

LANCEFIELD MEN'S SHED: MEET JIM

**Statewide Forum &
AGM 2025 Invitation**

**Mt Eliza Men's Shed
Facing Space and
Funding Challenges**

**What a Ripper,
Dan!**

**Badger Creek & District
Men's Shed Farewell Kai**

**Dingley Village Men's Shed
Funny Hats Generate Flood Funds**

**New Leadership for Parliamentary
Friends of Men's Sheds**

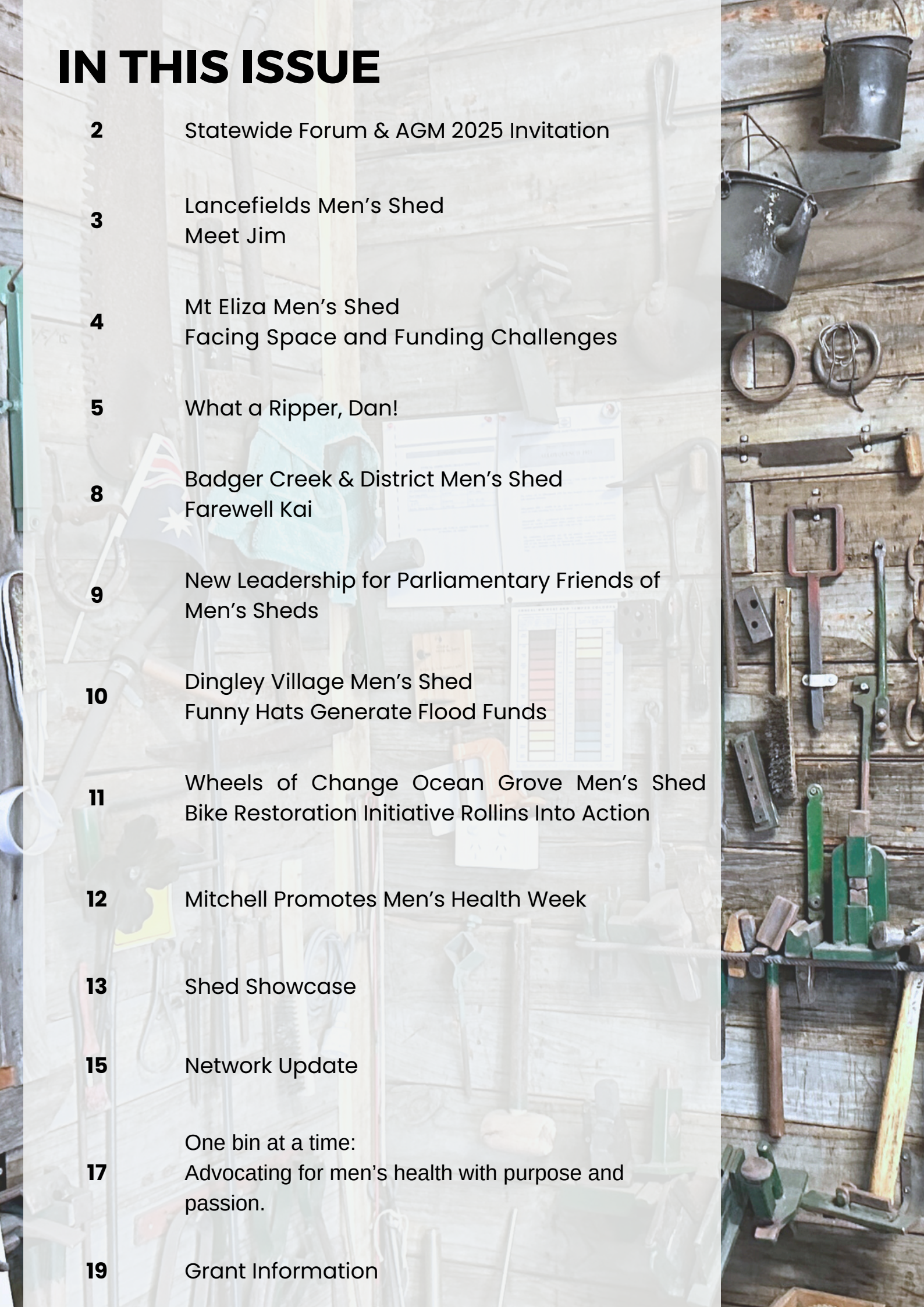


SHED TALK

JUNE 2025

Issue 42

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REPORT FROM THE **GENERAL MANAGER**

Hello Shedders,

As we know there are lots of different types of Men's Sheds, and they can vary from a few blokes getting together for a weekly cup of tea to some that resemble large community centres for men.

Over the past month, I've had the pleasure of visiting some of the larger sheds in the Greater Melbourne area, with visits to Eltham, Mornington and Akoonah Park. The range of activities on offer at these sheds is remarkable, with walking groups, cycling groups, repair cafes and even vinyl appreciation on offer as well as the usual woodwork activities. In my travels I have also encountered such things as pie making, golf putting courses, chair yoga and building model train sets. You never know what is around the corner and it's a testament to the great volunteer work of shed committees that these things can tick along on a weekly basis.

