit <https://www.yourch.org.au/get-involved/volunteer/> or contact Donna at (03) 8470 1111

UPCOMING NETWORK MEETINGS

WITH KYLIE HUGHES

Hello Shedders,

I'm still buzzing from the Conference last week – thanks to everyone who came and introduced themselves and had a chat. I came away with pages of suggestions and really appreciated the opportunity to meet so many of you!

The Network project is rocketing along, and we are so pleased with the turnout at the meetings over the last month. Invites are going out next week for the December meetings, and the calendar is rapidly filling with meetings for 2025. If you don't have a network in your local area and would like to set one up, we would be delighted to help!

I'm looking forward to visiting four networks over the month of November as I continue to gather Shedder's wisdom on what makes a good meeting. If you have some great ideas (or want to tell me what definitely DOESN'T work) please get in contact 0458 105 444 or kylie@vmsa.org.au

Thank you to those Shedders from the Barwon-Geelong Network and the South-East Melbourne Network who provided great feedback during and after your meetings. Many thanks also to the Sheds who have volunteered to host meetings in December and February. More hosts would be welcome, please let me know if you are interested. We are also looking at an online RSVP option for next year; stay tuned for details.

Nearly 50 Shedders have now had input into a list of potential guest speakers for future meetings. I hope to have this ready to share with you in December. If there is a guest speaker or topic you would like to have at your Shed meeting or Network meeting, please let me know and I will see what we can do to assist.

We have recently connected with StandBy, who are available as guest speakers or to deliver a workshop for interested Shedders. StandBy have already presented at three meetings and the feedback was very positive. There will be an article about StandBy in the November newsletter.

UPCOMING NETWORK MEETINGS

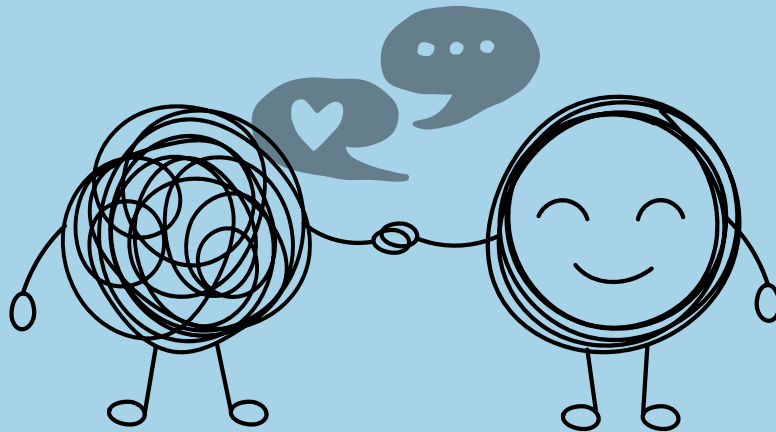


NOVEMBER





- 1** Yarra ranges (Ben's shed, Yarra Junction) - Friday, Nov 8
- 2** Macedon Ranges (Romsey) - Tuesday 12th November
- 3** East Gippsland (Bairnsdale) - 20th November
- 4** South Gippsland (Leongatha) - Thursday 28th November

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.

SHEDS. DIFFERENT COUNTRY SAME SPIRIT BY MARK

Before taking on this role as Regional Coordinator, I already had a lot of professional experience with Men's Sheds, having been the State Government Liaison for Sheds in Melbourne's eastern suburbs since 2012. But today, I want to share a personal story about how the Shed movement helped my family, especially my dad, Joe.

Joe was small in stature but a giant in our world. Throughout my childhood, he was always on the go, involved in clubs and committees, making things happen for others. However, retirement didn't suit him, and following significant health issues, he retreated into himself and lost his spark. As a family, we tried many things to help, but none seemed to work long-term. I suggested he visit a local Men's Shed, but he was hesitant. We persisted and eventually connected him with The Priorswood Men's Shed. Their response was life-changing. Some of the members met my dad for a coffee and chat, and from there, he was warmly welcomed into the shed. It was transformative, and he regained his spark. His last three years were happy ones.

