

National 19-25 MAY 2025

Volunteer
Connecting Communities Week

SPECIAL
EDITION



VICTORIAN
MEN'S SHED
ASSOCIATION

SHED TALK

MAY 2025

Issue 41

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REPORT FROM THE CHAIR

In praise of Men's Shed volunteers.

National Volunteers Week, Australia's largest annual celebration of volunteering, will be held on 19-25 May 2025. This event highlights the important role of volunteers in our community and celebrates the power of volunteering to bring people together. This year's theme is "connecting communities".

Men's sheds represent the spirit of volunteerism in at least two important respects. The first is the huge contribution they make to their communities through their work for kindergartens, schools and the aged care, disability care, and community welfare sectors.

Sometimes it might just be a simple thing like building a handrail or a ramp or picking someone up from home on a men's shed day if they can't drive any more. It mightn't look like much but every small contribution goes some way to strengthening the community and bringing us closer together.

Every day a men's shed opens its doors, things are done for its community on a voluntary not-for-profit basis and this provides an incalculable contribution to the nation's wellbeing.

The other aspect of volunteerism in men's sheds is the role of the committees that run the sheds. Everything committee members do in a men's shed is done on a voluntary basis.

The shed committees look after the welfare and safety of their members, ensure that good governance standards are maintained, organise the finances, raise funds, take care of insurance issues, make grant applications, complete the endless acquittals that follow, and establish partnerships with other community organisations, businesses or men's sheds through the networks.

In short, the men's shed's movement wouldn't last five minutes without the efforts of the numerous volunteers who staff their committees and keep them afloat. Men's shed volunteers seek no recognition for their work but it is fitting that that this week of celebration increases the awareness of their vital role.

TREVOR DOBBYN
VMSA Chair



REPORT FROM THE **GENERAL MANAGER**

It's been a big month for Shedder gatherings in Victoria with two big regional Road Shows in Geelong and Ballarat.

We listened to your feedback about wanting more events in different parts of the state to complement our yearly conference, and the high attendances at both events indicate that we're heading in the right direction.

When Mark mentioned holding four of these events over a six-week period I did have a quiet thought to myself along the lines of 'good luck with that, daft Irish lad' but now we're in the thick of it, it does appear to be an excellent idea. Both Mark and Kylie have done a great job bringing it all together by engaging health organisations, sponsors and host venues and liaising with local Sheds.

We had over 30 sheds and around 120 Sheddors represented at both events, and everyone seemed to enjoy the days. The report on the events can be found on page 3 of this edition.

Earlier this week I headed further west to visit the Stawell and Ararat sheds. Having visited them early last year it was good to re-connect with all the guys. When you step out your car in a shed car park in country Victoria you'd better make sure you've brought along your sense of humour and an extra layer of skin as the blokes don't hold back, but it's all in good fun. The boxes of racing jackets and hoodies and VMSA show bags have been well-received, and it's good to be travelling with a boot full of decent freebies. If you haven't seen us for a while and would like a visit do get in touch.

In the last edition we featured centenarian Camperdown Shedder Albert Beasley. Donald MS' oldest member Robert Baker was getting close to this milestone, but sadly passed away on the 15th May at the age of 98. Robert will be sorely missed by all at Donald and is acknowledged on page 10, A fellow Shedder quoted him as saying "if it wasn't for this place I wouldn't be here."

Robert wasn't alone in sharing these sentiments. Whether it's a big bustling inner city Shed or a tiny barn in the sticks, we hear these types of stories wherever we go.

You already know this, but let's say it again - this movement is important, and your Sheds do important work. Shed Talk recognises National Volunteer Week by acknowledging the great work that continues to happen every day in all of your Sheds across every area of this state.

JIM KANE
VMSA General Manager



SHEDS CONNECT AND CELEBRATE AT FIRST REGIONAL ROADSHOWS

BY MARK TYRRELL, REGIONAL COORDINATOR

In the words of a couple of Country and Western songs, “We Were On The Road Again” and “The Way to My Heart Is With A Bacon and Egg Roll”, (ok, the second one may not be an actual song but I reckon the Torquay or Daylesford Bands could make a hit out of it). And so it began, an expeditionary force from the VMSA left the comfort of downtown Dandenong and headed to the provincial paradises of Geelong and Ballarat for the inaugural Regional Roadshows.

