

DAYLESFORD MEN'S SHED: GIVING BACK

*Statewide Forum &
AGM 2025 Invitation*

*Sale & Shepparton
Road Show*

Ask The Shedders

*Mornington Peninsula Shed
Family Network Day*

*Wodonga Men's Shed
Best Practice Guidelines*



SHED TALK

JULY 2025

Issue 43

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REPORT FROM THE **CHAIR**

We hope all sheds will send delegates to this year's statewide Men's Shed Forum and AGM to be held at the Meadows Greyhounds," The Meadows" in Broadmeadows on October 22. If you haven't booked a spot yet, get on to Jim Kane our General Manager, on 0448 015 554.

Be there or be square.

Some good news from the Kiewa-Tangambalanga Men's Shed. After receiving a notice to quit their shed by May last year, with no place but the Starlight Motel to go, they have hung on and are now negotiating with the council for a planning permit to build a new shed at Coulston Park on the Tangambalanga side of the Kiewa River.

Under the leadership of President Jack Britton (Britto) and the committee, they have successfully obtained a grant of \$80k from the state government under the Men's Shed Funding Program, a grant from Bendigo Bank and have raised additional money themselves through pub meat raffles and other fundraising events.

They have a lot of support from their community and have developed a good working relationship with local Indigo Shire Council officers in the planning phase.

This is a great example of how men's sheds can overcome adversity and can be strengthened by difficulties such as this.

The job's not done yet as they have still more money to raise, so sheds wishing to donate can contact Britto on 0428 273 236.

In less good news, the Rainbow Men's Shed had their access to their shed revoked effective as of 12 June by their Neighbourhood House. The shed committee says is the third time this has happened, which has to be a world record. The VMSA continues to do what it can to support these blokes and their committee, who have been through the mill to put it mildly.

Since all this started, the men's shed has incorporated and has been trying to no avail to negotiate a separation with the Neighbourhood House through a Memorandum of Understanding.

They are now meeting in a member's garage and waiting on news from the DFFH about whether any assistance from the department will be forthcoming.

It's a tough situation and there is no doubt it has taken its toll on the mental and physical health and well-being of the men.

REPORT FROM THE **CHAIR**

In some VMSA news, our second application to the Australian Charities and Not-For-Profits Commission (ACNC) in respect to our application for Deductible Gift Recipient (DGR) status has been rejected. We are awaiting written confirmation before considering further options.

The VMSA board extends our thanks and appreciation to Holding/Redlich lawyers who have done an enormous amount of work for us on a pro-bono basis in respect to this matter.

The board has recently completed a governance training session with Justice Connect, which was very informative. We will place links to the Justice Connect website on the VMSA website so that the shed committees can also have access to this very useful resource.

TREVOR DOBBYN
VMSA Chair



REPORT FROM THE **GENERAL MANAGER**

Hello Shedders,

There have been a couple of delays with the rollout of the member portal on the VMSA website. The technical issues have been addressed, and your shed will receive an email with login instructions over the coming days. The VMSA are the sole developer of this platform, there is no third party that has access to this data.

The first phase of the rollout will allow you to pay your member dues. There are many benefits of being a VMSA member and we've provided you with a list of these on page 12 of this edition.

If you have any questions about the portal or your membership, you can email vmsa@vmsa.org.au or call 0448015554.

Another busy VMSA Road Show was held on the 30th July, this time in Shepparton, with 110 Shedders and 26 Sheds gathering at the local Greyhound Racing Club. One of the highlights of the Road Shows has been the Bunnings Community award, which is given to Sheds that have been doing outstanding volunteer work in their local community. Steve Harry from Bunnings Trade Australia joined the event in the afternoon to present the Shepparton awards to Numurkah and Murchison Men's Shed. Steve also reaffirmed Bunnings' ongoing support and commitment to the Men's Shed movement.

The day before the event, I visited the Tatura and Kyabram Men's Shed. At Tatura, I joined the guys for their Tuesday lunch, which has been an institution in the town for years and it was great to see a very happy bunch of blokes from all walks of life in attendance. On the way to the shed, I happened to see a small rabbit dart towards the bushes at the side of the road. With delicious rabbit pie being on the menu and having been told it was made from a recent shedder's catch, I did wonder quietly whether it may have been one of the little guy's cousins that was buried under the pastry before proceeding to get stuck in.

