

# NEWSTEAD MEN'S SHED: FIRE SHED REVAMP

*PCFA: Thank you for Supporting  
Prostate Cancer Awareness Month*



VICTORIAN  
MEN'S SHED  
ASSOCIATION

# SHED TALK

**SEPTEMBER 2025**

Issue 45



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# THANK YOU FOR SUPPORTING PROSTATE CANCER AWARENESS MONTH

As Prostate Cancer Awareness Month wraps up, we want to extend a sincere thank you to every Shedder who took part in this important initiative throughout September. Across Victoria, Men's Sheds and Prostate Cancer Support Groups stepped up in a big way — showing the power of our partnership and community in raising awareness and supporting men's health.

From hosting information events and lighting up local landmarks in blue, to getting involved in The Long Run, the commitment and care shown by our Sheds has been inspiring.

One standout effort came from the Clifton Springs Men's Shed, who set up weekly information tables outside Coles and Woolworths. Every Friday morning, they spoke with members of the public, handed out hundreds of information booklets, and encouraged men to take early detection seriously.

Their motto:

"If we only save one person's life, it will be all worthwhile."

That message really captures what Prostate Cancer Awareness Month is all about — real impact, one conversation at a time.

Another highlight was the event at Monash Men's Shed, where a full house came along for a delicious lunch and to hear from PCFA's Community Engagement Manager, Linley Watson. These kinds of grassroots efforts are helping break down stigma and encouraging more men to take action early.

## Looking After Mental Health After a Diagnosis

As many Shedders know, a prostate cancer diagnosis affects more than just your physical health. It can stir up a mix of emotions — fear, sadness, anxiety, confusion — not only for the person diagnosed, but also for partners, families and mates.

These feelings are natural, and they may come and go as treatment and recovery progress. There's no "right" way to cope, but there is support out there — and you don't have to face it alone.

Here are a few ways to take care of your mental health:

### ◆ Talk to someone

Connecting with friends, family or other trusted people can help lighten the emotional load. PCFA also offers MatesCONNECT — a free phone service where men can speak one-on-one with someone who's been through prostate cancer.

### ◆ Join a support group

PCFA's Support Groups provide a safe place to share experiences and feel understood. As Shedders know, peer support can make a world of difference.

### ◆ Reach out for professional help

If stress or worry is starting to affect your daily life, it might be time to talk to a GP or mental health professional. PCFA's free counselling service is available to help men and their partners navigate the emotional side of prostate cancer.

### ◆ Stay active

Keeping up with exercise, even gentle walking or stretching, can improve mood, reduce stress, and support your overall health during treatment and recovery.



## You're Not Alone

Whether it's by handing out flyers at the supermarket or sharing your story over a cuppa, your contribution matters. Let's keep the conversations going — about prostate health, about mental wellbeing, and about looking after our mates.

If you need support, call PCFA's Telenursing service on 1800 22 00 99 or visit [prostate.org.au](https://prostate.org.au).



# CLIFTON SPRINGS

## RAISES AWARENESS FOR PROSTATE CANCER

Over three Fridays in September, the Clifton Springs Men's Shed has been out in their local community, sparking conversations and raising awareness for Prostate Cancer Awareness Month.

Members set up tables outside Coles and Woolworths from 9am to 12pm, approaching shoppers to hand out information and start important discussions about men's health.

Their simple but powerful motto:

"If we only save one person's life, it will be all worthwhile."

The response was overwhelming. Hundreds of handouts, flyers and booklets were distributed, with meaningful conversations held each day. Shoppers were engaged, curious and thankful and many walked away with a better understanding of prostate cancer and the importance of PSA testing.

Special thanks go to Robert Partridge, who led the organisation of the initiative, with strong support from the Shed members who turned up each week to help. The Shed provided tables, while banners, tablecloths and resources were brought along to complete the display. Though the group emphasised they weren't fundraising, community members were eager to contribute. A collection box was placed on the table and raised \$80, which will be forwarded to the Prostate Cancer Foundation of Australia (PCFA).

This outstanding effort shows the positive impact a Men's Shed can have in their local community, not just through woodwork and projects, but by starting conversations that can save lives.





# MONASH MEN'S SHED SUPPORTS

## PROSTATE CANCER AWARENESS MONTH



As part of Prostate Cancer Awareness Month, members of the Monash Men's Shed recently welcomed the Prostate Cancer Foundation of Australia (PCFA) for an informative session on men's health.

The event drew a fantastic crowd of around 55-60 people, sparking important conversations about prostate cancer, testing and available support.