We started with an epic event hosted by the Geelong Greyhound Club on Thursday 15th May. (huge thanks to Parko and the team for making us welcome and putting on a great spread). Sheds from all over the tropical Bellarine Peninsula were treated to a day of it. I will talk about our presenters in a bit but the band stole the show. (band is not quite sufficient more like an orchestra). Our speakers were also a highlight with the Prostate Cancer Foundation of Australia, Live Up and Ambulance Victoria providing interesting presentations that got everyone thinking and talking. Owen from Total Dust Extraction and James from JC Walsh then spoke about why they were supporting sheds and offering great services and discounts. Our other sponsor Bunnings also presented their Community Engagement award to the lads from Cliften Springs, a well-deserved recognition.



SHEDS CONNECT AND CELEBRATE AT FIRST REGIONAL ROADSHOWS

BY MARK TYRRELL, REGIONAL COORDINATOR



Leaving the tropical south, on the 28th we then headed to the Baltic north of Ballarat, Wendouree to be more precise. According to the many locals who turned up at our second Roadshow, 'it was a bit fresh' a classic shed understatement. I realised I have been away from Ireland for too long and have become a suburban softy, because I was freezing. My chills subsided with the nourishing goodness of a sensational breakfast and lovely coffee funded by our generous sponsors Total Dust Extraction and JC Walsh. Our keynote speakers again stepped up and this time we had Mecwacare with us, talking all things guts, which certainly entertained as well as informed. Dayslsford MS band then took to the stage and entertained the crowd and even got this expat emotional with a great rendition of The Fields of Athenry. We were also very lucky to have Graeme Newman from the VMSA Board present for the day and he spoke about how he got involved in sheds and the VMSA. We finished off the day with the Bunnings community award going to the Dereel MS for their amazing work when a bushfire threatened their township.



What we learned was that when you put a group of sheds together, feed them well and stimulate their brains, great things will happen, helping each other which is second nature. There were many sheds in attendance, new friendships were forged and lots of experiences were shared. We now move on to the other areas of the state over the next 3 months. We have rescheduled Shepparton to the end of July, the next one is in Sale in June and then we will head west in August for the final one in Heywood. Please RSVP early so we can get a good idea of numbers, you can use the QR code for each event, send an email or give us a call. We will even accept a homing pigeon as long as it says how many of you are coming, so the challenge is set for all of you in Gippsland /Bass/ and Cardinia, get in quick to avoid disappointment.



Thanks again to all who attended and made these two days so memorable.

Slán go Foill mo Cairde
(bye for now , my friends)

CELEBRATING COMMUNITY SPIRIT WITH BUNNINGS

The Bunnings Community Shed Awards shine a light on the incredible volunteer work carried out by Men's Sheds across Victoria. These awards celebrate the spirit of mateship, generosity and practical support that defines our Shed culture.

Thanks to the generous support of Bunnings, this year's award recipients – Clifton Springs Men's Shed and Dereel Men's Shed – each received a \$200 Bunnings voucher and a prize pack to help them continue making a difference in their local communities.

We encourage all Sheds to reach out to their local Bunnings Activities Coordinator to see how they can support your volunteer efforts – from supplies and resources to a good old-fashioned fundraising BBQ.