Kyabram MS also gave me a lovely warm welcome and it was good to find out about their new side hustle in making coffins. At least it was other people's coffins they were making and not their own, which was the case with one bloke I was chatting to in a workshop last year.

It's also timely to note that RSVPs are now open for our biggest event of the year, the Statewide forum at Broadmeadows on Wednesday, October 22nd. You can find more details on page #. It would be great to see you there.

Happy Shedding,

JIM KANE
VMSA General Manager





STATEWIDE FORUM & AGM

You're warmly invited to join us at the Victorian Men's Shed Association (VMSA) Statewide Conference and AGM.

This event brings together members from over 350 Sheds across Victoria to connect, share experiences, and explore key issues and opportunities. We'd love to see your Shed represented on the day. Each Shed is invited to send up to two members to attend.

Your involvement and insights are greatly valued.



RSVP 1 October

Jim Kane 0448 015 554 or
email gm@vmsa.org.au



More Information
www.vmsa.com.au



10 AM - 4 PM

22

OCTOBER

**THE MEADOWS
CONFERENCE AND
EVENTS CENTRE**

**80 NORTHCORP BOULEVARD
BROADMEADOWS VIC 3047**



SHED MEMBER PORTAL

We're upgrading our membership system to make it easier for Sheds to manage their VMSSA membership.

Soon, Shed Membership Dues will be payable through our new Shed Member Portal. This secure system will allow Shed Committee members to log in, view their shed's membership details, and complete payments online.

In the coming weeks, we'll share step-by-step instructions on how to access and use the portal, so please keep an eye on your inbox for all the details.



SALE ROAD SHOW

CONNECTION, CAMARADERIE AND COMMUNITY



Over 100 Shedders gathered in Gippsland for a day of learning, sharing, and laughs at the Sale VMSA Road Show.

Hosted at Greyhound Racing Victoria Sale, the day opened with a warm welcome from Wellington Shire Councillor Geoff Wells, setting a positive tone for a full day of connection and conversation.

The speaker program was packed with helpful insights:

- Suzie Bady from Mental Health and Wellbeing Local shared valuable mental health support information.
- Nigel McBride from the Prostate Cancer Foundation of Australia highlighted the importance of early detection and regular health checks.
- Michael Jacobs from Ambulance Victoria discussed emergency preparedness and sparked discussion on Shed safety.
- Marty and Stuart from AMSA introduced the Spanner in the Works health initiative, giving Shedders simple ways to take care of their wellbeing.



Lunch was accompanied by live music from the talented Briagolong Band, providing a great atmosphere as Shedders relaxed and caught up.



The afternoon Shed Chat, led by VMSA Board Member Colin Prowd, gave Sheds the chance to share their challenges, ideas and achievements. Congratulations to Neerim South Men's Shed, winners of the Bunnings Trade Community Contribution Award, recognised for their work with the Fallen 41 veterans project and a local school partnership.

Thanks to MP Tim Bull for attending, and to JC Walsh Woodworking Machinery & Service and Total Dust Extraction for supporting the day. And finally, a big thank you to GRV Sale for their generous hospitality, and to all the Shedders who made the journey. Your energy and involvement made the day a great success.

SHEPPARTON ROAD SHOW



The Shepparton leg of the VMSA Road Show brought together more than 110 Sheddors from across the region for a day full of connection, conversation and camaraderie at Greyhound Racing Victoria.

Highlights included a powerful session from the Prostate Cancer Foundation of Australia that sparked meaningful discussion among Sheddors, as well as practical insights on ageing well from LiveUp's John. Ambulance Victoria's Chain of Survival talk prompted thoughtful questions around emergency readiness in sheds, including the importance of accessible and registered defibrillators.



In the afternoon, Steve Harry from Bunnings Trade presented Community Shed Awards to Numurkah and Murchison Men's Sheds, recognising their outstanding contributions. He also reaffirmed Bunnings' continued support for the Men's Shed movement.

A special mention goes to Wodonga, Broadford and Tatura Men's Sheds for their valuable insights during the VMSA discussion session—your input added depth and perspective to the day.

A big thank you to Greyhound Racing Victoria Shepparton for their warm hospitality, and to JC Walsh Woodworking Machinery & Service and Total Dust Extraction for their generous support. The day wrapped up with raffle prizes, show bags and plenty of new connections—another successful stop on the Road Show circuit!