The impact was immediate. One participant committed on the spot to having a PSA test, while others said they planned to call the PCFA hotline (1800 22 00 99) for advice, or check out their local prostate cancer support groups.

Events like this highlight how Men's Sheds play a vital role in encouraging open discussion and supporting men's health. By creating safe, welcoming spaces, Sheds help their members – and the wider community, take proactive steps towards early detection and better health outcomes.

A big thank you to everyone at Monash Men's Shed for hosting such a valuable event and to PCFA for their ongoing work in raising awareness and provid



## PROMOTING DIGNITY AND SUPPORT FOR MEN LIVING WITH INCONTINENCE.

Incontinence affects over 2.4 million men and boys across Australia – yet despite its prevalence, many men feel unable to speak openly about it, due to stigma, embarrassment, and lack of public awareness.

This can delay treatment, negatively affecting men's quality of life, mental health, and overall wellbeing.

Prostate cancer is the most diagnosed cancer among Australian men, with more than 26,000 men diagnosed each year. It is also a leading cause of incontinence following treatment.

Incontinence is more common than you might think. It affects both urinary and bowel function and can show up in different ways for different people.

There are several different types of incontinence, including urge incontinence, stress incontinence, urinary retention, and nocturia, each affecting bladder function in different ways.

Whilst living with incontinence can be distressing for some, the good news is that with the right support, it can often be managed, treated, and even cured. That's where BINS4Blokes comes in.

BINS4Blokes is a national initiative by Continenace Health Australia aimed at improving public toilet facilities for men.

By advocating for the installation of incontinence product disposal bins in male restrooms, this simple yet powerful action helps men living with incontinence feel more confident, supported, and able to participate fully in everyday life. Having access to disposable bins gives men safe, hygienic, and dignified disposal options.

To date, over 80 disposable bins have been installed in public toilets across Australia, thanks to the efforts of hundreds of dedicated supporters advocating for local access. Many of these bins are now linked to the National Public Toilet Map, making it easier for men to quickly locate facilities when they need them most.

BINS4Blokes is more than just a practical solution, it is a meaningful step forward for men.

By installing incontinence disposal bins in male public toilets, organisations, councils, and workplaces can actively promote a more inclusive, respectful, and dignified community for all.

To learn more about BINS4Blokes or to find out how you can get involved, visit [www.bins4blokes.org.au](http://www.bins4blokes.org.au) or email [info@BINS4Blokes.org.au](mailto:info@BINS4Blokes.org.au)

Where to find support:

Continenace Health Australia

For men who need support and advice for incontinence The National Continence Helpline (1800 33 00 66) offers free, confidential support from experienced nurse continence specialists, helping men to understand their condition and access treatment options.

Prostate Cancer Foundation of Australia

For prostate cancer support, contact PCFA's Prostate Cancer Specialist Telenursing Service on 1800 22 00 99 or visit [www.prostate.org.au](http://www.prostate.org.au).

PCFA also offer local support groups across Australia where men and their families impacted by prostate cancer can connect with others, share experiences, and receive emotional and practical support.



# THANK YOU

On behalf of the Prostate Cancer Foundation of Australia (PCFA) and the Victorian Men's Shed Association (VMSA), we want to extend our deepest thanks to every Shed that has hosted an official PCFA presentation over the past year.

Together, we've reached hundreds of men directly and many more indirectly across Victoria, sparking conversations, raising awareness, and most importantly, encouraging men to take action on their health. These efforts will save lives.

To all the Sheds who welcomed us into their communities, from city groups to regional clusters, your commitment to supporting men's health is inspiring.

Thank you to:

- Corio Model Railway Club
- Men's Shed Statewide Conference
- Bannockburn Men's Shed
- City of Melton Men's Shed Network
- Taylors Hill Men's Shed (Melton No. 2)
- Warragul Men's Shed
- East Malvern Men's Shed
- Clifton Springs Men's Shed
- Newborough-Yallourn Men's Shed
- Endeavour Hills Men's Shed
- Geelong Regional Cluster
- Ballarat Regional Cluster
- Lalor and District Men's Shed
- Queenscliff Men's Shed
- Anakie & District Men's Shed & Community Group
- Sale Regional Cluster
- Anglesea Men's Shed & Community House
- Shepparton Regional Cluster
- Heywood Regional Cluster
- Glen Waverley-Monash Community Men's Shed
- Moriac & District Men's Shed
- Seniors Festival Event – Koo Wee Rup

Every single one of these sessions has helped break down barriers, normalise conversations about prostate cancer, and ensure men have access to the support and information they need.