Last week I headed east to VMSA's third Road Show at Sale. On my way I visited the Traralgon MS and the strong resilience they have shown to bounce back after the 2022 floods has been very impressive to see. The Road Show itself was attended by more than 30 Sheds and over 100 Shedders, and I got the feeling that everyone in attendance enjoyed the day of connection, warm food, bush music and health talks. The events have been a great opportunity to deepen our connection with sponsors including Total Dust Extraction, JC Walsh, Bunnings and Greyhound Racing Victoria. I'd also like to thank the Australian Men's Shed Association for contributing to the day, both by funding the breakfast and providing attendees with information about their service.

Finally, as we head into the second half of the year it would be timely to remind you that the VMSA's Statewide Conference is happening again, back at the Meadows in Broadmeadows on Wednesday October 22nd. The formal invite will be sent out this month so please save the date if you plan to attend.

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**

LANCEFIELD MEN'S SHED

MEET JIM

One of the many great aspects of being part of a Men's shed is the interesting people you meet.

I get a lot of satisfaction fixing people's chairs, making planter boxes, fixing all sorts of bits and pieces for our local community. The next bench over from me at the Lancefield shed stands Jim, working away at some of the most interesting nest boxes, and cutting boards I have ever seen.

Not for Jim the plain old nest boxes, he constructs these amazing little houses that have all sorts of interesting features, and best of all, besides the satisfaction he gets from constructing them, they sell like hot cakes at our monthly market in Lancefield. I enjoy walking past Jim and asking him if the bit of scrap timber I am about to put in the fire is any use to him. He gets a bit of a gleam in his eye and the mind is ticking over with the possibilities.

Now Jim is a pretty interesting character. Up until a few years back he never had much time for a hammer and chisel, but after his last bout with a brain surgeon, I think it was his wife Helen who suggested that he might like to give the Men's Shed a go. I am pretty sure he thinks it's the best suggestion she ever made.

Jim was a movie projectionist for over 30 years, and did a stint as a landscaper before he gave work away. He hasn't had the best of health over the years but he is a classic example of a man who, in spite of some setbacks he is still very keen to contribute in a very creative way to his community.

Although our Men's Shed is a very welcoming place, chaps who just want to come along and socialize seem to really enjoy their time there. I am sure there are some men who avoid the place because they think they need some sort of skill. That couldn't be further from the truth. On the other hand, if a chap would like to learn some skills, bit like my friend Jim, there are plenty of blokes to give them a helping hand.

The Shed Bloke - Lancefield Men's Shed





MT ELIZA MEN'S SHED

FACING SPACE AND FUNDING CHALLENGES

The Mt Eliza Men's Shed is facing significant challenges due to its cramped and limited facilities. Operating out of a 28-square-metre space behind the Mt Eliza Country Club, the Shed is struggling to attract and retain members, with just 18 currently involved. Without adequate room for woodworking, storage, or social connection, many potential members have turned away, often remarking that their own backyard sheds are larger.

Committee member Rodd Wickes said the group does its best under the circumstances, but the shed is "chock-a-block" with donated tools and equipment, much of which must be stored off-site. The lack of space and formal lease has also made it difficult for the Shed to access government grants, leaving them stuck in a cycle of limited growth and funding.

VMSA Vice-Chair Colin Prowd has expressed his full support for the Mt Eliza group, acknowledging their difficulty in securing funding due to the absence of a five-year lease agreement – a key eligibility requirement for Victorian Men's Shed grants. He also highlighted that men's mental health, social connection and purpose remain at the heart of what Sheds offer, and it's vital they have the space to do that work.

While there have been discussions with council and the Mt Eliza Country Club about potential relocation or expansion options, no solid agreement has been reached. Councillor Stephen Batty reaffirmed council's recognition of the Shed's community value and said they are exploring possible solutions, including private options.

Despite these challenges, the Shed remains committed to its members and the wider community. A GoFundMe launched two years ago to help fund an expansion has only raised \$120 of its \$35,000 goal, highlighting the urgent need for broader support.

This summary is based on "Future on the line for cramped Men's Shed" by Brendan Rees, originally published in the Mornington Peninsula Leader. Photo: Yanni.



WHAT A RIPPER, DAN!

The VMSA team is rapt with the appointment of the Honourable Dan Repacholi MP as the Special Envoy for Men's Health. VMSA have been advocating tirelessly for better recognition of Men's Sheds as an essential platform for improving health and wellbeing, and this appointment, alongside new funding, is a great leap in the right direction. The Victorian-born MP says his advocacy role will cover all aspects of men's health, physical and mental. Dan is a committed supporter of the Men's Shed movement and believes in Sheds as an avenue for better health outcomes.

Who is Dan Repacholi MP?