Sheds in attendance:

Albury Men's Shed, Bendigo RSL Men's Shed, Bendigo District Aboriginal Cooperative, Men's Shed Bendigo, Broadford Community Men's Shed, Deniliquin Men's Shed, Dookie Men's Shed Inc., Emu Creek Mens Shed, Gisborne Men's Shed, Goulburn Valley Woodworkers, Huntley Men's Shed, Katandra West Men's Shed, Kilmore Men's Shed, Kyabram and District Men's Shed, Men's Shed Numurkah, Mooroopna Men's Shed, Murchison Mens Shed MS, Nathalia & District MS, Shepparton Men's Shed, Shepparton East Mens Shed, Stanhope & District Men's Shed, Tallygaroopna Men's Shed, Tatura Men's Shed, Violet Town Men's Shed, Wangaratta Mens Shed, Wodonga Men's Shed



VMSA ROAD SHOW HEYWOOD



AUGUST 28, 2025
08:30 AM – 02:00 PM



**THE HEYWOOD
COMMUNITY HALL**
Edgar St
Heywood VIC 3304

Event Highlights

Health and Wellbeing Speakers ◀
Live Performances ◀
Shed Connections ◀
Auction and Raffle ◀

RSVP

Mark Tyrrell at mark@vmsa.org.au 0477 908 144
Jim Kane at gm@vmsa.org.au 0408 465 228

About Our Event!

We'd love to see you there for a great day of connection, learning, and good food. Kick things off with a barista coffee and hot brekkie from 8:30–10am, followed by a fully catered program.

SCAN



EVENT SPONSORS



**AUSTRALIAN
MEN'S SHED
ASSOCIATION**
Shoulder to Shoulder



DAYLESFORD MEN'S SHED GIVING BACK

NESTING BOXES FOR NATIVE WILDLIFE

The Daylesford Men's Shed is proud to share a recent project that combines craftsmanship, community spirit, and care for local wildlife.

One of their dedicated members, Bob, has been busy in the workshop over the past few weeks building a set of beautifully crafted nesting boxes. These boxes were recently donated to the Hepburn Wildlife Shelter, just in time for the busy spring nesting season.



Native birds and small mammals often struggle to find safe spaces to raise their young, especially with habitat loss on the rise. Projects like this provide much-needed support for wildlife in the region and the shed is proud to play a part in that.

A big thank you to Jon from the Hepburn Wildlife Shelter for collaborating with the shed on this meaningful initiative. The shed looks forward to supporting the shelter's incredible work well into the future.

Whether it's lending a hand in the workshop or helping preserve local wildlife, the Daylesford Men's Shed continues to show what can be achieved when skills meet community connection.



VMSEA ROAD SHOW'S SUPPORTED BY:



MORNINGTON PENINSULA SHED

NETWORK FAMILY DAY



On Saturday 5th July the Mornington Peninsula Shed Network held a family day at the Mornington Railway Preservation Men's Shed. We enjoyed a steam train (K163 1942) ride sitting in the comfortable restored seating of the (1920s) carriages, with many members accompanied by their grandchildren. The ride to Mornington and back to Moorooduc was followed by a BBQ lunch provided by the very capable members, which was then followed by a highly informative tour of the workshops and restoration areas of the trains and rolling stock still being worked on. A never-ending job.

The members of the other network sheds were extremely impressed by the detailed and at times very intricate work these dedicated "TRAINIES" perform. there were many questions put to these guides throughout the tours.

There is hope that in the not-too-distant future, the line from Moorooduc to Baxter will be reopened following the replacement of the sleepers, creating a far longer experience for tourists. This section of the line was closed in 1981. Currently, the line only operates between Moorooduc and Mornington and operates on Sundays and special occasions by arrangement.

There are currently one Steam Locomotive (K163, built 1942 and two Diesel locomotives (T334 & T441, built early 50's), as well as numerous passenger carriages and other rolling stock. This dedicated group is certainly working very hard to keep this important part of Australia's transport history alive for future generations.

The Shed can be contacted on 0435 023 983 or by email len.may@morningtonrailway.org to arrange a tour of the facility or to book a ride.