From all of us at PCFA and VMSA — thank you for your support, your efforts, and your commitment to keeping Shedders and their communities healthy.





# REPORT FROM THE **GENERAL MANAGER**

Hello Shedders,

A couple of weeks ago, VMSA staff members Kylie Hughes and Mark Tyrrell headed up to Newcastle to attend a National Men's Shed Regional Coordinator gathering with their counterparts from across the country. From all reports, it was a great opportunity to find out different ways that the peak bodies are engaging with sheds and working with health services. The VMSA would like to thank AMSA for hosting this and we look forward to more opportunities for collaboration.

Closer to home, the annual VMSA Statewide Forum is now only a few weeks away. All the details about the day, including RSVP information, can be found on page 6 of Shed Talk. The tables are starting to fill up, so if you haven't booked your two spots yet then now is the time to snap them up. It really is a great chance to meet other shedders and find out what else is going on in different corners of the state. We're currently getting the showbags and raffle prizes ready for the big day and please note that any shed travelling more than 100 kms is again entitled to a \$100 travel voucher.

The fifth VMSA Road Show of the year was held in Heywood on 29<sup>th</sup> August and sheds travelled from across the South West to fill Heywood town hall and enjoy what was, by all accounts, another successful gathering. Mark and Kylie have now organised five of these regional showcases and Mark has summed up the whole experience in his own inimitable style on page 12.

September is recognised as Prostate Cancer Awareness Month, a time dedicated to raising awareness about prostate cancer, its risk factors, and the importance of early detection and treatment. Given our formal relationship with the Prostate Cancer Foundation of Australia, we acknowledge our support by using extra splashes of blue in this edition. Many sheds and shed events have engaged with the PCFA this year and it has been brilliant to be involved in the development of this partnership.

**JIM KANE**

*VMSA General Manager*





# FIRE SHED REVAMP

## FOR NEWSTEAD MEN'S SHED



The Newstead Men's Shed celebrated the re-opening of their newly refurbished fire shed on Tuesday, August 19th, under glorious sunshine.

Outgoing secretary Graeme Lees shared the long journey to this milestone:

"The council have been trying for the past 15 years to get approval to remove the asbestos from the heritage fire station. While doing that, they gave us a new roof, new gutters, and reclad the whole exterior. It's come up really nicely. We've also been able to add disabled access and even gave our pilot mascot on the front veranda a revamp with new clothes! We're going to enjoy being back in a warm environment for our cuppas and the occasional meeting."

Michelle Heyward, Mount Alexander Shire Council's building and projects coordinator, explained: "When we get rid of the asbestos, we try to bring the buildings into the 21st century."

During the re-opening speeches, Graeme gave a heartfelt history of the Shed. What began in 2010 as "a few local blokes facing health and ageing issues who decided to form a men's social support group," quickly grew into something bigger.

At first, the group met in a local café while searching for a permanent home. Soon after, they secured the old single-truck fire station, thanks to a supportive Shire Council who leased the building and land to them.

In the early years, the fire station doubled as a workshop, kitchen, and even a pool room. As membership and enthusiasm grew, funds were raised, and with the combined efforts of members (some setting aside their walking sticks) and a few tradesmen, the group went on to build their current workshop shed behind the fire station — now proudly standing as a hub of community, creativity, and camaraderie.





# STATEWIDE FORUM & AGM

The VMSA cordially invites two members from each registered shed to our annual forum and AGM.

- Morning tea, lunch, and afternoon tea provided
- \$100 transport voucher for sheds travelling over 100km
- Numerous door prizes and raffles



**Wednesday 22rd October, 2025**



**10:00am - 4:30pm**



**THE MEADOWS CONFERENCE AND  
EVENTS CENTRE**

**80 NORTHCORP BOULEVARD  
BROADMEADOWS VIC 3047**



**RSVP BY 8 OCT**

**JIM KANE 0448 015 554**

**gm@vmsa.org.au**



# AMSA FORUM IN NEWCASTLE

BY KYLIE HUGHES, VMSA REGIONAL COORDINATOR



Mark and I recently had the privilege of attending a two-day AMSA Forum in Newcastle, and what a valuable experience it turned out to be. Regional Coordinators from every State were in attendance, and their collective knowledge and experience proved to be a real wealth of information for us to draw on.