"Big Dan" is a 5 time Olympian and Commonwealth Games champion, representing Australia in pistol shooting and winning three Commonwealth gold medals. He entered politics after working in the Hunter Valley mining industry. He has a great sense of humour, demonstrated across his strong social media presence, and he's known for producing an annual calendar with photos of him eating burgers around his electorate. Like us, Dan has been passionately campaigning for increased investment in men's health outcomes.

Funding Announcement.

It has been 15 long years since the release of the National Male Health Policy (2010) and it's fair to say the men's health sector has been feeling neglected. The Albanese government has announced \$8.3 million to support Men's Shed initiatives, providing grants of up to \$10,000 to individual Sheds. This funding will also support delivery of new health promotion and prevention programs to improve men's health. VMSA looks forward to working with Dan, AMSA and sector partners on delivering these programs over the next four years

Dan and Men's Sheds

NBN news followed Dan on a recent visit to the Singleton Men's Shed. Dan told them "We need to get blokes using their hands, and while they're doing that, talking about what's going on in their lives." Dan told the news crew that he loves visiting the Sheds in the Hunter, and added that he is "looking forward to talking to Men's Sheds all over Australia." VMSA has already extended a warm invitation to Dan for a visit!

WHAT A RIPPER, DAN! CONT.

The Special Envoy role

Dan is on a crusade to get blokes to talk about their problems with health professionals and their families. In a recent interview with Josh Butler (The Guardian, 16 June), Dan said "It's about getting the conversation going between blokes, to go 'I just went and had a heart health checkup today, and you know what? They actually found something,'" he says. "Talk to 50 blokes, especially those that are a little bit older, they still think you need to get a finger in the arse to get a prostate check; they don't realise it's a simple little blood test. There's so much that isn't getting out there to the average population and that we need to do better at."

Dan is open about his own self-consciousness about seeking help with managing his weight. "I was embarrassed to go see my doctor, because I'd gotten so big," he says. "I didn't tell anyone at first ... but then I thought, this is going to be fine, I'll give it a go."

Dan says he wants to share his story in hopes of being an example for other men feeling tentative about asking for help.

"I thought, we should be having those conversations, and I should be telling people about this, because there might be millions of people like me embarrassed to go see their doctor," he says.

Get on board with Dan

Check out Dan visiting Singleton Men's Shed [I'm Taking on a New Role, Men's Health Needs a Voice](#)

Dan has a YouTube series, 'Dan and the Doctor' where he interviews politicians. Be sure to check out episode 8 (friend of the Men's Sheds Aaron Violi MP)

[001 - Dan & The Doctor - How It All Began](#)

Follow Dan on Facebook <https://www.facebook.com/danrepacholi>





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

www.vmsa.org.au



BADGER CREEK & DISTRICT MEN'S SHED

FAREWELL KAI



On Mon 12 May, the Badger Creek & District Men's Shed (Healesville) farewelled their youngest member, Kai Goodman (19). Kai is moving to Melbourne and will soon commence a trade training course. Kai has been with the Shed for one and a half years and over that time has become a valuable member of the team learning to use Shed equipment, undertaking his own projects and being involved with all other Shed activities. Shed members joke that it was their skill and obvious expertise that pointed Kai in the direction of starting his Carpentry Cert 2 course at the Melbourne Polytechnic (Heidelberg Campus).

Over a lunch of hamburgers, Kai was presented with a Carpenter's Tool Belt and wished all the best for his course and for where life takes him in the future.

(Photo – Graeme Chester, Secretary, presenting Kai with the Carpenter's Tool Belt)

NEW LEADERSHIP FOR PARLIAMENTARY FRIENDS OF MEN'S SHEDS

The Parliamentary Friends of Men's Sheds committee will be reappointed at the first sitting of the 48th Parliament on Tuesday 22 July 2025. This is a bi-partisan group, led by Rob Mitchell MP for McEwan (Labor) and newly appointed co-Chair Aaron Violi MP for Casey (Liberal). Our congratulations to Aaron, who has also been appointed as Liberal Party Whip.

VMSA would like to thank Ted O'Brien (Liberal) as the outgoing co-Chair for his dedicated efforts to improve men's health.

We are looking forward to having two Victorian MPs as co-Chairs and having close working relationships. The Parliamentary Friends of Men's Sheds are advocating for greater recognition of the contributions Men's Sheds make to public health and social cohesion.

The Yarra Ranges Shed Network were delighted to welcome Aaron as their special guest on Friday 20 June, where he shared his appreciation and vision for the Men's Shed movement. After the meeting Aaron posted:

"It was a pleasure to join representatives from Men's Sheds across our community as they came together to share ideas and resources, advocate on shared interests and provide updates on their recent work."

Men's Sheds play a vital role in supporting men's mental health and wellbeing and we're fortunate to have so many active sheds in Casey."

Thank you to the men for having me and for the important work you do every day."