VMOSA MEMBERSHIP WILL PROVIDE THE FOLLOWING BENEFITS:

- 
- ✓ We provide practical advice, assistance, support and guidance for Victorian Men's Sheds.
 - ✓ Representation and advocacy for the interests of your shed to government, business and community organisations.
 - ✓ Assist with promoting your shed to the wider Victorian community.
 - ✓ Face-to-face support for Victorian Sheds, including field visits.
 - ✓ An invitation to our annual VMOSA Forum and AGM on the 22nd October which is fully catered, free of charge and includes a \$100 travel voucher for all sheds located more than 100km from the location. (The Meadows Racetrack, Broadmeadows)
 - ✓ Help with local and regional shed networks, including network visits and network establishment.
 - ✓ A Victorian-based Regional Coordinator who supports Victorian Men's sheds with local health-related resources and timely information on the National Shed Development Program Grants.
 - ✓ Information and guidance regarding the annual Victorian State Gov MS grants - up to \$860k for Victorian Sheds.
 - ✓ Subscription to the VMOSA Newsletter and access to our Social Media page, keeping sheds up to date with information and news about shed activities across Victoria.
 - ✓ An invitation to the Regional Road Show Events held for sheds across the state.
 - ✓ Information provision on other available local grants, governance, shed promotion and community engagement.
 - ✓ Enjoy the benefits forged by VMOSA's partnerships with corporations and other organisations for the distribution of equipment and materials to member sheds.

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 and experienced shed community will provide their insights and answers.

QUESTION FROM A SHEDDER FROM GOROKE MEN'S SHED

**How can you verify your identity if you don't have
all the required documents—like a passport?**

**Some services ask for more than just a driver's
licence and Medicare card, so what can you use if
you're short on ID points?**

Q

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

A

WODONGA MEN'S SHED

BEST PRACTICE' GUIDELINES

Wodonga Men's Shed is currently undertaking a project to develop 'Best Practice' guidelines across a variety of key areas. To support this initiative, they're seeking input from other Sheds that may have effective examples, processes or approaches in place that address the topics outlined in the project brief. The project is being led by John Coleman. If your Shed has something valuable to contribute, please reach out to him via email at: secretary@wodongamensshed.com.au

1. HEALTH ISSUES

How do other Men's Sheds identify health issues with existing members without the members feeling that the question is invasive? The rationale is that many have been members for a long time and their health status may have changed in that time - e.g, Asthma, Diabetes, Pacemaker, etc. If Management is aware of these conditions, we will understand what action to take in the event of an accident/injury. It is for the benefit of the member as well as assisting the First Aid officer before the Ambulance arrives. The second part of that issue, how do we quickly access that information - the filing cabinet, personal file on our computer, and maybe the ICE app on their phone (In Case of Emergency). I believe at a minimum, we should encourage all members to enter the contact person and medical conditions on their phone, assuming they have their phone with them at the Shed. It is more important now that ambulance times of arrival are getting much longer due to ramping and other factors.

2. RECORDING OF TRAINING

The recording of training needs to be upgraded. Many times, a group of 10 or more members crowd around the demonstration of the use of a particular machine. No record is maintained of who was present, etc. I believe training must be limited to a maximum of 3 members at any one time. Each person is then supervised in demonstrating their skills on the machine IF the trainer believes that they are competent enough to do a brief demonstration. Their competency level must be recorded by the trainer and that info put on their training schedule. That training should be repeated for those 3 members several times until the trainer rates them as proficient, again recording the information. It is therefore essential that each member has a training record on each machine they wish to use, and that info is placed on their personal record.

3. MACHINE MAINTENANCE

It is essential that a spreadsheet be created listing each machine as per the numbering system we have allocated, with the months for each year notated across the page. Each time any maintenance is done (e.g., test and tag, replacement of saw blade, etc.) is to be recorded to ensure all machines are serviced and maintained as per warranty and normal maintenance requirements. This covers the Mens Shed for any compensation claims, injuries caused by a machine that has a record of preventive maintenance performed.

4. ADD A QUESTION ON THE INDUCTION FORM

Vince suggested that we ask the new member, "What do you want to do in the Mens Shed? Do you have any specific goals to achieve? That will assist in guiding the new member to the correct area and training as required. I suggested a "Buddy System" be introduced so the new member is made to feel welcome and can learn tools or machines as desired.