DEREEL MEN'S SHED

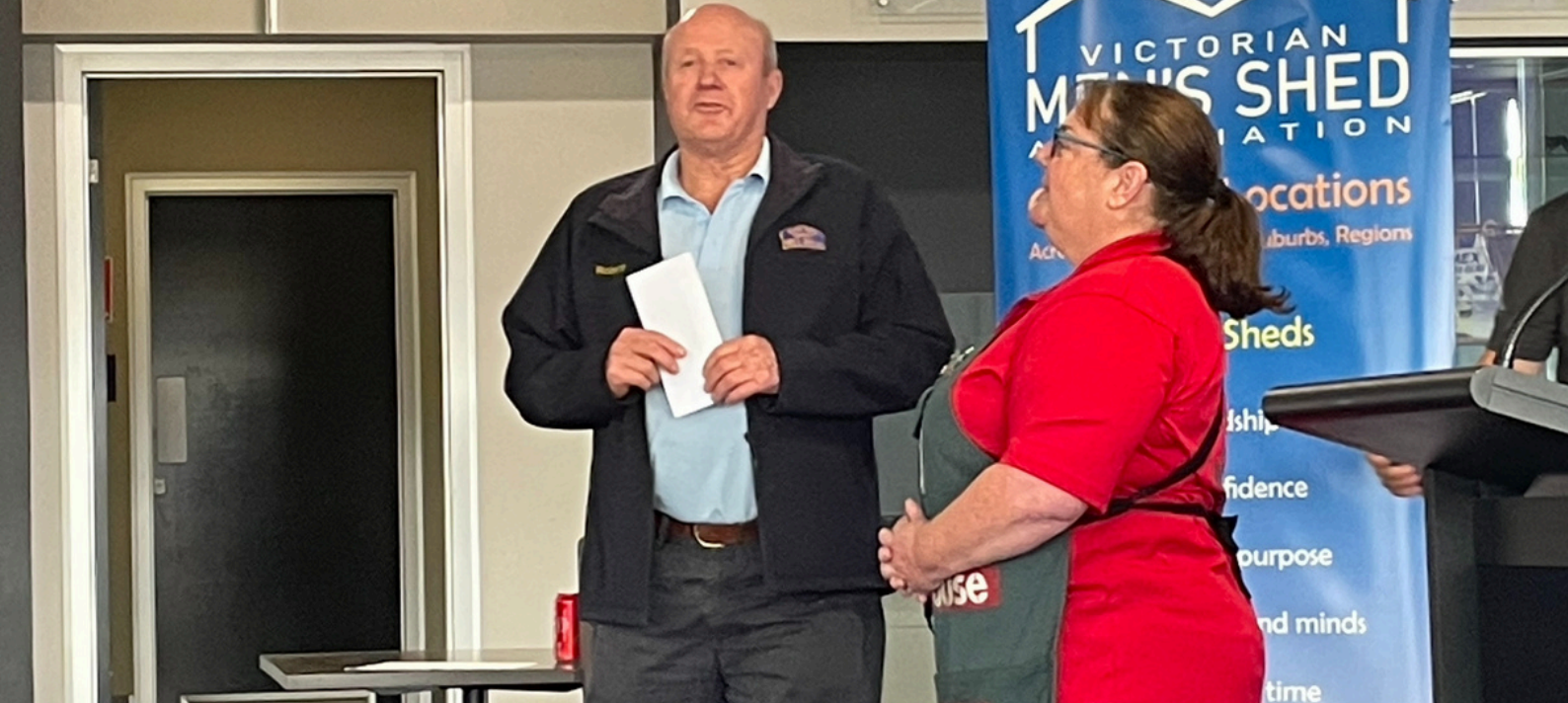
BUNNINGS COMMUNITY SHED AWARD WINNER, CENTRAL HIGHLANDS REGION

In February 2024, the small town of Dereel was threatened by a fast-moving grassfire that burned 110 hectares, came within 50 metres of the Men's Shed, and prompted urgent evacuation warnings. With more than 300 firefighters battling the blaze, the community braced for impact.

In the aftermath, it was the Dereel Men's Shed that helped bring the community back together. As the only incorporated committee in the town of 700 people, the Shed led efforts to organise a community gathering at the local centre – providing space for locals to reconnect, debrief and acknowledge the tireless work of their local CFA volunteers.

Their leadership in this time of crisis was recognised with the inaugural Bunnings Central Highlands Community Shed Award – a tribute to the role Sheds play not just in building things, but in strengthening communities.





CLIFTON SPRINGS

BUNNINGS COMMUNITY SHED AWARD WINNER, GEELONG REGION

The Clifton Springs Men's Shed was recognised at the Geelong Roadshow with the Bunnings Community Shed Award for the Geelong area, thanks to their wide-ranging and heartfelt contributions to the local community.

One of their standout initiatives has been supporting Wombats Wish, a charity that provides grief support to children who have lost a parent. The Shed donated \$2,000 to the organisation and handcrafted beautiful memory boxes for the children attending the charity's weekend camps – a gesture that added a personal and lasting touch to their healing journey.

Community engagement is at the heart of everything the Shed does. Members recently took part in the Bellarine Agricultural Show in Portarlington, where they joined the Discovery Trail and helped children build money box kits – a fun and interactive way to encourage hands-on skills and creativity.