Aaron has been an active champion of his local Sheds since coming to Parliament. In an address to Parliament during Men's Shed week 2024, he spoke of the camaraderie and the joy that men get from catching up and building things to support their community. Aaron shared with his colleagues that every Men's Shed spends time on projects that support local schools, libraries and other community groups, and commended Sheds for their ongoing contributions.

In his local area, Aaron has been known to join the Yarra Glen Men's Shed running their Bunnings BBQ, and often picks up a snag from the Montrose Shed at their local market and the Mooroolbark Shed fundraisers at Coles. He has been a staunch advocate for new homes for the Upwey and Belgrave Sheds. We look forward to working alongside Aaron to support the broader Shed network across Victoria.



DINGLEY VILLAGE MEN'S SHED

FUNNY HATS GENERATE FLOOD FUNDS BY GEOFF HERGT

For some folk Friday 13th suggests being suspicious, even superstitious.

So, you might think that purposely drawing attention to yourself is testing fate!! But the Dingley Village Men's Shed (DVMS) boys are not so easily swayed.

It was our longtime "Raffle" Ron Wood who had the idea, made the initial contact then suggested to our members that we might be able to make a worthwhile contribution to a fellow Men's Shed in Taree, Northern N.S.W. and have some fun at the same time.



What better and more auspicious occasion to do that than on Friday 13th June!

The devastating recent floods especially through the Taree Showgrounds Men's Shed brought with them six feet (1.83 mtrs) of swift moving uncontrollable water. What a mess???

Now, we knew our assistance would be small in the overall context of this disaster but to come from a like minded group so far away we were keen to at least bring hope to a very difficult situation.

By and large Men's Sheds are a community resource and there would be many resources required to get this community group back on it's feet so it could then assist others affected by the floods.

So many of our members participated (paying \$5 each for the privilege) that it was difficult to fit them all into the photo. We raised \$300.00 which we will transfer electronically into their bank account as postal services will be amongst lots of "normal services" affected.

The banter around our shed as a result was heart warming to experience. So Yes, we had fun too!

WHEELS OF CHANGE

OCEAN GROVE MEN'S SHED BIKE RESTORATION INITIATIVE ROLLS INTO ACTION

It is a sad fact that across Australia, an estimated 300,000 bicycles wind up in landfill every year. The Ocean Grove Men's Shed bike group has launched an initiative aimed at restoring these unwanted bicycles to give them a new lease on life.

Dubbed "ReCycle & Restore," the program brings together bike minded members to breathe new life into donated bikes, which are then sold back to the community at heavily discounted prices or donated through Bicycles for Humanity.

"It's about more than fixing bikes," says project coordinator Ron Lippold, a founding member of the Bike crew. "It's about giving guys the opportunity to engage, share, learn and ultimately give back to the community."

Each week, a small team of about 7 men gather in the Shed's workshop to assess, repair, and refurbish donated bicycles. Some need only a good clean and minor tuning; others require new wheels, brake systems, or even full rebuilds. Bikes deemed too far gone are stripped for parts.



OGMS bike members Russell Francis, Ron Lippold, John O'Neil and Andrew Gundlach outside Hello Birdie Cafe.

Community initiatives include 12 bikes donated to the Pomonal Mens Shed post 2024 bushfires for distribution (in association with Queenscliff Mens Shed), 7 bikes donated to Bicycles for Humanity - a global, grassroots movement that collects donated bikes and ships them to communities in need, primarily in Africa and a refurbished toddler's bike to Hello Birdie Cafe in Grubb Road Ocean Grove.

We're building bikes, sure," Ron adds. "But we're also building a mens shed bike community, one spoke at a time."



FEDERAL MEMBER FOR MCEWEN ROB MITCHELL MP

MEDIA RELEASE

24th June 2025

Mitchell promotes Men's Health Week 2025

Federal Member for McEwen and Co-Chair of the Parliamentary Friends of Men's Sheds, Rob Mitchell paid a visit to Diamond Creek Men's Shed during Men's Health Week (9-15th June).

Keen to hear the latest updates on the Shed's expansion plans, thanks to close to \$1 million in funding under the Government's Thriving Suburbs Grants Program, Mr Mitchell also took the opportunity to hear how these shed members are helping others in the community keep safe and healthy.

"It was really great to drop into the Diamond Creek Men's Shed recently and learn how initiatives such as the 'Keeping Men Grounded' program works to prevent ladder falls and promotes safe practices in the community," Mr Mitchell said.

"The team assists others with tasks such as gutter cleaning, shrub trimming and window cleaning to help make sure the works are completed safely. This is just another example of how the Men's Shed program does such a great job of supporting men's health and wellbeing in our community."

The Shed has received \$965,096 in funding to expand on the existing facilities, providing a safer, more sustainable and welcoming space for its over 100 members, a number that just keeps growing, thanks to a successful grant application by Nillumbik Shire Council.

"The Thriving Suburbs Program is making local priority projects like these a reality and I can't wait to see Shed members enjoy a bigger and better experience," Mr Mitchell said.

