

**CELEBRATING
A CENTENARY:
ALBERT BEASLEY
TURNS 100**

*Men's Sheds Gather
at Dingley Village*

*Diamond Creek
Men's Shed
Blokes Day Out*

*Celebrating
National Volunteer
Week: 19-25 May*


**VICTORIAN
MEN'S SHED**
ASSOCIATION

SHED TALK

APRIL 2025

Issue 40

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REPORT FROM THE CHAIR



As the men's shed network meetings are being rolled out across the state, I am happy to report that the first ever North West Victorian Men's Shed Network meeting was held at the Ouyen District Men's Shed on Tuesday 15 April.

We had a terrific turnout, with representatives from Sunraysia, Robinvale, Red Cliffs, Sea Lake, Wycheproof, Birchip, Hopetoun, Rainbow and Donald men's sheds.

Shed representatives gave reports from their sheds and covered the history of their shed, the myriad of community projects carried out, membership, shed status in terms of incorporation or auspicing, issues with auspicers and future directions.

I spoke on behalf of the VMSA and took questions from the floor and it was good to get feedback from members about how we are travelling as an organisation.

The Ouyen shed put on a morning tea and the VMSA provided a light lunch through the networking funding it received last year.

There were handouts for each shed from the VMSA (thanks to board member Colin Prowd, who put this together for us) and the Ouyen men's shed distributed surplus tools, including a spare wood lathe to sheds who needed them.

John Cummings, the Ouyen men's shed president kindly made each shed a non-biting ant (see picture) to take home which was cautiously received.

As usual, the best thing about the day was the chance for men from sheds often a few hundred kilometres apart to talk, share ideas and help each other out.

Towards the end of the proceedings, the meeting did two things. First, we moved a resolution supporting the Rainbow and District Men's Shed, which has recently incorporated and is trying to separate from a neighbourhood house that is opposed to this.

The motion to support the Rainbow and District Men's Shed in its battle to become independent was carried unanimously.

Secondly, all sheds agreed to meet again in April 2026.

This year we had a one off grant from the state government to the VMSA to help it develop and sustain men's shed networks. Next year we will do it on our own. In this way the grant has done its job in assisting men's sheds particularly in isolated parts of the state to come together and forge a sustainable network for the future.

TREVOR DOBBYN
VMSA Chair





REPORT FROM THE **GENERAL MANAGER**

Hello Shedders,

During my first VMSA trip out to Western Victoria in 2023 I visited a great little shed in Camperdown and it was interesting to learn that it was situated on a long-dormant volcano. Another notable fact is that one of their members Albert Beasley, turned 100 years old this month. On the day that I met Albert he told me that he always looked forward to his weekly shed visits and his enthusiasm and huge smile was a reminder that you are never too old to keep active and be involved in your local community. Albert's story is featured on page 5 and on the cover of this edition.

On the 12th April I visited the BADMAC Shed in Bairnsdale to attend the East Gippsland Network meeting. Although most of our members have woodwork as their focus there are a few out there that are a bit different. BADMAC are primarily a model aircraft club and they welcomed the visiting shedders to have a go flying their impressive machines prior to our meeting. There was a good turnout on the day with over 30 shedders present (photo above).

We have been busy organizing the upcoming Road Shows which will be happening in Geelong (15.05), Wendouree (28.05), Shepparton (11.06) and Sale (28.06). The VMSA would like to thank sponsors JC Walsh, Total Dust Extraction, Bunnings and AMSA for supporting the various events. There will be show bags, a coffee van, health speakers, shed discussions, raffle prizes and breakfast and lunch provided. These were prioritized for our regional sheds and are primarily funded via our DFFH Network Pilot Program funding. Mark Tyrrell is coordinating them, so if you would like to attend please contact Mark on 0413 353 819 or myself, 0448 015 554.

Lastly, I thought I'd mention that I get the occasional call or hear stories about Shedders who are doing it tough. Whether this is due to illness, bereavement, loneliness or something else, there are many people across our state who are currently struggling. So if there's a Shedder you haven't seen for a while maybe give him a call or pop in for a visit, you never know the impact this may have.

Until next time, happy shedding,

JIM KANE

VMSA General Manager

IN MEMORY

TOM ROLLS

Former VMSA board member Tom Rolls died suddenly at his home in Craigieburn on 10 April.