5. METHOD OF ATTACHING "SAFE OPERATING INSTRUCTIONS AND USER MANUALS TO EACH MACHINE

The Albury Men's Shed has devised a 3-ply attachment for these documents, but they are not fixed to the machine; they are attached to a piece of wood taped to each machine. John Schmidt, our President, suggested a clear plastic folder with a piece of wire or string to attach to the machine. The Safe Operating Instructions, an emblem also attached to specific machines, recommends various types of PPE be also attached (e.g., Safety Glasses, hearing protection, gloves, safety footwear. The Albury Women's Shed/Thurgoona Men's Shed has these signs.

WODONGA MEN'S SHED

BEST PRACTICE' GUIDELINES

6. RECOGNITION AND IDENTIFICATION OF MEMBERS' SKILLS / ACCREDITATION OR ASSESSMENT TECHNIQUES

The Albury Women's Shed trains new and existing members on the use of equipment, including unique equipment. This training is assisted by specific members of The Thurgoona Men's Shed. Twice yearly, members are assessed and then accredited by a qualified lecturer from the Wodonga TAFE woodwork/cabinet maker, who is reimbursed accordingly. This information is recorded on the member's record. I am seeking to find out the methods utilised by other Men's Sheds for assessment and/or accreditation of skills.

7. CONSIDER EXISTING WORKSHOP STRUCTURES AND ASSESS THE ADEQUACY OF THE PLACEMENT AND PROXIMITY OF MACHINERY WITHIN THE WORKSHOPS

I am requesting some guidance on this matter because I am not qualified to make any assessments. Are there standard placements of machines, and their placement near other machines? I would be grateful to learn if there are any accepted industry guidelines or recommendations in relation to this matter.

8. RECRUITMENT OF NEW MEMBERS AND RETENTION OF EXISTING MEMBERS

The Albury Women's Shed uses their Facebook page to attract new members and, for safety reasons, limits the number of new members so as to provide adequate space within the Shed. I receive Seniors Discount Club emails at least once a day and have recommended that the discount currently being offered of \$50 for a year be utilised to advertise for new members. It can also be used to promote the excellent work being provided by the local Men's Shed, Open Days, and to advertise the availability of Christmas gifts if ordered through the local Shed. Examples such as reindeer, Christmas trees, Christmas decorations, game boards, wooden puzzles, chess sets, etc, would be another way of promoting the Men's Shed to the local community and may draw donations to assist with the running costs.

9. CONTINUOUS EDUCATION

Arrangements to be made for an update/refresher for all Members (and attendees to have that recorded on their file), for issues such as First Aid / First Responder, Asthma Educator, Diabetic Educator, Ambulance Victoria / NSW session, Local Council Representative, which may provide access to funding / Grants, Evacuation / Fire Drills.

10. SAFE OPERATING PROCEDURES / USER MANUALS FOR EACH MACHINE

I have attached a listing of the make and Model for each machine in the Wodonga Men's Shed and would appreciate any documentation in relation to these machines. I have also attached a photo of the document holders used for this information in the Albury Men's Shed.

INSIDE THE WORKSHOP

SHED

SHOWCASE

HUME MEN'S SHED SUNBURY

The Hume Men's Shed Sunbury is joining in the Seniors Month celebrations with an Open Day on Saturday 4th October 2025. Everyone's welcome to drop by for morning tea, a sausage sizzle, and some hands-on demonstrations. It's a great chance to see what the Shed's all about. For more details, check out their [Facebook page](#)



LEONGATHA MEN'S SHED

Huge milestone for Leongatha Men's Shed, \$6,000 raised through 10-cent refundables! That's 60,000 items saved from landfill.

Big shout out to David Brereton for the final donation that tipped them over the mark, and to everyone who donates and feeds the machine.



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



BROADFORD MEN'S SHED

Broadford Men's Shed is running a fantastic initiative called "Woodworking for Preschoolers," which has been running for the past two years.

Each week, children aged 3 to 5 are introduced to basic woodworking skills like using a hammer and nails, creating fun projects such as trucks, trains and picture boards. The sessions are supervised by a few Shed members along with staff from Ferguson Street Kindergarten, creating a safe and engaging environment for hands-on learning.

It's a great example of how Sheds can share practical skills with the wider community. Thanks to Ferguson Street Kindergarten for supporting the program.