"We all know the benefits Sheds bring to our community as a whole and Diamond Creek is a Shed that plays an integral role in the health and wellbeing of the men in our community."

57-59 High Street Wallan VIC 3756

PO Box 380 Wallan VIC 3756

03) 5716 3000

Rob.mitchell.mp@aph.gov.au



INSIDE THE WORKSHOP

SHED

SHOWCASE

LANG LANG MEN'S SHED

Here's Colin from the Lang Lang Men's Shed setting up for their Christmas in July celebration at the local Bowls Club.



MERRI COMMUNITY SHED

Big thanks to Merribek Council for supporting the Shed with a brand new access ramp and upgraded doors! These improvements make the space safer, more accessible, and more welcoming for everyone in the community.

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



WARRNAMBOOL MEN'S SHED

Jenny and Garry proudly pictured with a special piece of family history – Jenny's father's light, beautifully restored by the talented team at the Warrnambool Men's Shed. A heartfelt project bringing new life to a treasured item.

AKOONAH PARK MEN'S SHED

Despite the torrential rain (again!), the Wanderers set off for a fantastic day out at the Holden Motor Museum in Trafalgar, followed by a cosy lunch at the Noojee Pub.



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

WITH KYLIE HUGHES



Hi Shedders,

I did a bit of travel around northern WA this month, including a stop at the Exmouth Men's Shed. How great would it be if we could organize a system so that Shedders travelling around the country (or internationally) could take a letter of introduction so that it is easier to visit and fully utilize other Sheds on your travels? Apparently the Sheds out there are known as the place to go if something on your caravan needs a bit of attention!

Well, the highlight of the network meetings this month was definitely the Yarra Ranges Network meeting at Montrose, who had a very special guest! Aaron Violi MP for Casey has recently been appointed as Whip for the Liberal Opposition, and in great news for us he will also be stepping up as Co-Chair of the Parliamentary Friends of the Men's Sheds. The Parliamentary Friends is a bipartisan group and will now have two Victorians as co-Chairs, with Rob Mitchell MP for McEwen continuing on as the Labor Co-Chair. Please see articles about both Rob and Aaron elsewhere in the newsletter.

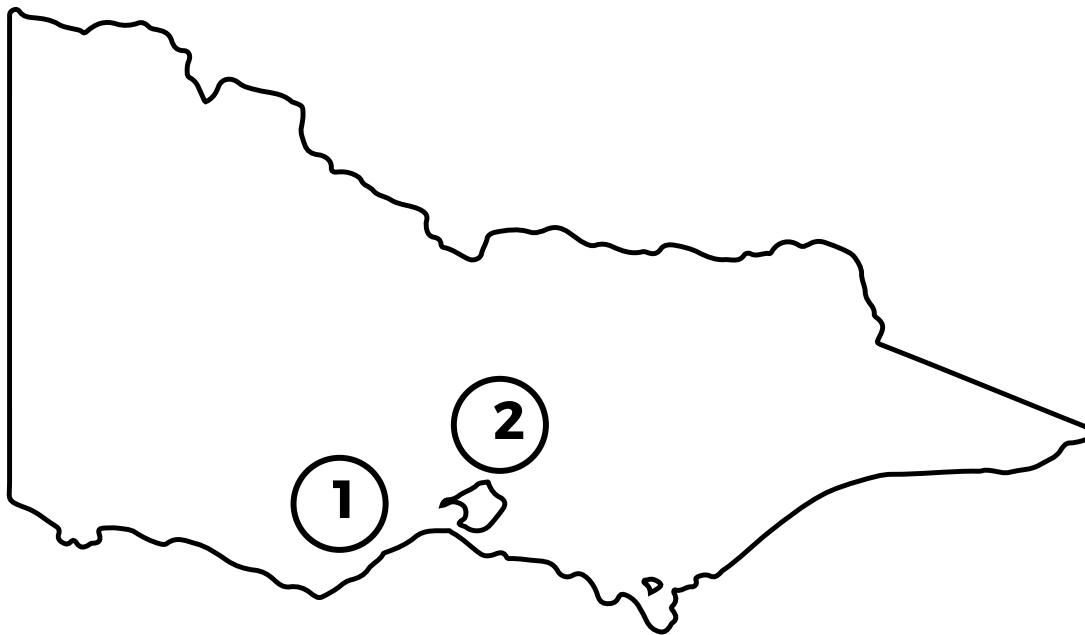
The Sale Road Show last Friday was just like a network meeting on steroids, we had a fantastic day! As always we had some keen characters show up very early to make sure they were first in line for a coffee and an egg and bacon roll. The Shedders had so much loot from the VMSA show bags and the AMSA stall that some had to make multiple trips back to their cars to car everything. We were very well looked after by the Greyhound Racing venue who provided a lovely breakfast, morning tea and lunch. Presentations on mental wellbeing, prostate cancer and chain of survival (Ambulance Vic) were all very well received – we are very grateful to have such great partnerships with these health organizations.