The Shed also maintains a strong connection with local aged care residents. Each month, a group of members visits Drysdale Grove Aged Care, sharing lunch and stories with residents. The planter boxes they built and donated are now a cheerful and practical addition to the home's garden areas.

Their generosity extended further with the donation of three handcrafted boards to the Drysdale Bowling Club, which were auctioned off to raise funds for the Team Jack Foundation – a charity supporting families whose children are undergoing medical treatment.

From helping young children in grief to enriching the lives of the elderly, and supporting vital fundraising causes, the Clifton Springs Men's Shed is a shining example of what it means to support your community in big and small ways. Their recognition by Bunnings is well deserved, and we congratulate them on this meaningful award.



VMSEA ROAD SHOW'S SUPPORTED BY:



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POMONAL MEN'S SHED

SUPPORTING THE COMMUNITY THROUGH RECOVERY

On February 13th, 2024, devastating fires swept through the Grampians, directly impacting the Pomonal community. In the aftermath, the Pomonal Men's Shed quickly became a safe and welcoming space, opening its doors for community members needing a place to talk, regroup, and seek support.

Donations of tools and supplies arrived from sheds and supporters all over Australia. For more than six months, the Pomonal Men's Shed took on the responsibility of sorting and distributing these donations—meeting with community members, protecting privacy, and ensuring support reached those who needed it most.

Despite some members losing everything themselves, the mateship and camaraderie within the shed remained strong. The broader Pomonal community leaned on them not only for practical help, but also for reassurance and connection.

Shed members supported the rebuild of key community spaces. They rolled up their sleeves to help clear debris, build fences, restore sheds and provide critical support where they could. Beyond physical support, the shed also played a vital role in helping community members find appropriate counselling and connect with local crisis services.

In 2025, the Shed continues to play a key role in community recovery, supporting local projects such as building the town's war memorial, helping rebuild sheds and fencing, and contributing time and materials to replace artwork and time capsules lost at the local school.

Thanks to grant funding, they've been able to invest in timber and metal supplies that continue to assist the rebuilding process.

The Pomonal Men's Shed is a strong example of how Men's Sheds provide more than just a space to work on projects—they offer connection, support, and community when it's needed most.

BUILDING A BETTER HOME FOR WILDLIFE

ONE BOX AT A TIME

Across Victoria, several dedicated Men's Sheds are doing their bit to support our furry and feathered friends by building high-quality possum and microbat boxes for Wildlife Victoria.



At present Western Port, Belgrave, Chelsea, Leongatha, Vermont, and two city-based Melbourne Men's Sheds—Fed Square and Parkville Precinct sheds are part of this important initiative.

These sheds work from Wildlife Victoria's specific designs to ensure each box is built to the highest standard and provides a safe haven for wildlife.

The boxes are usually made from recycled timber, most commonly repurposed pallets, making this a great example of sustainable crafting with real impact. Some sheds have also expanded their work to include microbat boxes, offering even more support to Victoria's native wildlife.

Wildlife Victoria is eager to expand the network of participating sheds and would love to hear from any groups interested in getting involved. Whether your Shed is looking for a new project with purpose, or you're already passionate about native animals, this is a great way to lend a hand (and a hammer).

To find out more or to get involved, contact Wildlife Victoria on (03) 9445 0310.

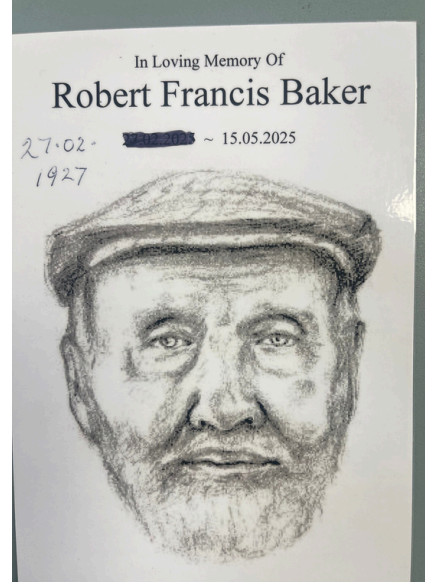
DONALD MEN'S SHED

IN MEMORY OF ROBERT BAKER

The Donald Men's Shed honours the memory of our oldest member, Robert Baker, who passed away on 15th May at the age of 98. Robert was a valued member of our Shed and a familiar face to many. His quiet presence, warmth and dedication to the Shed life will be sorely missed.