The program included inspiring guest speakers who explored themes such as accidental leadership and developing community hubs, topics that really resonated with our work. We collaborated on a number of case studies of issues facing Sheds, from membership to governance and facilitating wellbeing. We also had the chance to visit several sheds at Cessnock, Morpeth and Raymond Terrace, each offering unique insights into how different sheds help their communities thrive.

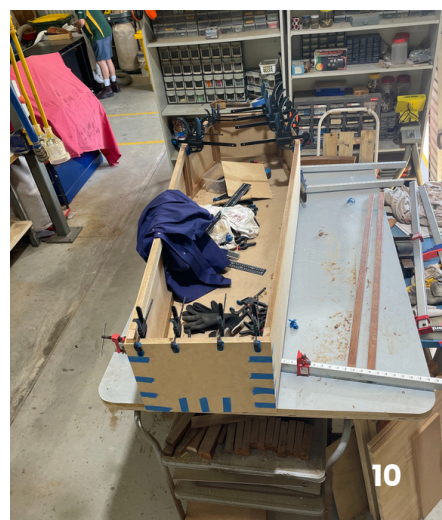
Cessnock Mens Shed is an amazing conglomeration of multiple smaller sheds with a massive vegetable garden. They make cheese platters out of wine barrels, assorted wildlife boxes and bird feeders. They also have a contract stripping old air conditioners for copper and parts. Their extensive range of veggies is bagged and sold, and there are also bee hives. A propagation team also grow seedlings to sell to the local Council and nearby schools. It is a very busy Shed, but they do make time for the social chats too!



# AMSA FORUM IN NEWCASTLE

BY KYLIE HUGHES, VMSA REGIONAL COORDINATOR

Morpeth Mens Shed is a compound that would have many green with envy. There are two gigantic purpose-built new sheds. One has an expansive social room, sales area and kitchen. We were particularly impressed with their computerised facial recognition system for sign in. The next Shed is the work space where various woodwork, furniture and vehicle restoration, and construction projects in progress. We also had a tour of their veggie garden (more bees! I was so inspired I'm thinking of setting up my own hive).





# AMSA FORUM IN NEWCASTLE

BY KYLIE HUGHES, VMSA REGIONAL COORDINATOR



Raymond Terrace Mens Shed is an older Shed but my goodness they are productive! I have attached a link to a very short video that shows their pop-up Christmas store that just opened for 2025. Safe to say we were gob-smacked by how much they have produced, with the shop bursting at the seams and more waiting back at the shed. Breaking down pellets as firewood and milling their own timber were some of the activities we had an opportunity to watch.

To top it all off, we had an unexpected special treat—a series of flybys from the local RAAF base at Williamtown. Watching F-18 Super Hornets and F-35 Lightnings roar overhead was an unforgettable experience!

A huge thanks to AMSA for making us feel so welcome and for hosting such a fabulous and well-organised event.



# ENCORE!

## SHED ROADSHOW 2025 WRAP

Well, our world tour of Victoria has finally met its end (ish). We put the band together and hit the road way back in May, playing five big gigs at Geelong, Ballarat, Sale, Shepparton and Heywood – packed houses in every town. That's how I remember my first year doing roadshows. I've always wanted to be a rockstar, but found a much more worthwhile calling as a Regional Coordinator for the Victorian Men's Shed Association.

What started as an idea to reconnect with sheds outside Melbourne turned into something bigger. Sheds came from far and wide, and while there was debate about who travelled the furthest, the 18,000 km from Dublin to any of our venues was always going to be the winner. We met nearly 600 shedders from 180 sheds – that's proper bang for your buck. The premise was simple: offer good food, good presenters in a good room, and good things will happen – the good company was a bonus.

We kicked off in Geelong with the plan to run events fortnightly, but quickly discovered that was too optimistic. As I've said before, sheds do many brilliant things, RSVPing is not one of them, so we spread them monthly and chased up those sheds that didn't like QR codes, emails or texts. Phoning worked... homing pigeons took a bit longer.

So in the end, five roadshows in four months, with plenty of Thank You's:

- Greyhound Racing Victoria for three great venues, a warm welcome and raffle prizes.
- Wendouree Men's Shed and Community House – it might've been cold, but the welcome warmed us.
- Glenelg Shire and Heywood Men's Shed – a trip from Eastern Melbourne, but worth it.
- AMSA – Marty and Stuart, thanks for making the trip to Sale and putting on breakfast.
- Our sponsors, Total Dust Extraction, JC Walsh and Beyond Bank, for fuelling us with bacon, eggs and posh coffee, plus ongoing support. We salute you.
- Our health partners – PCFA, Live Up, Ambulance Victoria, Health and Wellbeing locals, MECWACARE, Southwest Health, Heywood Rural Health – thank you for educating and engaging with us.