So what's next? Dereel and Surrounds Men's Shed will be hosting the next Highlands Network meeting on 9th July – thanks Gordon and crew for taking this on again. Old Gipps town will host the Latrobe Network on 17 July and hopefully everyone will get to see their great heritage and restoration projects. I stopped in there last week, it looks fascinating! 30 July the VMSA team will be in Shepparton for our next Road Show and hope it will be the biggest turn out yet. Please let us know if you are coming, it makes our planning so much easier. Details for all of these events are on the website, or give Kylie a call 0458 105 444.

Can you help?

Health organizations and Universities are often seeking people to participate in research and lived experience stories, and older men are sometimes harder to find. I am making a little list of people interested in sharing their health journeys. Please let me know if you are interested in participating.

UPCOMING NETWORK MEETINGS



JULY

- 1** Highlands Network - Wednesday 9th Jul 10am at Dereel
- 2** La Trobe - Thursday 17th July 10am at Old Gippstown

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.

ONE BIN AT A TIME:

ADVOCATING FOR MEN'S HEALTH WITH PURPOSE AND PASSION.

BY ALAN WHITE

My name is Alan White, and my journey into men's health advocacy began in 2008. It was shaped by a professional background in natural therapies and nutrition, and more profoundly, by my own lived experience.

In 2011, I was diagnosed with aggressive prostate cancer after 10 years of active surveillance and robotic surgery. Once the catheter was removed, I developed incontinence, an often-overlooked consequence that has reshaped how I viewed health, dignity, and accessed public spaces.

These personal challenges became a powerful motivator, fuelling my commitment to improve outcomes for men facing similar health issues. For over a decade, I have dedicated myself to providing guidance, and practical support to men navigating life after prostate cancer and those living with incontinence, while also encouraging men everywhere to prioritise early detection and regular health screenings.

I have proudly served as a Men's Health Ambassador for the Prostate Cancer Foundation of Australia and now for Continence Health Australia's BINS4Blokes initiative, two organisations that are reshaping the conversation around men's health and wellbeing.

Shining a light during World Continence Week

As we mark World Continence Week (June 16–22), it is more important than ever to raise awareness of the widespread impact of bladder and bowel control issues, conditions that affect millions of Australians. Whether caused by prostate cancer treatment, ageing, injury, or other medical conditions, these challenges can severely affect a person's daily life, confidence, and participation in their community.

In 2024, there were 26,368 Australian men diagnosed with prostate cancer. Many will go on to experience incontinence after treatment, contributing to the 2.4 million Australian boys and men currently living with this condition. Despite these numbers, male incontinence remains invisible, under-recognised, and under-supported.

My lightbulb moment

Living with incontinence was a profound and humbling experience. It affected every part of my life including my ability to work, participate in social activities, but I was not going to let it prevent me from leaving the house. I found myself constantly planning outings around a single question 'Where can I dispose of my used continence products?' Too often, the answer was nowhere. Electric hand driers in public toilets have commonly replaced the need for bins and paper hand towels.



ONE BIN AT A TIME:

ADVOCATING FOR MEN'S HEALTH WITH PURPOSE AND PASSION.

BY ALAN WHITE

One event changed everything: just four weeks after surgery, I attended the Avalon Air Show, and when I couldn't find a disposal bin in the men's restroom, I was forced to walk out of the cubicle holding a soaked continence pull-up in my hand, an experience that was deeply embarrassing, confronting, and ultimately, a powerful turning point in my journey.

That was my lightbulb moment. It opened my eyes to the everyday barriers men with incontinence face and the silence that surrounds this issue. I realised something had to change, not just for me, but for the millions of men silently living with this condition.

Why BINS4Blokes matters.

That is why I am so enthusiastic about BINS4Blokes, a national initiative from Continence Health Australia encouraging the installation of disposal bins for incontinence products in male public toilet cubicles. It is a simple, practical solution with a powerful impact.

A bin in each male public toilet means dignity, confidence, and peace of mind. It allows men to get active, without fear, shame, or restriction. It is a small step toward making our public spaces more inclusive for everyone.

How can others help?

I would like to see all councils take the initiative to become BINS4Blokes supporters by installing continence product disposal bins inside every male toilet cubicle. This would provide a discreet and dignified option for men to dispose of continence aids, rather than having to use general waste bins in public areas.

This initiative should also extend to shopping centres, RSLs, bowls clubs, sporting arenas, hotels, pubs, airports, and transportation hubs and stations any public venue where people gather or visit.

Each cubicle with a continence bin should also have clear signage on the outside of the door, showing that a disposal bin is available inside.

Community involvement: One bin at a time

Community groups like Men's Sheds can play a powerful role in raising awareness about prostate cancer, the importance of early detection and screening, and reaching out to your local councils to identify the need for proper disposal facilities in all male and unisex public toilets.