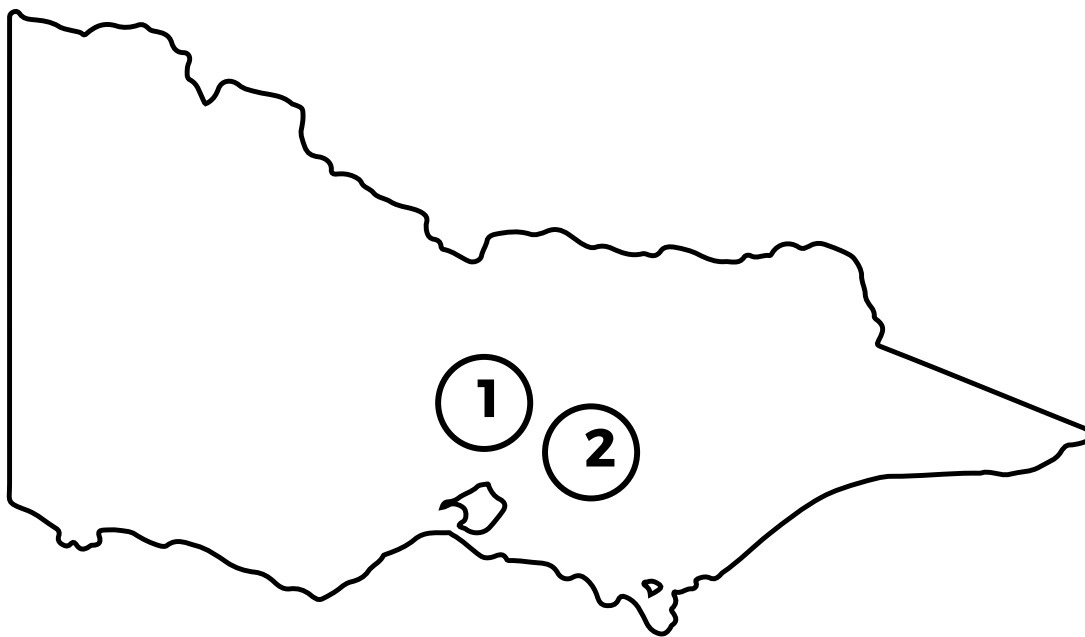
OCEAN GROVE & DISTRICT MEN'S SHED

The Ocean Grove Men's Shed builds a range of quality garden boxes – from raised veggie beds to decorative planters. Each one is crafted with care by members, combining practical design with solid workmanship.



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

UPCOMING NETWORK MEETINGS



AUGUST

- 1** Lower Goulburn - Wednesday 13th Aug 9:30am- 1:30pm
at Broadford Living and Learning Centre
- 2** Yarra Ranges - Friday 15th Aug 10am at Badger Creek Men's Shed

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!

Please also check out the **EVENTS** page on our website for more information on upcoming events.

PROSTATE CANCER, INCONTINENCE & DIGNITY

LET'S TALK ABOUT IT

1 in 5 Australian men will be diagnosed with prostate cancer by age 85. While survival rates are high, many men experience incontinence after treatment, leading to isolation, reduced confidence, and avoiding community spaces like the Shed.

Yet incontinence bins are rarely found in male toilets, making it difficult for men to dispose of continence products discreetly.

Men's Sheds can help lead change. By raising awareness and supporting initiatives like BINS4Blokes and the Prostate Cancer Foundation of Australia (PCFA), Sheds can help restore dignity and get more blokes back to living life.

What Sheds can do:

- ✓ Host a guest speaker from BINS4Blokes or PCFA
- ✓ Share online resources and support services
- ✓ Become an awareness hub
- ✓ Advocate for early detection and screening
- ✓ Ask local councils and venues to install bins in male toilets

Why it matters:

- Over 2.4 million Aussie men and boys live with incontinence
- 70–80% of men experience continence issues after prostate surgery
- 1 in 3 men with incontinence feel unable to leave home

Support & Resources:

- PCFA Specialist Nurse Helpline: 1800 22 00 99
- Continence Helpline: 1800 33 00 66
- BINS4Blokes supporter guide: bins4blokes.org.au

Let's give every man the confidence to live life fully—dignity included.