A fellow Shedder recalled him saying, "If it wasn't for this place, I wouldn't be here."

We extend our heartfelt condolences to his family, friends, and fellow Shedders.



Our family would like to thank you for joining us today in the celebration of Dad's life.
We encourage you to stay and share memories and stories after the service.



FIND YOUR LOCAL MEN'S SHED

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BROADFORD MEN'S SHED

20TH ANNIVERSARY CELEBRATION

Written by Paul Branich, Broadford President

This year, Broadford Men's Shed proudly celebrated 20 years of service and community connection. Since its founding, the Shed has been a space for skills, friendship, and support, fostering a strong sense of camaraderie among its members.

A special moment of recognition was dedicated to two original members, John Brissett and Tren Harvey, for their unwavering commitment and contribution since the very beginning. Their dedication has helped shape the Shed into the thriving community it is today. They were also made Life Members, including Bill Edge and Arthur Donovan.

The event also coincided with National Volunteers Week, an opportunity to acknowledge the invaluable contributions of volunteers who make a difference in the lives of so many. As part of the celebration, Community Awards were presented to Mitchell Shire, Love In Action, Bendigo Bank, and Robo Construction, recognising their ongoing support and dedication to the local community.

The evening was a true celebration, attended by 40 guests, who enjoyed a delicious sit-down meal cooked in our very own pizza oven—a fitting testament to the craftsmanship and community spirit that defines our Shed.

Thank you to everyone who joined us in marking this special occasion. Here's to many more years of friendship, skill-sharing, and service to the Broadford community!



SEYMOUR MEN'S SHED

BUILDING COMMUNITY, ONE PROJECT AT A TIME

The Seymour Men's Shed has been busy over the past year, working on a wide range of community-focused projects that reflect both craftsmanship and care.

From restoring broken furniture for locals to building unique play structures like the Playground School Bus for Seymour Community House and the Velocity Train for VIC Rail at Seymour Station, the Shed is proving to be a hub of creativity and generosity. The Velocity Train, now in the station waiting room, features a whimsical twist—when children look out one side, all they'll see are dinosaurs!



Other recent projects include:

- A new podium for the Seymour Sharks Swimming Club, replacing the one lost in the floods.
- Two picnic tables and a fully restored 1908 Stevenson Weather Station for the Goorambat Veterans Retreat.
- Popular AFL Grinches that have caught the attention of footy fans.
- Two moving tributes for Seymour College: a Nurse Silhouette covered in white poppies for last year's Remembrance Day, and a Kneeling Soldier Silhouette that will soon be adorned with blue poppies for this year's ceremony.

The Shed welcomes all—whether you're into woodwork, helping with community projects, or simply coming in for a cuppa and a chat. Members contribute in many ways, and all are valued.



Looking ahead, the team is building a stronger relationship with Mitchell Shire Council, which owns the Shed facility. A potential collaboration is in the works to restore and rejuvenate council Christmas decorations for the Seymour area—a project that will bring festive cheer and showcase the skills of this vibrant Shed.

HOST YOUR NEXT MEN'S SHED EVENT IN OURS



WE CONFESS, OUR 'MEADOWS SHED' PROBABLY LOOKS A LOT DIFFERENT TO YOURS. HOWEVER, IT SHARES THE SAME VISION, MISSION & ROLE.

Here at **The Meadows Conference and Events Centre** we too believe in empowering communities. Our mission, like just every Men's Shed, is to offer a place for people to connect. We are dedicated to providing our venue to groups who require a unique and great space to host a function at a very reasonable cost. It goes in hand in hand with being a not-for-profit organisation, just like the VMSA.

As a proud sponsor of the VMSA, our shed door is always open should your shed members need a space to gather. This October we will again be hosting the **VMSA Annual Conference**. If you plan to head along, our hospitality team will be available to show you around our venue. We've seven sensational indoor and outdoor spaces to entertain you. If you'd like more immediate information about our venue and hospitality packages you can jump on our website or call on (03) 9355 5222.