The Priorswood Shed supports around 40 men. They use a prefab youth club once a week and are on the lookout for their own premises, which isn't easy in Dublin. It's mainly a social shed, with pool games, art classes, and a band. They are also active in their community and known for their pool team's success in competitions. My dad kept me updated on their activities, even in the early hours of the morning (not always remembering the time difference).

When Joe was unwell, the shed members visited to lift his spirits. When I flew home to say my goodbyes, they stepped up and honoured him with a touching guard of honour. He may be gone, but he's not forgotten.

This year, I had the chance to visit Priorswood with my son. It was heartwarming to see them again and hear them reminisce about my dad with his grandson. It was a memorable and emotional visit—full of pool games (we lost), tea, and conversations about sheds in Ireland and Australia. Despite the distance, we realised that the spirit of the sheds is the same, no matter the country.

Now, I'm back and ready to hit the road again. If you have any upcoming events, send me an invite, and I'll do my best to attend.
Slán go fóill (Bye for Now), Mark



**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!



COMMUNITY & SHED DEVELOPMENT

GREG MALE

Following on from the conference, we received several inquiries about Greg's presentation on the Monash Men's Shed. To help recap what he shared, we've included his slides below. Greg's insights offered valuable perspectives on community development and engagement, showcasing strategies that have proven successful for their Shed.

If your Shed is interested in exploring new ideas to strengthen connections within your community, these slides are a great starting point. Feel free to reach out if you'd like more information or assistance in implementing similar approaches.



STATEWIDE FORUM 2024

COMMUNITY DEVELOPMENT AND
ENGAGEMENT

What does Community development and engagement mean to my shed?



ALL SHEDS ARE DIFFERENT

TO START YOUR ENGAGEMENT PROCESS

- Decide what you shed would like to be known as
- Strongly consider promoting your shed as a “Men’s Health Organisation”
- Talk about what your shed is good at
- Discuss and plan what your Shed would like to be to yourself and others
- Tell everyone about your shed

WHAT CAN MY SHED DO TO ENGAGE WITH MY COMMUNITY.?

- Ensure you shed has a regular contact point
- This could be an email address, website, telephone number or voicemail.
- Access these very regularly to monitor your contacts



What else can my Shed do?

- Invite every politician to your shed
- Talk to your local council about what you do
- Host events at your shed for other groups
- Join other groups at their events to promote
- Tell your local media what you do
- Use Social media if you can
- Get some younger people to help with your message

What the Monash Mens Shed does



SHED TRANSPORT AND DELIVERY



PROMOTING YOUR SHED

Shed Banner



Sponsor Banner



MARQUEES



Promoting your shed can be as good and as big or small as you want

- Work within your groups capabilities and the results will flow.
- My Council sends me a daily Email with grant opportunities, ask your Council to do the same
- Our shed “Brand” generates contact naturally with our community
- Our community gets our “Men’s Health” message.

Our slogan is:

- **You, your Dad, your Brother, your Mate...you’re all Welcome**

FINALLY

**Our shed does not pay for advertising
our Grants and supporters contribute**

For extra help and advice contact Us



info@monashshed.org.au

INSIDE THE WORKSHOP

SHED

SHOWCASE

HAMILTON MEN'S SHED

At the Hamilton Men's Shed, members are putting their woodworking machines to good use with a bit of humor and skill! The motto? "Feed it in one side and hope it comes out thinner on the other."



WONTHAGGI MEN'S SHED

The Wonthaggi Men's Shed Garden Group is thrilled to receive a brand new mulcher, made possible thanks to the generous support of the Bass Coast Shire Council grants. This new addition will help the group maintain their gardens more efficiently and sustainably, turning waste into valuable mulch for their ongoing projects.

A big thank you to BCSC for backing the Shed and supporting their community efforts!





TALLYGAROPNA MEN'S SHED

The Tallygaroopna Men's Shed is fundraising by raffling off a beautifully handcrafted Dolls House. This intricate creation could be yours for just \$2.00 a ticket.

ST ANDREWS MEN'S SHED

A big thank you to Willie Rennie, from Scotland for visiting the new site at Craigtoun Park last week to see the progress made by the dedicated Shed team. As a long-time supporter of St Andrews Shed and the Scottish Men's Sheds Association, Willie didn't just stop by—he jumped in to help put up ceiling boards and, of course, enjoyed a coffee and chat with the lads.