Tom was very active in the men's shed movement and founded the Northern Men's Shed Craigieburn in his own garage in February 2013. He was president until the end of his life.

The shed committee fought for years to gain support from the council to help build a new shed and kept trying despite repeated rejections. The shed remained in Tom's garage.

In 2021 the VMSA was looking for new board members and on the kind recommendation of Ros Spence, the member for Kalkallo and now the Minister for Agriculture, Community Sports, Carers and Volunteers (which covers men's sheds), we approached Tom and asked him to join the VMSA board.

Notwithstanding Tom's reservations about being given yet another job to do in what was supposed to be a relaxing retirement, he joined our board. Tom was an active contributor who well understood the imperatives of the men's shed movement. He also helped us to recruit two new board members.

In 2024 Tom's wife died after a long illness and as a consequence he retired from the VMSA board. He was an active member of his community and a life member of the CFA.

Tom will be sorely missed by the men's shed community to which he contributed so much and we send our sincere condolences to Tom's family. The VMSA will be represented at his funeral.

Trevor Dobbyn
VMSA Chair





WE'RE COMING
TO A TOWN NEAR
YOU!!

VM Road Shows

Save the dates:

GEELONG - 15TH MAY

WENDOUREE - 28TH MAY

SHEPPARTON - 11TH JUNE

SALE - 27TH JUNE

EVENTS



Images from Lalor Men's Shed Newsletter

CELEBRATING A CENTENARY: ALBERT BEASLEY TURNS 100

The team at Camperdown Men's Shed recently had the honour of celebrating a remarkable milestone — Albert Beasley's 100th birthday!

Albert officially turned 100 on 14 April 2025. To mark the occasion, a special family gathering was held at the Hampton Hotel on Saturday 12 April, with members of the Men's Shed warmly invited to join the festivities. Today, we continued the celebrations with a quiet morning tea and cake at the Shed, surrounded by mates and plenty of good cheer.

Albert first became part of the Shed community in 2012, when he began attending the annual Melbourne Cup BBQs. He later joined as a full member in 2015 and has been an important part of the Shed family ever since.

To make sure Albert stays involved in Shed life, he happily takes on many of the smaller sanding jobs, working beside the bench with a smile. His craftsmanship — and his passion for keeping busy — inspires all. Albert also has a wealth of knowledge of the Camperdown region, always ready to share a story or two from his incredible lifetime.

Happy 100th birthday, Albert — we are proud to celebrate this wonderful milestone with you!





MEN'S SHEDS GATHER AT DINGLEY VILLAGE BY GEOFF HERGT

It was Thursday, April 24th, the day before ANZAC Day, the weather was forecast to be warm and dry. Kylie (VMSA) had sent out emailed invitations for as many of the Men's Sheds in the South East Region of Melbourne as could make it to gather at the Dingley Village Men's Shed (DVMS) in Braeside Park.

With six sheds sending representatives, Mark Tyrrell (VMSA Regional Co-Ordinator), guest speaker Donna and several DVMS members, a group of circa twenty Men's Shed members and guests exchanged ideas and tips on running a successful shed operation.

Mark brought show bags of goodies for each shed. Rowville Men's Shed brought a number of brand new products which they use in their shed but which were in excess of requirement and Donna spoke about Powers of Attorney, a subject close to the heart of each Men's Shed and their members.

What quickly became obvious was that whilst we are all Men's Sheds, our operations, members, community needs and our aspirations for the future are all different.

This meant that not only was it a great opportunity to share ideas but also to gather helpful tips to improve each shed by continuing to create interest for our members.

A light lunch was provided and tours of the DVMS Sheds were conducted.

Mark also updated us on 'Coming Events'. So, by all accounts, it was a worthwhile and enjoyable experience for all attendees.



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

DIAMOND CREEK MEN'S SHED

BLOKES BIG DAY OUT

BY MIKE DENSLEY PHOTOS BY GARY BURKE

In the past, members of the Diamond Creek Men's Shed had semi-regular days out to visit places of interest, both within the Melbourne Metropolitan Area, and further afield. Just some of the places visited were;

- TAA/Australian Airlines Museum - Airport West
- Lindsay Fox Classic Car Collection - Docklands
- Kangan Institute - Vehicle & Engine Testing Facility - Docklands
- RAAF Museum - Point Cook
- Tram Workshops - Bendigo
- Eastern Hill Fire Station - East Melbourne
- Holden Museum - Trafalgar
- Vision Australia - Kooyong

The advent of Covid put paid to the excursions for a while, and post-Covid, we have been slow getting back on track. We are determined to re-establish the custom. To that end, 21 members recently banded together for a Blokes Big Day Out. We travelled by train to the North Williamstown Railway Station, which is situated just a couple of hundred metres from the Newport Railway Museum. Having booked a private tour, we were led around the museum by two very enthusiastic volunteers (both members of other Men's Sheds) who shared their passion for all things rail related.