For more info, contact:

- ✉ info@BINS4Blokes.org.au
- ✉ enquiries@pcfa.org.au

BINS4Blokes calls for more bins in male public toilets Australia wide.

More bins means that men can:



Manage
continence
with certainty



Live life
with greater
confidence



Stay active feel valued
and be productive in
the workforce

[BINS4Blokes.org.au](https://bins4blokes.org.au)



Call the National Continence Helpline
1800 33 00 66
Free and confidential support

FROM LOSS TO INVENTION

ONE BLOKE'S MISSION TO HELP OTHERS LOOK AFTER THEIR SKIN
BY RAPH MCGOWAN, FOUNDER OF BAKSLAP

After losing his sister Tess to melanoma at just 31, Sunshine Coast local Raph McGowan asked himself one heartbreaking question: "What if she could have easily reached her back with sunscreen?"

That question lit a fire.

With no engineering background but plenty of determination, Raph began building prototypes in his garage using foam board and Play-Doh. Two years and 10+ versions later, Bakslap was born—an easy-to-use applicator designed to help people apply sunscreen and lotions to hard-to-reach places like your back. Now in its 4th version and used across Australia, Bakslap has become more than a sunscreen tool. It's used by people with **arthritis, shoulder issues, limited mobility or those recovering from surgery. It even comes with a loofah head for the shower.**

Why it matters

In 2024, nearly 19,000 Australians were expected to be diagnosed with melanoma—65% of them aged 60 and over. But early detection saves lives, and simple prevention—like applying sunscreen properly—can make all the difference.

What Shedders can do

1. Get to know your skin. Look for anything new or changing.
2. Ask your GP to check your back, neck and scalp.
3. Protect yourself: hat, sleeves, sunscreen—set the example.
4. Talk about it. Share what you've learned with your family and mates.

Raph's message to Shedders

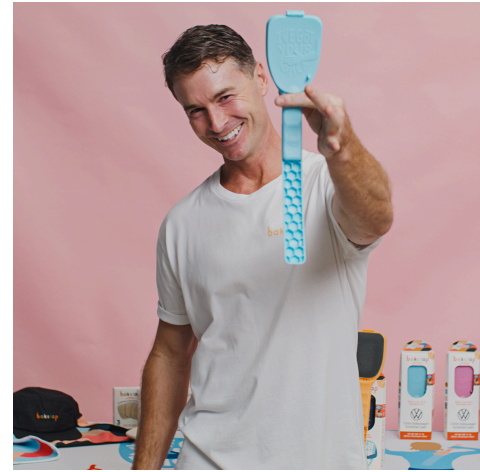
"I created Bakslap in memory of my sister Tess. It's more than a product—it's a reminder to take care of ourselves and look out for each other. We met the VMSA team at the ATSA Expo this year and we're honoured to share Bakslap with Men's Sheds around Victoria."

Special Offer for Shedders

 Save 10% on your own Bakslap with the code: MENSSED10

 shop.bakslap.com

 Watch how it works: [YouTube Demo](#)



Bakslap VMSA 10% Discount

**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!



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.



*The
Meadows*

CONFERENCE + EVENTS CENTRE

80 Northcorp Boulevard, Broadmeadows, Victoria
themeadowsevents.com.au | (03) 9355 5222



**Prostate Cancer
Foundation of Australia**

GET ACTIVE IN THE FIGHT AGAINST PROSTATE CANCER

PROSTATE CANCER AWARENESS MONTH

This September for Prostate Cancer Awareness Month, join Prostate Cancer Foundation of Australia to help raise funds and awareness towards our goal of zero deaths from the disease.

Whether you are part of a local Support Group, Men's Shed, sporting club or community group, there are simple and powerful ways to get involved and support the 72 Australian men diagnosed with prostate cancer each day.

Prostate Cancer Awareness Month is held every September to promote early detection, support individuals affected by prostate cancer, and fund vital research.

It's a chance to stand shoulder to shoulder with the 26,000 men diagnosed each year — and make a real difference in their lives.

How can you get involved?

There are plenty of easy ways to take part – no matter your group size or style.



Join The Long Run thelongrun.org.au

Run, walk or ride 72km for men with prostate cancer this September. The Long Run is perfect for social groups or anyone who wants to get active for a good cause.

If you register and raise just \$50 by September 1, you'll also score yourself a free Long Run t-shirt.