Some quick-fire highlights:

- If you feed them, they will come.
- There are no Aussie shedders who know an original Irish joke.
- Sheds love a chat.
- Referrals to health partners rose after each event.
- Bowel health presentations will never be the same again – new poo descriptors invented in Wendouree.
- Don't blink during raffles, or half the room will be in new hoodies.
- Holden fans can be swayed by a free top.

Thank you all for being part of what we hope will become annual events.  
Slán go fóill (bye for now), Mark



# INNOVATION AT WYNDHAM VALE MEN'S SHED

## 3D PRINTING IN ACTION



Over the past year, Wyndham Vale Men's Shed has been buzzing with creativity thanks to the growing interest in 3D printing. With the guidance of Shed member Peter Gibbons, five of our members have taken up the craft, using their Creality Ender 3 printers to design and produce an impressive range of models.

What started as an introduction to 3D printing has quickly grown into a passion. Members are not only learning how to design and print but are also exploring how to bring their creations to life. Peter has been a key driver in this, adapting group designs by adding electronics and animation. So far, the team has produced everything from Bluetooth-controlled hot rods to experimental robots and even a working bucket conveyor.

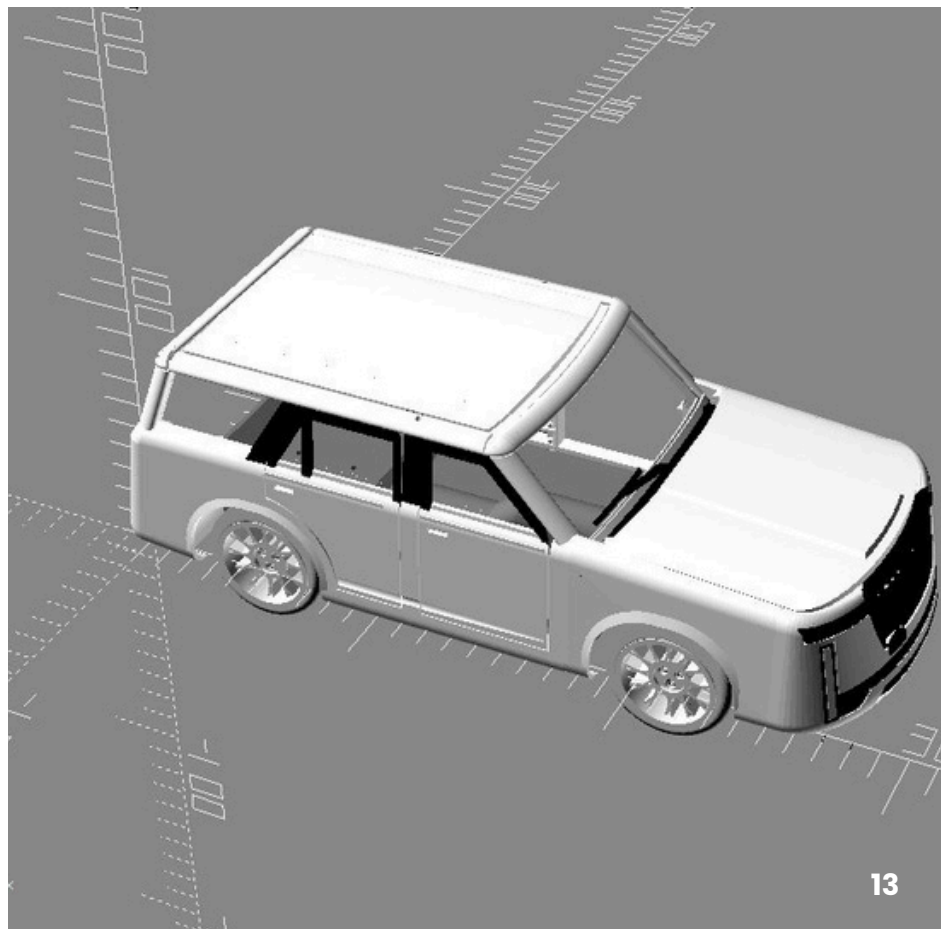
Never one to shy away from a challenge, Peter set himself a bold new project six months ago: to create a fully robotic, 3D-printed Cadillac Escalade SUV. Using OpenSCAD software, he has been carefully designing every detail of the vehicle to scale in millimetres.