From there, it was back to the train for a brief trip to Williamstown Station, from which we walked down to Nelson Place for a bite of lunch. A bunch of old guys eating lunch in the park.....scary!

Next was a scenic ferry ride, which delivered us back to Melbourne, where we caught the train home.

Jane Bunn delivered a cracker day weatherwise, and everyone had a great time, although a few complained that a nanna nap was on the agenda when they got home.

Buoyed by our success, our next outing is planned for June, featuring a visit to the National Communication Museum in Hawthorn. We're back in business!!!!





CELEBRATING NATIONAL VOLUNTEER WEEK: 19–25 MAY

LET'S SHOWCASE THE POWER OF SHEDS IN ACTION!

National Volunteer Week (19–25 May) is a time to celebrate the amazing contributions volunteers make to our communities and what better example of community spirit than our Men's Sheds?

Whether it's building furniture for local schools, making possum boxes for wildlife carers, fixing a neighbour's fence, or just lending a hand to someone in need, Shed members are out there every week making a difference.

For our May edition of Shed Talk, we want to shine a light on all the incredible volunteer work happening across our sheds. This issue will be a special Volunteer Week edition — dedicated to showcasing how Men's Sheds support their communities.

📸 We need your help!

We're calling on all sheds to send us:

- Stories about your volunteer projects
- Photos of members in action
- Quotes or feedback from those you've helped (if possible)

These stories will feature in Shed Talk and may also be shared on our VMSA Facebook page to inspire others and celebrate the positive impact of our shed community.

✉ Please email your contributions to vmsa@vmsa.org.au by 26th May.

Let's celebrate the heart of every shed — our volunteers.

ASK THE **SHEDDERS**

Got a question about a project, tool, or shed tip?
Send it to vmsa@vmsa.org.au and we'll feature it in a future newsletter!

See below for this edition's question and advice from fellow Shedders.e and experienced shed community will provide their insights and answers.

QUESTION FROM MICK, WODONGA MEN'S SHED

I have been asked to consider the development of a "membership" policy document for WMS.

There are many issues to consider, including:

- the need for a membership policy (including different categories of memberships)
 - membership fees
- the processing of membership applications
- the appointment of mentors for new members
 - the role of mentors
- monitoring new members and follow-up contact after 1 and 3 months
- training for new members that wish to operate workshop machinery
 - the role of a Membership Officer at WMS

Are you aware of any work that has been done by the VMSA or individual Men's Sheds on the issue of Membership Policy? I would appreciate any information you can provide.

Q

**If you know the answer to this question,
please email Jim and he'll pass the answer on:
vmsa@vmsa.org.au**

A

UPCOMING NETWORK MEETINGS

WITH KYLIE HUGHES



April has flown by with all the public holidays, school holidays, etc and we have had to pedal extra fast to keep up with everything. We have been hard at work updating our database and website – thank you to those Sheds who have updated their details.

Data snapshot as of 24 April:

- We have 361 known Sheds with a few more in progress of being established
- 253 Sheds are allocated to an active Men's Shed network (70% of Sheds)
- Nine Sheds in our networks are in NSW and four are in SA.
- Divisional mix: West Division has 103 sheds, North has 67, East 91, South 100.
- 115 Sheds are in the Metro LGA and 246 are in regional/rural LGA.

Planning is underway for two more networks; a Central Victoria network meeting for Sheds in the Bendigo region will be held in July, and a gathering of Sheds around Shepparton is planned for August. Areas still waiting for networks include East Metro, West Metro and Loddon Valley. If you are from one of these catchments and would be interested in hosting an initial meeting, please make contact with me to discuss.