And don't forget, our venue doubles as a Australia's premier greyhounds race track. We can also host you on a Wednesday or Saturday race night. Visit melbournegreyhounds.org.au to learn more.



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VOLUNTEER SHOWCASE

DIAMOND CREEK MEN'S SHED

The Diamond Creek Men's Shed is making headlines with its Keeping Men Grounded initiative—aimed at preventing ladder falls among older men by promoting the use of high-reach tools and offering a gutter cleaning service to vulnerable locals.

With over 2,600 ladder-related hospitalisations each year in Victoria—mostly involving men aged 75–84—the initiative is a timely response to a serious issue. The Victorian Coroner's Office is now exploring the project as a possible model for wider community safety.

Launched in 2016 alongside the Ladder Safety Matters campaign, and featuring local Shed member Mick Hall's story, the program continues to make a positive impact—and could be a life-saving idea for other Sheds to adopt.



PENINSULA NORTH (BAXTER) MEN'S SHED

On Friday 9th May, Peninsula North (Baxter) Men's Shed hosted their Annual Mother's Day Lunch, raising \$380 for the Jane McGrath Foundation.

Over 50 people attended, enjoying a warm lunch and friendly conversations. The event also featured a valuable talk by Andrew, a local police officer and Shed member, who covered topics like scams, youth crime, home security and more. His insights and Q&A session offered practical advice on protecting ourselves and our property.

It was a fantastic day of community, awareness and support for a great cause.



WODONGA MEN'S SHED

The Wodonga Men's Shed is always ready to roll up its sleeves. Recent projects include a sturdy outdoor bench-and-table set for Albury Wodonga Health—welded by “the two Ronnies” and Wayne—featuring a powder-coated steel frame and weather-proof ModWood top that now welcomes hospital staff, patients and visitors outside the cafeteria.

Whether tackling public commissions or personal pieces, the Shed lives its motto, “Mates working together,” turning practical skills into community connections—one project at a time.

TALLYGAROOPNA MEN'S SHED

When 13-year-old Colton Obersnell returned home in a wheelchair after a serious bike accident, the Tallygaroopna Men's Shed didn't hesitate to lend a hand. With no wheelchair access at the family home, the Shed quickly stepped in to design and build three ramps—making it safer and easier for Colton to move around. His mum, Michelle, was overwhelmed by the generosity. “They came and just did it, no questions asked,” she said. “It was exactly what we needed and so well made.” It's another example of how Sheds are quietly doing incredible things to support their communities, one project at a time.

Photo: Megan Fisher / Shepparton News



CROYDON MEN'S SHED

BUILDING COMFORT IN TIMES OF LOSS

The Croydon Men's Shed has been quietly creating something incredibly meaningful: Angel Boxes for families who experience the heartbreaking loss of a baby through miscarriage, stillbirth, or SIDS. These handcrafted timber boxes, lined with silk pillows and doonas, are made with care and compassion by the dedicated volunteers at the shed.

The project began a decade ago in partnership with Treasured Babies, part of the Red Nose organisation, after a funeral home director expressed how important it is for grieving families to have the option of a special resting place for their babies. What started with 60 boxes has grown to over 800 in a single year—Croydon Men's Shed is on track to deliver nearly 900 Angel Boxes by the end of 2025.



Each month, around 80 Angel Boxes are delivered from the shed to the Treasured Babies facility in Mooroolbark. From there, they are distributed to hospitals and funeral homes across Australia, providing a small but deeply meaningful gesture of support during a devastating time.

As Croydon Men's Shed Secretary Geoff Coutis shared, "It's important we send out the best possible product because when people receive these, they're in a really bad way. If they look at this box and it gives them a moment of comfort—it's all worth it."

The shed's work is powered by generous donations from the community, including support from Bunnings, Bowens, Bendigo Bank, Lions Clubs, Swinburne University Croydon Campus, and Federal MP Michael Sukkar. A recent \$5000 donation from local Lions Clubs will go a long way in helping the project continue.

Croydon Men's Shed would welcome support from other local sheds to help meet demand—but due to logistics, those sheds must be close to Mooroolbark, where the boxes are lined and finished by Treasured Babies volunteers.