Once complete, this remarkable model will include:

- Functioning doors and bonnet
- Illuminated dashboard
- Plush seating and detailed door inserts
- Remote-controlled driving and steering
- Manually and automatically controlled front and rear lights

This ambitious project is a fantastic example of how technology like 3D printing can spark imagination, encourage learning, and bring people together at the Shed.

We can't wait to see Peter's Cadillac come to life and look forward to what the 3D printing team creates next!





# JAPANESE RESEARCHERS

## TOUR VICTORIAN MEN'S SHEDS

The VMSA is pleased to welcome Dr Ayahito Ito and Dr Risa Takashima, leading researchers from Hokkaido, Japan, who will tour a selection of Victorian Men's Sheds from 27 October to 1 November. Their visit will explore the global reach and impact of the Men's Shed movement.

The tour will be guided by Professor Barry Golding AM, renowned for his extensive research into men's wellbeing, learning and community leadership. Professor Golding has played a key role in documenting the rise of the Men's Shed movement both in Australia and internationally. His 2015 book *The Men's Shed Movement: The Company of Men* provided the first comprehensive global history of Sheds, while his 2021 publication *Shoulder to Shoulder: Broadening the Men's Shed Movement* highlighted their growing influence in countries such as the US, Canada, Denmark, Iceland and Kenya.

Dr Ito and Dr Takashima's visit presents an exciting opportunity to showcase the diversity and strength of Victorian Sheds. By meeting members firsthand, they will gain insight into how Sheds foster connection, improve men's health and contribute to community wellbeing. Their research in Japan reflects the growing international recognition of the importance of spaces where men of all ages can connect, share skills and find purpose.

The VMSA looks forward to joining Professor Golding in welcoming our international guests and highlighting the unique role Victorian Sheds play in a movement that is now truly global.



### FIND YOUR LOCAL MEN'S SHED

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

[www.vmsa.org.au](http://www.vmsa.org.au)





# SHEDDER STORY:

## HEARING AIDS AND FEELING HEARD HELPED ME RECONNECT.

Bill worked in a busy, noisy factory and was planning to travel around Australia with his wife, Eileen, when he retired. "Well, the in-laws dumped a fly in the ointment; they both got sick, and needed Eileen to look after them." So, the caravan trip was put on hold; Bill and Eileen moved to a regional town and became carers.

Eileen "took to country life like a duck to a pond," joining the CWA, volunteering at the Op Shop and Meals on Wheels, and helping with local events. Bill tagged along sometimes but spent a lot of time alone and bored. "I didn't think about joining anything. I guess I thought I wouldn't fit in, being a city bloke all my life."

When Eileen's parents passed away, Bill focused on renovating a caravan. One afternoon, he and Eileen were relaxing in front of the television and drifted off to sleep. Bill said, "I woke up, but she didn't. We had been together 60 years."

Over the next 12 months, Bill struggled. Initially, friends visited often, bringing meals. "I ate an awful lot of lasagna," he laughs. But visits dropped off, and he became very lonely. "Sometimes I would wait outside for the postie because he was the only person I saw all week." Bill even planned to end his life.

A few days before his planned exit, Mary, a friend from Meals on Wheels, persuaded him to visit the local Men's Shed after showing him a newspaper story.

Bill met John, the wellbeing officer. "I think he saw right through me. Nosy bugger. I got choked up, so we went outside for a quiet sit. I didn't tell him everything, but I think he cobbled it together." He stayed for the day, meeting "lots of good blokes" and laughing a lot. Mary also contacted Bill's son, who arrived for an unexpected stay. "I was so grateful to see him. He's very busy, but there he was, so I had to postpone my exit plan."

Talking to John helped Bill open up to his son about how hard things were. On Monday, Bill returned to the Shed with his son to ask about local services. John suggested hearing aids and a doctor's appointment. "I'm pretty deaf from the factory and hadn't seen a doctor in three years. My son organised it, and things got better."

Bill now attends the Shed four days a week and volunteers with Meals on Wheels one day. "Yeah, bloody Mary. She wore me down; I ran out of reasons not to go." He sold the caravan, saving for future trips with Shed mates. John adds, "only if you wear your hearing aids!" Bill chuckles, "nosy bugger."

Did the Shed save Bill's life? "Well, in a way it did, because I'm still here. It was John really, but the other blokes helped too. Us old fellas need to be busy, keep each other company, and have a good laugh. That's exactly what a Shed offers."

If this article has brought up any feelings for you.  
It's normal to feel affected by stories about grief, loneliness, or mental health.  
If you need support, you don't have to face it alone.