RSVP: We still hear from Shedders who say they did not receive an invitation to their network meeting. Our current process for promoting network meetings is as follows:

- Meeting announced via our website events page, social media and newsletter
- Emails are sent to the Shed email address. If we don't have an address for the Shed, we might send it to the personal email address of the President or Secretary
- Text message reminders are sent to up to 3 committee members, if we have them on our database
- Follow-up phone calls are then made if we don't receive a response

If you are not receiving invitations to your network, please let me know – it is likely that the contact details we have for you need updating.

Geoff Hergt from the Dingley Village Men's Shed has written up the recent South East Melbourne Network meeting – thanks again, Geoff and team, for hosting! Geoff was highly organised and we will incorporate some of his ideas into planning for future meetings.

A reminder that the AMSA initiative Shed Mates Day is on May 8 – please consider having a coffee morning or similar to celebrate Shed camaraderie.

Neighbourhood House Week 2025 will be celebrated from 12 May – 18 May. We have approximately 50 sheds auspiced by or closely associated with their Neighbourhood House. There are lots of local events and 'come and try' days planned – check out your local offerings!

UPCOMING NETWORK MEETINGS



MAY

- ① Yarra Ranges - Friday 2 May 10am - 12pm at Upwey Men's Shed
- ② Outer North East Metro - Tuesday 6 May 10am at Lalor Men's Shed
- ③ Cardinia - Wednesday 21 May, Koo Wee Rup Men's Shed
- ④ Highlands - Thursday 29 May 10am East Ballarat Men's Shed
- ⑤ Macedon Ranges - Tuesday 13 May 10am at Lancefield

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!

INSIDE THE WORKSHOP

SHED

SHOWCASE

MANSFIELD MEN'S SHED

When Nick from Howqua needed help building carnival boards for the Jamieson Autumn Festival, Mansfield Men's Shed jumped in — materials donated, props built, and a whole lot of laughs tossing Roo poo! All in support of Cathy Raeburn's amazing Jamieson Wildlife Shelter.



CROYDON HILLS COMMUNITY MEN'S SHED

The team at Croydon Hills Community Shed just completed a fantastic LEGO racing ramp for the crew at Different Journeys Autism — built with care for kids big and small to enjoy. Let the races begin!

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



DROUIN MEN'S SHED

The Drouin Men's Shed quiz morning was back on — this time with a country music twist! Familiar tunes had members scratching their heads for song titles, and thanks to Charlie's coin contribution, the prize pool hit a high note. Free, fun, and friendly — the quiz runs every fourth Wednesday at 10am!

NEWSTEAD 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!



BAIRNSDALE AND DISTRICT MODEL AERO CLUB

A big thank you to all the Men's Shed members — local and regional — who joined us at BADMAC for a great day of chats, shared stories, and a delicious lunch. Special shoutout to Ian Mackay and Robert Kas for the top-notch catering, and to David Chippindall, who kept the club trainer buzzing all day long!



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

MONASH MEN'S SHED

LEADING THE WAY ON MEN'S HEALTH

Former Mayor Greg Male champions prostate cancer awareness and Continenace Health Australia's BINS4Blokes campaign.

A Local Leader Making a National Impact

Long-time Monash resident, former Mayor, Victorian Men's Shed Association (VMSA) Board Member and founder of the Monash Men's Shed, Greg Male, is continuing his life-long commitment to community wellbeing by tackling two often-overlooked men's health issues: prostate cancer and incontinence.

Now, through partnerships with the Prostate Cancer Foundation of Australia and Continenace Health Australia and their BINS4Blokes campaign, Greg is helping men in Monash—and beyond—take control of their health with dignity and confidence.

Creating Inclusive, Supportive Spaces

As part of this initiative, incontinence product disposal bins are being installed in the Monash Men's Shed male toilets. These simple additions are making a big difference, offering dignity, privacy, and support for men living with incontinence.

"It's a step in the right direction," said Greg. "By installing a simple bin and providing access to emergency continence products, we're helping men participate in Shed activities with greater confidence and dignity."

Why This Matters:

- Over 26,000 Australian men are diagnosed with prostate cancer each year
- It's estimated that up to 80% of men will experience some form of continence issues after prostate cancer surgery.
- Over 2.4 million Australian men and boys live with incontinence

Greg is a passionate advocate for early detection and screening, urging men over 50—or over 40 with a family history—to speak to their GP about regular prostate checks. He also encourages those managing incontinence to reach out to the National Continence Helpline for free, confidential advice and support:

Call for Council Support and Consistent Standards

While the installation of bins in male toilets is a positive first step, Greg highlights a critical challenge:

"One of the key challenges in addressing this issue is the ongoing servicing and maintenance of these sanitary facilities, along with determining who is responsible for covering the associated costs."