To help you to get more bins in your local area, a practical tip sheet is available to help you approach your local council and advocate for bins to be installed (add link)

Supporting someone with prostate cancer?

You're not alone. Find a local Prostate Cancer Support Group near you.

For More Information:

- Visit [BINS4Blokes.org.au](https://bins4blokes.org.au)
- Call a PCFA Specialist Nurse: 1800 22 00 00
- Contact the National Continence Helpline: 1800 33 00 66

GRANT INFORMATION

GRANT APPLICATIONS ARE NOW OPEN FOR VICTORIAN MEN'S SHEDS!

The Victorian Government is continuing its \$1 million annual investment in men's sheds across the state.

Men's sheds are a vital part of the Victorian community. They provide a forum for members to build social connections and drive positive health outcomes for men.

Grants up to \$100,000 are available through the Men's Shed Funding Program for organisations to:

- build new men's sheds
- refurbish existing sheds
- purchase major pieces of equipment.

This funding ensures men across the state are better connected in their local communities.

Applications are now open and close Thursday 17 July 2025.

For more information and to apply, please visit:
<https://www.vic.gov.au/mens-shed-funding-program>



AUSTRALIA POST

COMMUNITY GRANTS PROGRAM

Australia Post's Community Grants program supports projects that connect people to improve mental wellbeing in local communities.

Local community groups play an important role in creating positive change in people's lives. To help them deliver for their communities, we award Community Grants of up to \$10,000 each year to fund community-led, local projects.

This year, we are proud to offer additional grants totaling up to \$250,000 to support disaster-impacted communities across Australia. These funds will be dedicated to projects that enhance mental wellbeing by fostering connection and building resilience within communities recovering from a natural disaster or a major storm event.

To be eligible for an Australia Post Community Grant, projects must:

1. Improve mental health and mental wellbeing outcomes of a community
2. Help people meaningfully connect
3. Be locally-led and locally-delivered.

Applications for the additional ring-fenced disaster recovery funding must also:

1. Support a disaster-impacted community for improved connection, wellbeing and/ or resilience.

How to apply for a Community Grant



Step 1

Review the [2025 Australia Post Community Grants Guidelines \(PDF 3MB\)](#) to check your eligibility.



Step 2

Read our top Frequently Asked Questions below.



Step 3

Prepare your application.



Step 4

Submit your application before 7 July 2025 (11.59pm AEST).

FRRR

STRENGTHENING RURAL COMMUNITIES SMALL & VITAL

ROUND 26 IS NOW OPEN

The Strengthening Rural Communities (SRC) Small & Vital stream gives small remote, rural and regional communities across Australia the opportunity to access funds for a broad range of initiatives that directly and clearly benefit local communities. There are two tiers of Small & Vital funding available.

Small grants up to \$10,000 are available for a broad range of grassroots, community-led initiatives that directly and clearly benefit local communities that strengthen local people, places and climate solutions, with a preference for smaller communities (populations less than 15,000). The timeframe to deliver these projects is up to 12 months.

Targeted larger leverage grants up to \$50,000 are available for projects that focus on strengthening the digital skills, confidence and safety of adults enabling them to get online, build social connections and access services, information, education and employment through training, as well as acquiring the digital and connectivity infrastructure where needed. The timeframe to deliver these projects is up to 18 months.

FRRR's Small & Vital program supports thriving, resilient, and sustainable remote, rural and regional communities across Australia. In particular, priority will be given to projects that:

- Support communities to implement generational transition;
- Invest in outback, remote and less resourced communities;
- Build capacity and resourcing for a just and equitable energy transition;
- Support First Nations-led initiatives that strengthen culture, country, economic participation and reconciliation.

Applications are accepted on an ongoing basis and assessed quarterly.

[Click here for more information https://frrr.org.au/funding/place/src-small-vital/](https://frrr.org.au/funding/place/src-small-vital/)

NOTE: There are two streams of funding available within the Strengthening Rural Communities (SRC) Program: Small and Vital and Prepare and Recover.

Organisations may submit their application in ONE of these streams per SRC grant round and any other applications in this round will be considered ineligible.

INSIGNIA FINANCIAL

COMMUNITY GRANTS PROGRAM

The Insignia Community Foundation operates a Grants Program twice a year. The Grants Program accepts expressions of interest twice a year in only July and November.

They support impactful programs that are addressing and relieving a specific need in the community and will ensure people who participate in the program are in a better way after the program concludes.

People usually supported through our grants are low-income families, at-risk young people and those who are experiencing inequalities. Specifically, the Foundation supports the community across five impact areas:

Financial wellbeing

Improving skills, confidence and know-how of people so they can achieve greater financial wellbeing now and into the future. Programs being supported may include those that help people understand their finances better, training that leads to employment or initiatives that keep students in school.

Basic needs

We support initiatives that provide vital and basic items to people so they can go about their daily life, such as items to make people feel more included, healthier, happier, or enable people to be more financially secure.