You can contact:  
Beyond Blue 1300 224 636  
Lifeline 131 114  
MensLine 1300 789 978  
Suicide Call Back Service 1300 659 467  
Veterans Line 1800 011 046  
Grief Line - 12-3pm 7 days: 03 9935 7400





# SHED MEMBER PORTAL

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

Your Shed Committee members should have received the email by now detailing how to log in. If you haven't received it, please email [vmsa@vmsa.org.au](mailto:vmsa@vmsa.org.au).

Shed Membership Dues are now payable through our new Shed Member Portal. This secure system allows Committee members to log in, view their shed's membership details, and complete payments online. Please note that this method is optional and is offered as an alternative method of payment. Invoices have already been sent, so Sheds can continue to pay via the usual method if preferred.

Step-by-step instructions on how to access and use the portal are included in the email, so please check your inbox for all the details.





# EASTERN SUBURBS

## MEN'S SHEDS INVITED TO FEATURE ON LOCAL RADIO

Ian Rayson, a member of Croydon Men's Shed and presenter on community radio station Radio Eastern FM 98.1, is inviting Men's Sheds across Melbourne's eastern suburbs to feature on his new program, Town Talk.

Launched in September, Town Talk airs every Monday from 9 am to 12 pm, with Ian hosting on alternate weeks alongside co-host Murray Smith. The show offers three hours of chat, interviews, and music across many genres, appealing to a wide range of listeners.

Ian is looking to include a regular segment dedicated to Men's Sheds, highlighting the incredible community work and projects that shed members are involved in. The segment could be a monthly in-studio interview lasting 15–20 minutes. It can feature a representative from a collective of sheds or spotlight a different shed each month.

The eastern suburbs, from the rural and scenic Yarra Valley and Dandenong Ranges to the busy industrial hubs of Bayswater, Boronia, and Rowville, are home to a wide variety of enterprises and community initiatives. Town Talk seeks to showcase what makes these towns and their communities thrive, from local businesses and manufacturers to social services, allied health professionals, and passionate historians.

Sheds interested in participating, whether for a one-off segment or a regular spot, are encouraged to contact Ian at [ianradioeastern981@outlook.com](mailto:ianradioeastern981@outlook.com).

This is a fantastic opportunity for Men's Sheds to share their story, connect with the wider community, and raise awareness of the important role they play in the eastern suburbs.



### ARE YOUR SHED DETAILS UP TO DATE?

Check out your Shed page and make sure everything is current. If not, take a moment to update it today!

[www.vmsa.org.au](http://www.vmsa.org.au)





# Men's Sheds on the Trail



A winning partnership for community, connection and reuse

## What is Garage Sale Trail?

Garage Sale Trail is Australia's biggest secondhand treasure hunt and it's happening next 8-9 & 15-16 November 2025.

With thousands of garage sales and markets happening across the country over the same weekends, Garage Sale Trail is all about keeping good stuff in use, connecting with your community and raising funds.

We've proudly partnered with Men's Sheds for more than 10 years, united by a shared commitment to community connection and giving things a new life.

Last year 36 Sheds took part in Garage Sale Trail, raising an average of \$1,500 selling tools, handmade items & more.



MOORE PARK BEACH MEN'S SHED.  
WATCH CLIP [HERE](#).

## Why get involved?

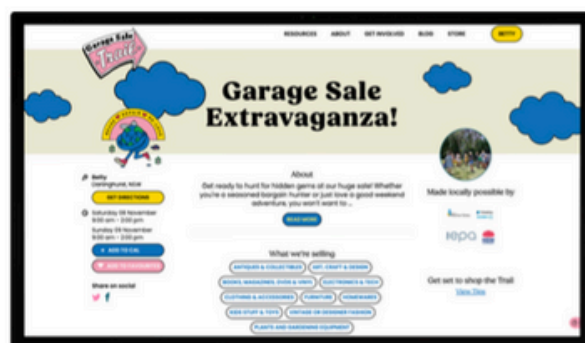
Men's Sheds tell us taking part in Garage Sale Trail helps them:

- **Fundraise:** The average community group makes \$1,500, with some Men's Sheds making much more.
- **Declutter:** Find a new home for surplus tools, materials and projects.
- **Promote the Shed:** Attract new members and raise awareness of your activities by welcoming the community through your doors.
- **Strengthen connections:** Bring members together in planning and running a Shed sale while also connecting with the local community.
- **Promotion:** Every Shed gets a free listing on the national online and ready-made promotional tools.