He believes that where Men's Shed facilities are provided by landlords—such as local councils or community organisations—the same standards of sanitary provision and maintenance as other public spaces should apply.

"This approach would ensure consistency, fairness, and dignity for all users—particularly older men or those living with health conditions that require discreet sanitary support."

MONASH MEN'S SHED

LEADING THE WAY ON MEN'S HEALTH

Greg has made significant progress in discussions with Mayor Councillor Paul Kilsaris who has committed to supporting BINS4Blokes at the Monash Shed. The Mayor intends to escalate conversations with key council departments, ensuring this important initiative reaches a mutually satisfactory outcome for the local community of Monash.

Gregs efforts strongly highlight the effectiveness of advocacy in driving meaningful change at the community level, he recommends that other Men's Sheds follow his lead.

Leading by Example, Inspiring a Movement

Thanks to Greg's leadership, the Monash Men's Shed is setting a national example—not just as a place to build projects, but as a place that builds confidence, connection, and community.

Greg is calling on Men's Shed Australia wide to join the movement by advocating to their local councils for installation of bins in male public toilet, helping more men feel supported, included, and empowered to live active lives. A handy [Step by Step Guide](#) is available to show you how to progress BINS4Blokes in your local community.

"We need consistency and inclusiveness to ensure that all members of the community living with incontinence are supported," Greg says.

Want to Learn More?

📞 National Continence Helpline – 1800 33 00 66

🌐 BINS4Blokes campaign – www.bins4blokes.org.au

🌐 Prostate Cancer Foundation of Australia – www.pcfa.org.au

NOISY MYNAS

INDIAN MYNAS AND MEN'S SHEDS

Are you thinking about a new activity for your Men's Shed?

Many of our Sheds are involved in the production of bird boxes, Myna traps or both. With the arrival of Indian Mynas in Victoria nearly 30 years ago, we lost about 10 species of birds that used to be fairly common. Indian Mynas invade the nesting spaces of native birds and evict them. The Noisy Miner, which is indigenous to Australia, is aggressively territorial and causes declining numbers of other birds. The smallest birds are most at risk.

Did you know....

- Trapping programs have some success at reducing Indian Myna numbers.
- Nesting boxes for smaller birds go a long way in providing safe breeding spaces.
- Men's Sheds groups that protect little birds from both Mynas and Miners are the unsung heroes of the environment!

Other ways to support bird diversity:

GARDENING: Consider birds when gardening. Use local indigenous plants and include plants ranging in size from one to four metres high, as well as groundcover. This can create a refuge for smaller birds to escape from aggressive birds, like the Noisy Miner and Indian Myna. Many local councils provide guides for planting indigenous plants in your garden, which can help attract native birds.

BIRD WATCHING: With apps and websites featuring images and calls of birds from around the globe, it's easier than ever to take up birdwatching as a pleasant hobby.



Left – Indian Myna, usually brown.



Right – Noisy Miner, usually grey.

Victorian Senior of the Year Awards

Nominations open Monday 5 May 2025

OFFICIAL



Do you know an older person who volunteers their skills, time and energy to make a difference?

For more than 30 years, the Victorian Senior of the Year Awards have celebrated the contributions and achievements of older Victorians who share their skills, time and energy with our community. These awards | are presented annually each October as part of the Victorian Seniors Festival.

The awards include 6 categories:

- Premier's Award for Victorian Senior of the Year
- COTA (Council on the Ageing) Victoria Senior Achiever Awards
- Emerging Impact Award
- Positive Ageing Award
- Promotion of Multiculturalism Award
- Veteran Community Award.

You can submit a nomination online or via postal form. Start preparing your nomination with our simple how-to guide. The guide is available in 16 languages and easy-read English at www.seniorsonline.vic.gov.au/awards.

Interested in learning more about the Victorian Senior of the Year Awards and how to nominate someone? Join us for an **online information session** from 1.00pm–2.00pm on Thursday 8 May 2025. Register for the information session at www.seniorsonline.vic.gov.au/awards.