GISBORNE MEN'S SHED MEN'S SHED

The Gisborne Men's Shed, with support from Bentons Plumbing Supplies and Frosts Timber and Building Supplies, has built a cubby/garden shed to be raffled off. All proceeds go to the Gisborne Food Bank.

[Click here to support this great cause!](#)

AVAILABLE

DONATIONS

OCEAN GROVE MEN'S SHED

Dust Extraction System, Thicknesser, & Drum Sander.

Surplus to our requirements and available for donation to any shed in need. Pick-up required.

If interested, contact Peter Deering via email president@ogmensshed.com

FOR SALE: HIGH-QUALITY FURNITURE PARTS & OFFICEWORKS ITEMS

A furniture company is clearing out their warehouse located on Newlands Road, Reservoir, and has an exciting opportunity for DIY enthusiasts!

Currently available are 12 pallets of high-quality furniture parts from the well-known brand B2C Furniture, along with various brand-new boxes of Officeworks desks and tables.

Please note that all boxes contain incomplete parts and sets, making them perfect for those who enjoy creating bespoke pieces!

We hope to have these items collected by November 6th, 2024, to ensure they don't end up in landfill.

For further details, please contact Trent Marshall at 0448 177 123



FIND YOUR LOCAL MEN'S SHED

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





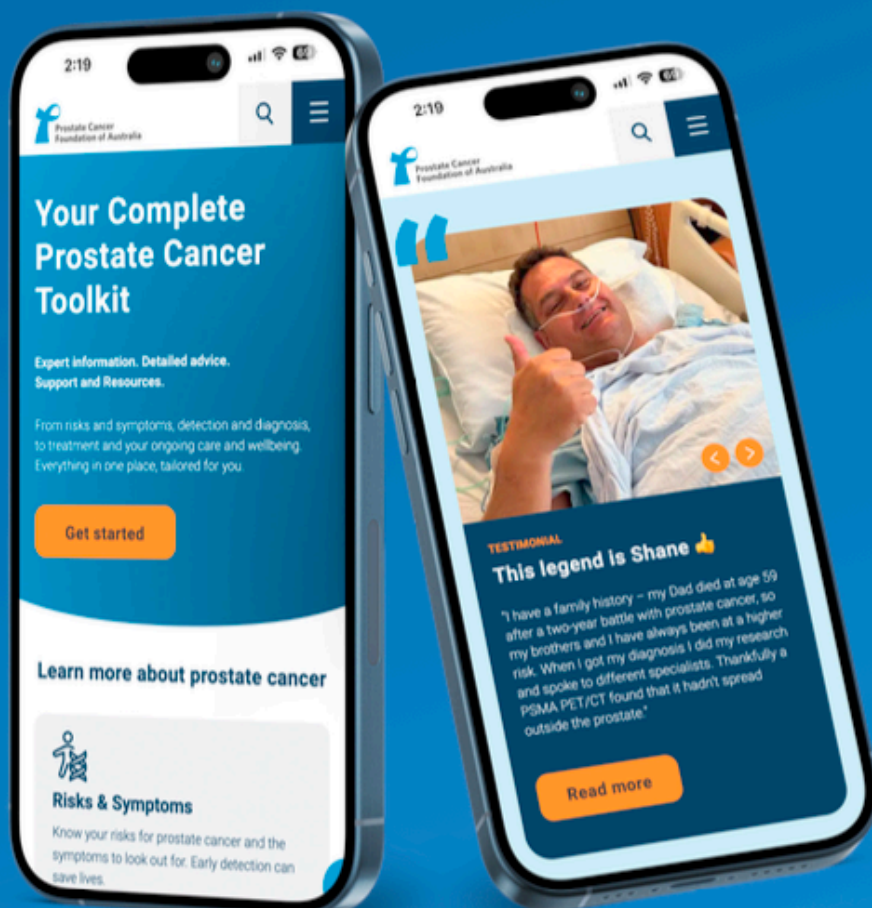
Prostate Cancer
Foundation of Australia

Your Complete Prostate Cancer Toolkit

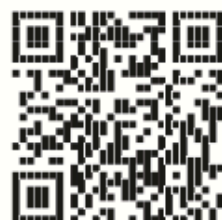
Expert information. Detailed advice.
Support and resources all in one place,
tailored for you.