For those wanting to support this incredible program, hardware or Spotlight vouchers are always appreciated to help supply the timber and materials needed. For more information, or to enquire about donations, please reach out to Treasured Babies through the Red Nose website: <https://rednose.org.au>



HEYWOOD MEN'S SHED

COMMUNITY AWARD

The Heywood Men's Shed has been recognised for its incredible commitment to community service, taking home the Glenelg Shire Community Volunteer Organisation of the Year Award for 2025.

Pictured from back left: Michael Hillier, Lesley Hillier, Terry Sparrow (President), Warren Fick (Treasurer), and Sandra Crone (Secretary), the team represents the heart of a Shed that's all about making a positive difference.

From hosting weekly card games and exercise classes to recycling bicycles and building garden beds and access ramps, the Heywood Men's Shed is a hub of hands-on support. Members are also active in delivering Meals on Wheels, maintaining hospital gardens, and repairing furniture—keeping valuable items out of landfill and giving them a second life. Beyond the practical projects, the Shed plays a vital role in supporting mental health and wellbeing. It offers a welcoming space where both men and women can gather, connect, and contribute—sharing skills and friendship in equal measure.

The Shed's fundraising efforts also support local causes, showing just how deeply embedded they are in the Heywood community.

The Heywood Men's Shed is a great example of what volunteers can achieve when they come together with purpose. Congratulations to all members on this well-deserved recognition!

ST ANDREWS

10 YEARS OF VOLUNTEERING AND CONNECTION

The St Andrews Men's Shed recently celebrated a major milestone—10 years of community, craftsmanship, and camaraderie—with a special open day and afternoon tea.

President Steve Jenkinson shared reflections on the Shed's journey, recognising past and present members and the importance of men supporting each other. Nillumbik Mayor John Dumaresq also acknowledged the Shed's significant contributions to the local community and the role it plays in keeping volunteers engaged and connected.

Over the past decade, the Shed has built a strong reputation for giving back through hands-on projects. From crafting nest boxes for phascogales and sugar gliders in partnership with Landcare and Nillumbik Shire Council, to building cubby houses and a gaga pit for St Andrews Primary School (pictured), the members consistently lend their time and skills for the benefit of others.

Volunteers have also constructed a ramp for the local Riding for the Disabled group and built theatre sets for youth productions. One of their standout initiatives is the popular 10-week Tools of the Trade for Women course, led by a roster of at least three volunteers each session. The course has a waiting list, with many participants returning to learn more advanced skills.

A particularly proud achievement is their youth mentoring program, developed in collaboration with Nillumbik Community Health. What began at St Andrews has now been endorsed as a model for other Men's Sheds across the country.

As the Shed continues to grow, so does the demand for its space. With a strong and growing membership, their current advocacy campaign seeks funding for a long-overdue extension, ensuring they can keep making a difference for years to come.





To: Vic Mens Shed

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MEN'S HEALTH WEEK

TAKE ACTION

This Men's Health Week (June 9-15), Continenace Health Australia has teamed up with Prostate Cancer Foundation of Australia to shine a light on health challenges faced by men.

Across Australia, more than 2.4 million men and boys are living with incontinence, yet there continues to be limited awareness about the condition. Incontinence is also a common side effect for men who have undergone certain treatments for prostate cancer.

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 the disease in their lifetime.

Urinary incontinence rates following radical prostatectomy are high – and combined with a lack of facilities to dispose of incontinence products, this can be stressful for men, and discourage them from leaving the house, resulting in social isolation and increased mental health and wellbeing issues.

That's where BINS4Blokes come in. The national campaign, developed by Continenace Health Australia, promotes the installation of incontinence product disposal bins in male public toilets across Australia.

Ensuring more bins are installed and made accessible will mean that males with incontinence can live and work in their community with confidence and freedom. PCFA's Victorian Community Engagement Manager Linley Watson encouraged Men's Sheds to take action.

"We're proud to partner with Continenace Health Australia to promote the BINS4Blokes campaign and to help get more incontinence product disposal bins in male public toilets around Australia," Ms Watson said.

"Men's Sheds can get involved by finding their local bin providers and reaching out to the local council, shopping centres, or community centres to ask them to install bins in their male public toilets.

"There's no better time to take action then during Men's Health Week – it all makes a difference and gives hope to men living with incontinence."