If you have a question about the awards, you can contact the Seniors Festival team on seniorsfestival@dffh.vic.gov.au or (03) 8850 6164.

To receive this document in another format, phone (03) 8850 6164, using the National Relay Service 13 36 77 if required, or [email seniorsfestival@dffh.vic.gov.au](mailto:seniorsfestival@dffh.vic.gov.au) <seniorsfestival@dffh.vic.gov.au>.

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Prostate Cancer
Foundation of Australia

2025 Toolkit for Teams and Organisations

WALK FOR HIM

Men's Health Week

9 - 15 June



Make every step matter this Men's Health Week

Men's Health Week 2025 (June 9-15) is an important time to take action and raise awareness about Australia's most common cancer – prostate cancer.

You can join the movement by joining Walk for Him and helping to take the next step forward for prostate cancer research.

Why join Walk for Him?

Prostate cancer is the most commonly diagnosed cancer in Australia. Today, another 72 men in Australia will be told they have prostate cancer.

Research is key to beating it. Register a team in Walk for Him this Men's Health Week and challenge your workmates and friends to go as far as you can for the men we love.

THE FACTS



26,368

men diagnosed
each year



3,901

men die
each year



1 in 5 men

are likely to be diagnosed
in their lifetime

**WALK
FOR HIM**

Take strides to save lives this
Men's Health Week 9 - 15 June

walkforhim.org.au





Prostate Cancer
Foundation of Australia

WALK FOR HIM

Men's Health Week

9 - 15 June

The benefits

By signing up for our Men's Health Week challenge, you can help us make prostate cancer history while demonstrating corporate social responsibility, showcasing your commitment to the local community, developing healthy teams and raising much needed awareness about men's health.

Benefits for your team

- ✓ Improved health & wellbeing
- ✓ Greater energy & fitness
- ✓ Building camaraderie
- ✓ Accomplishing a worthwhile goal
- ✓ Helping people impacted by prostate cancer

Benefits for your organisation

- ✓ Boost your brand
- ✓ Promote a healthy workplace
- ✓ Foster teamwork
- ✓ Support your local community
- ✓ Get staff involved in workplace giving
- ✓ Demonstrate corporate social responsibility



Our support for your team

We'll partner with you to help make your campaign easy, fun, and impactful, demonstrating your team's commitment to improving men's health and the wellbeing of our community.

We will provide

- ✓ A dedicated team page and personalised link to engage participants and donors
- ✓ Social media tiles, awareness posters and co-branded opportunities
- ✓ Communications for your website and intranet
- ✓ Editable media release templates to customise and distribute to local media
- ✓ Regular updates and engagement support throughout Men's Health Week, including the lead up to and post-campaign
- ✓ Acknowledgment and celebration on PCFA's LinkedIn and Instagram when you tag us in your team photo

Sign up in 3 simple steps

Registrations can be individual, or your organisation can rally a workplace team.



REGISTER

Go to walkforhim.org.au
to sign up



GET STARTED

Set your target for
donations and distance



WALK

Log your activity
as you go.

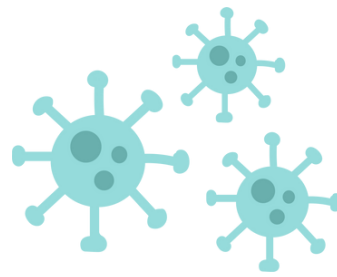
WALK
FOR HIM

Take strides to save lives this
Men's Health Week 9 - 15 June

walkforhim.org.au



Stay Healthy This Flu Season!



Reduce your risk of flu

Flu (influenza) is a highly contagious virus that causes widespread illness each year. While the flu is mild for some people, it can also make you very unwell. Annual flu vaccination is recommended and if you are 65 years and over you may be eligible to have a free flu vaccine each year.

What is the flu?

Influenza – known as the flu – is a common viral infection that affects people of all ages.

The most common symptoms of the flu are:

- sudden appearance of a high fever (38°C or more)
- a dry cough
- body aches (especially in the head, lower back and legs)
- feeling very weak and tired (and not wanting to get out of bed).

While the flu can be a mild disease for some, it can also cause serious illness and even lead to hospitalisation in otherwise healthy people. Annual vaccination is the safest way to best protect yourself against the flu and its complications. You can also reduce your chances of catching or passing on the flu by wearing a face mask if you need to go out and washing your hands.