🔍 prostate.org.au

☎ 1800 22 00 99



Scan the QR code
to get the Toolkit



SHED TO TABLE

TABLE



Impossible Savoury Slice

Recipe from the Best Recipes

Ingredients

11 1/2 cups plain flour sifted
1 tbs macadamia oil
8 eggs beaten
4 cups skim milk
1 onion diced large
6 short-cut bacon rashers
finely chopped
2 tomatoes diced large
1 zucchini diced
1 red capsicum diced small
2 cups low-fat cheddar cheese
grated
2 tsp fresh basil

Directions

1. Preheat oven to 180C.
2. Grease a deep rectangular 20 cm x 30 cm pan and line with baking paper, overlapping edges on two opposite sides for easy removal when slice is cold.
3. In a large bowl add flour, and fold in oil, eggs and milk. Beat well with electric beaters.
4. Add remaining ingredients and stir well.
5. Pour into prepared pan leaving a 1-2 cm gap from the top.
6. Bake for approximately 1 1/4 hours or until golden brown on top and cooked in the middle.
7. Cool in pan before gently removing. Refrigerate.
8. Serve with oven potato wedges and salad.

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.



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.

PowerPass



**Exclusive
PowerPass prices****



Trade-quality hire equipment~



In-store collection & delivery^

*PowerPass members can apply for a credit or a 30-day account on www.trade.bunnings.com.au for PowerPass. Otherwise, please call 1800 980 050 during business hours, or email applications@bunnings.com.au. Credit can only be applied for by Directors, Partners or Sole Proprietors and the application process requires a driver's licence, date of birth and residential address of each partner, as well as the details of your business's accounts payable contact details, including postal address and email address for accounts. Financial information such as turnover, assets and liabilities will also be required. **Terms and conditions apply. Exclusive prices do not apply to hire products and out if a product attracts an exclusive PowerPass price, you can scan the product on the PowerPass App or login to the website at trade.bunnings.com.au. Exclusive prices apply to Coates products hired through the Bunnings in-store Hire Shop only and are not applicable when hiring products directly through Coates Hire. Hire Shop services may not be available in all stores. For more information please visit www.coateshire.com.au. Terms of use - Bunnings Trade AU. ^Click & Collect is available nationally, with a wide range of items available to be purchased online. Orders placed before 12pm Monday - Friday (or 4pm Saturday/Sunday) will be available for collection the following day, with orders placed after 6pm will be processed the following day. You'll be contacted when your order is ready for collection. Please note collection timeframes may vary by location. Collection timeframes will be updated regularly and clearly displayed when adding items to your cart. Click & Deliver is offered to customers in most locations, this service is subject to change on the location, size, and service requested a reasonable delivery fee will be applied to the customer's order. In most cases, delivery for products purchased online will take 3-5 business days. For some products, such as Special Orders items, it may take 7-14 days. Visit the website for more details, trade.Bunnings.com.au

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COURTNEY RODDA

Social Media

VMSA BOARD



Trevor Dobbyn

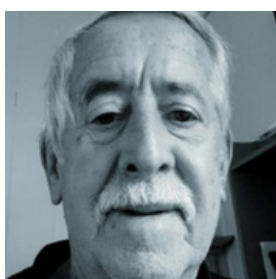
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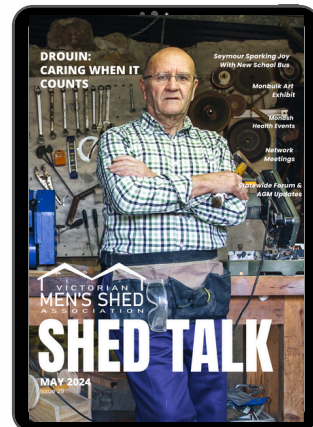
Greg Male

Committee



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






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 Victorian Men's Shed Association

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