Light Up Blue pcfa.org.au/light-up-blue

Shine a light on prostate cancer by lighting up your local community blue! Reach out to ask your local Council if they can light up landmarks blue during September, or light up your local sheds, clubhouses, or businesses. It's a great visual way to raise awareness and spark conversations.

How will PCFA support you?

- ✓ Provide regular updates and engagement in the lead up to campaigns
- ✓ Access to social media tiles, awareness posters
- ✓ Editable media release templates to customise and distribute to local media
- ✓ Organise for a Volunteer guest speaker to attend your event



Host a Life Force Presentation

pcfa.org.au/life-force

Register local business, sporting clubs or community groups for a free Life Force presentation this September to help raise vital awareness of prostate cancer.

Need help planning your event or spreading the word?
Contact us at fundraising@pcfa.org.au or 1800 22 00 99

We are here for you

If you or your loved ones have been impacted by prostate cancer, please reach out for support.

 **1800 22 00 99**

 **prostate.org.au**





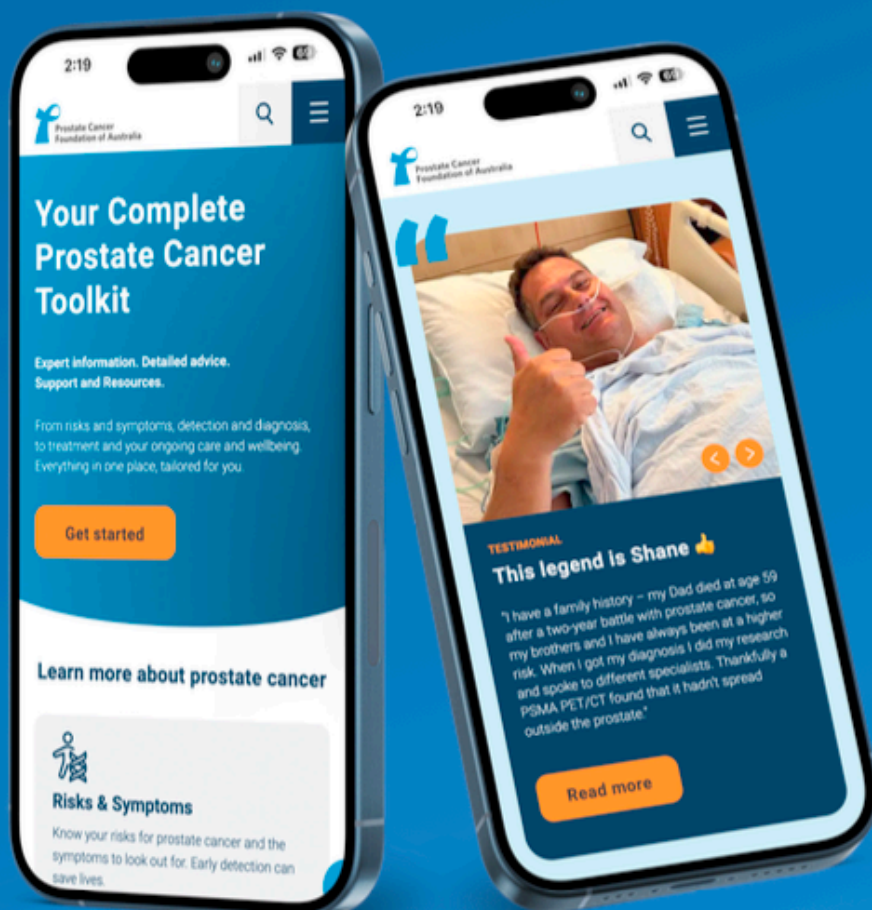
Prostate Cancer
Foundation of Australia

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



Follow Us on Social Media



Don't miss out on the latest updates, events, and community initiatives from the Men's Shed!

Follow our Facebook page **Victorian Men's Shed Association** for all the news, photos, and stories straight from Sheds.

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

Stay connected, stay engaged, and be a part of our vibrant online community!

Follow us today!

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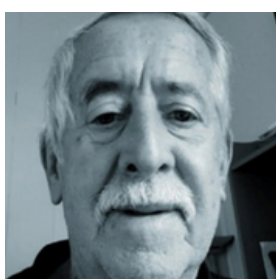
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