Reconciliation

Aligning with Insignia Financial's Reconciliation Action Plan, we aim to further the endeavours of First Nations people through employment, business ownership, education and financial training.

Diversity and inclusion

We support inclusion, diversity and wellbeing in the community through programs that enable social participation for all.

Mental health

We aim to address mental health challenges for people of all ages with access to quality care, support and resources.

[For more information click here](#)

COOPERS FOUNDATION

SUSTAINABLE GIVING

\$150,000

Multi-year funding (\$50,000 p.a.)

THE EXPRESSION OF INTEREST PERIOD FOR THE 2025 GRANT ROUND WILL OPEN IN JULY.

Please submit an enquiry form via the [website](#) so that the Executive Officer can contact you to discuss your suitability to apply.

The focus area for this grant is selected on a rotational basis, as follows:

2025 - Youth education

2026 - Aged care / Medical research / Health care

2027 - Family and community support based on Christian values

This grant is designed to provide long-term certainty for the successful organisation

[For more information and to submit your enquiry click here](#)

RECOGNISE AN OUTSTANDING VOLUNTEER OR ORGANISATION TODAY!



Do you know an inspiring volunteer or volunteer involving organisation?
Now is your chance to recognise their impact by nominating them for the 2025
Volunteering Awards.

About the Awards

Volunteers play a vital role in Victoria. They help us build vibrant, connected communities where everyone is included.

The Volunteering Awards are a chance to celebrate the contributions of volunteers across the state.

There are 4 categories for individual volunteers and 4 for volunteer involving organisations.

Each category reflects the varied ways volunteers can make a positive impact on their communities.

How to nominate

Nominations close Friday, 4 July 2025.

Find out more and nominate [link:

<https://www.volunteeringvictoria.org.au/events/awards/>].

**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



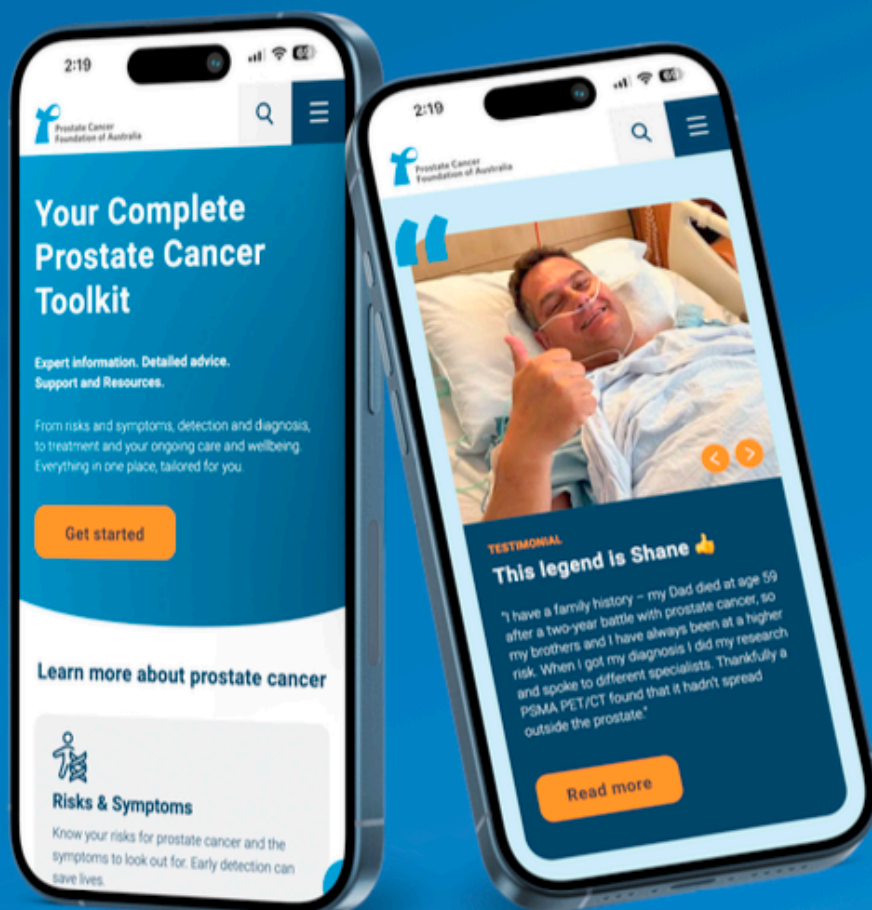
Prostate Cancer
Foundation of Australia

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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COURTNEY RODDA

Social Media

VMSA BOARD



Trevor Dobbyn

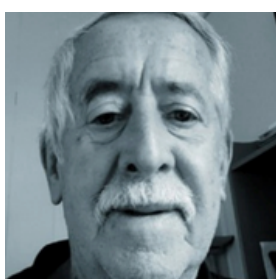
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VISIT OUR ONLINE EDITION
www.vmsa.org.au/news2/

- Catch the latest shedders news
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