Who should get the flu vaccine?

Everyone aged 6 months and over is recommended to get a flu vaccine each year. The flu vaccine protects you, but it also can help protect those around you.

Vaccination is important for people aged 65 and over as they are at higher risk of getting sick from the flu. All eligible people aged 65 and over can receive a free flu vaccine that is designed to boost the immune response for better protection.



FIND YOUR LOCAL MEN'S SHED

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

www.vmsa.org.au



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 | BINS4Blokes.org.au/resources | info@BINS4Blokes.org.au

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

For prostate cancer support and information phone PCFA on 1800 22 00 99 or visit 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
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the amazing work happening in your shed.

Don't miss this opportunity to share your
journey with the wider Men's Shed
community!





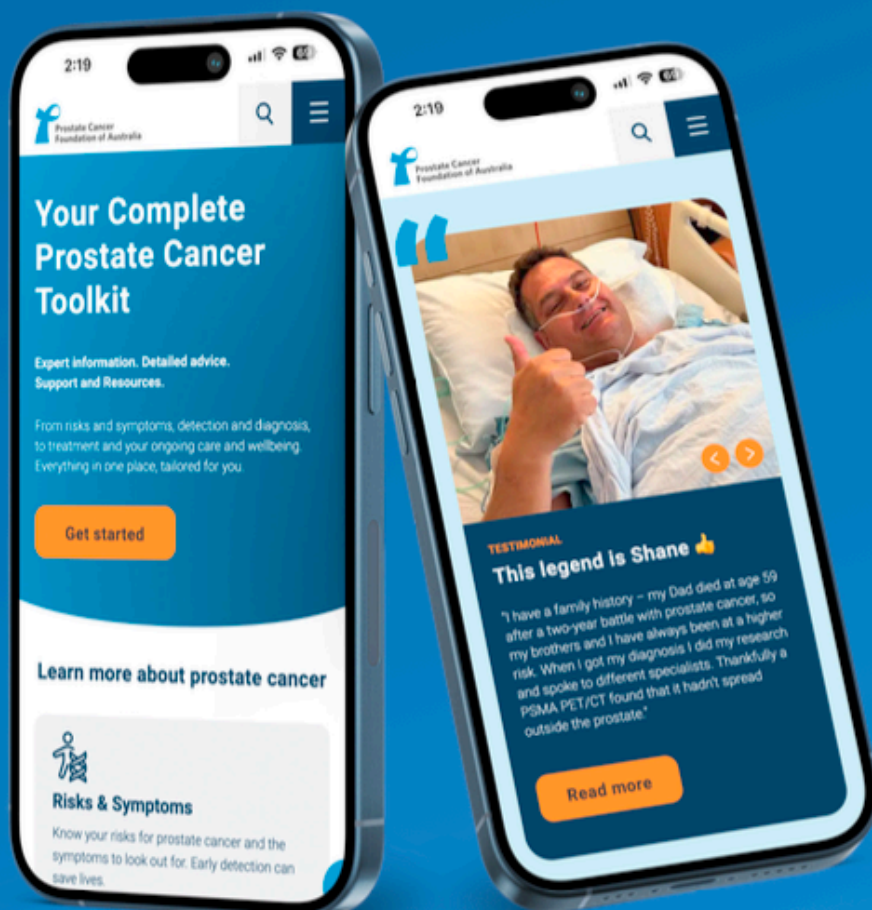
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Plus, join our Facebook group **VMSA - Public Notices** to connect with fellow members, share ideas, and stay in the loop with discussions on topics that matter to you.

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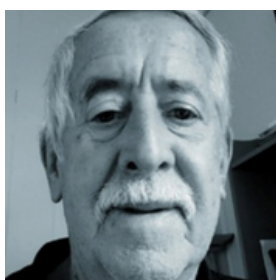
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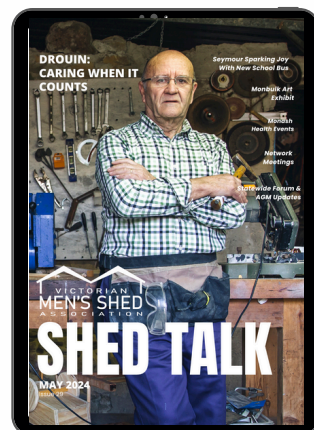
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