If you would like to find out how to support the installation of incontinence product disposal bins in male public toilets in your local area, visit the BINS4Blokes website www.bins4blokes.org.au or email info@bins4blokes.org.au

For more information about prostate cancer, or for support, visit www.prostate.org.au or phone 1800 22 00 99 to speak with a Specialist Nurse, or for free and confidential support about continence issues, call the National Continence Helpline on 1800 33 00 66.

**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!





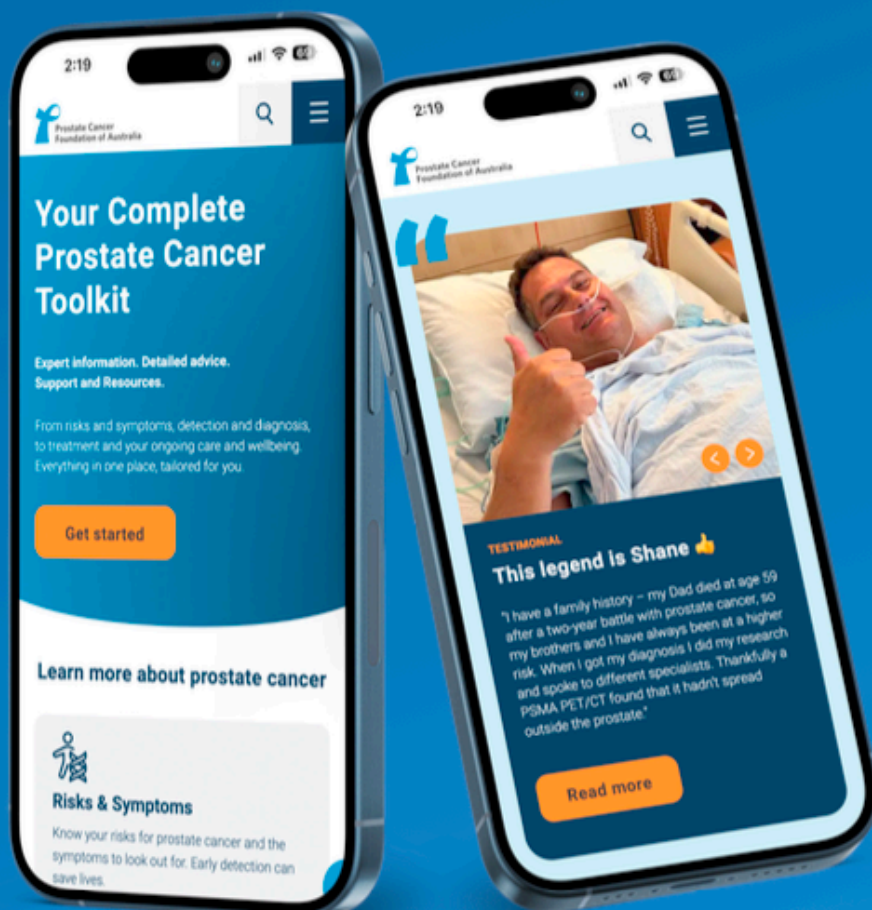
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Follow Us on Social Media



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!

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VMSA TEAM



JIM KANE

General Manager



0448 015 554



gm@vmsa.org.au



MARK TYRRELL

Regional Coordinator



0413 353 819



mark@vmsa.org.au



KYLIE HUGHES

Shed Network Facilitator



kylie@vmsa.org.au



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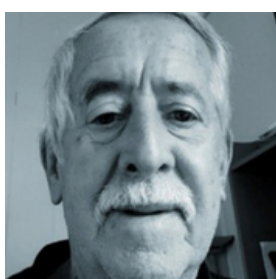
Chair



trevor@vmsa.org.au



0408 121 934



Colin Prowd

Vice Chair



colin@vmsa.org.au



Mick Overman

Treasurer



mick@vmsa.org.au



Max Finlayson

Secretary



max@vmsa.org.au



Marcelle Davis

Committee



marcelle@vmsa.org.au



Graeme Newman

Committee



graeme@vmsa.org.au



Peter Broomhead

Committee



peter@vmsa.org.au



Greg Male

Committee



greg@vmsa.org.au

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The Victorian Men's Shed Association
173-175 Ordish Road
Dandenong South VIC 3175

 0408 465 228
 vmsa@vmsa.org.au
 vmsa.org.au