# How to get involved

- 1. Register your garage sale** online at [garagesaletrail.com.au](http://garagesaletrail.com.au) - it's free!
- 2. List your sale** with date, time, location and what's on offer.
- 3. Promote it** using the ready-made posters, social media tiles & letterbox slips provided.
- 4. Host your sale** adding extras like a sausage sizzle, Shed tour or raffle to raise extra funds.
- 5. Keep the profits** to support Shed projects.



GARAGE SALE LISTING

## Ideas for your Shed sale

We have seen Sheds sell:

- Tools, offcuts, and workshop creations
- Furniture, books, DVDs, puzzles and board games
- Plants and garden gear
- Shed-made items
- BBQ, cake stall, or coffee van for extra fundraising

SHEDDERS RUN A  
REPAIR POP UP AT  
A LOCAL MARKET

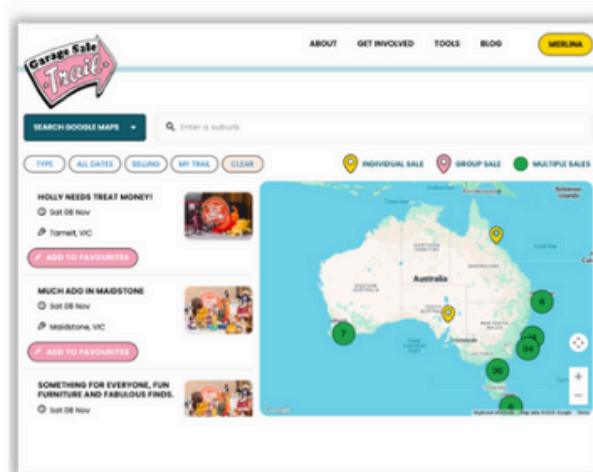


SHEDDERS IN VICTORIA  
SELLING PRE-LOVED TOOLS



# Support Provided

- A free listing on the national garage sale map, viewed by more than 500,000 people in the lead-up to the event.
- How-to guides and sale tips.
- Promotional materials.
- Media and promotional support from us and local councils across Australia.



FREE LISTING ON THE NATIONAL SALES MAP



STEP-BY-STEP GUIDE



SOCIAL MEDIA TILES



MEDIA RELEASE



LETTERBOX SLIPS



MESSAGE POSTER



## Case Study:

# The Hills Men's Shed Inc.

In 2024, The Hills Men's Shed Inc. took part in Garage Sale Trail by hosting a combined Open Day and Market at a local reserve. The event was a huge success with the Shed making \$3,050 by selling refurbished and handmade items.

Beyond fundraising, the Shed valued the opportunity to showcase their work to the broader community. By listing their event on the Garage Sale Trail website, they were able to reach an audience well beyond their existing networks, welcoming new visitors, strengthening community ties and raising awareness of the Shed's activities.



**“Thank you for advertising  
this event for us”  
- Shedder**



## Got Questions?

Need help or have feedback for us, get in touch.

### Garage Sale Trail

**Email** [contactus@garagesaletrail.com.au](mailto:contactus@garagesaletrail.com.au)

**Phone** (02) 9064 3847

**Website** [garagesaletrail.com.au](http://garagesaletrail.com.au)





# OPPORTUNITY:

## MENTORING ROLE AT RAVENHALL CORRECTIONAL CENTRE

The YMCA Bridge Project at Ravenhall Correctional Centre in Melbourne's western suburbs is looking for motivated individuals to join their team as facilitators for a woodwork program within the centre.

They recognise that our Shedders have the perfect skills for this role!

This mentoring position involves:

- Supporting young men aged 17-25 to develop practical woodwork skills
- Providing guidance on employment etiquette and workplace readiness
- Contributing to improved job prospects and a safer Victoria

This is a paid role. To participate, Shedders will need a Working With Children Check and a police clearance to work inside the facility.

Ravenhall Correctional Centre takes a rehabilitative approach, offering education and skill-building programs to help young people break the cycle of crime and commit to positive change after their release.

For more details, visit: [Program Facilitator - Job in Melbourne - YMCA Victoria](#)

If you're interested, contact Michaela Ralston at [michaela.ralston@ymca.org.au](mailto:michaela.ralston@ymca.org.au) for a friendly chat and guidance through the application process.





**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](mailto: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!







# GET LEGAL HELP FROM JUSTICE CONNECT'S NOT-FOR-PROFIT LAW

Not-for-profit Law provides free and affordable specialist legal help for community organisations across Australia.

We know that everyday sheds struggle to navigate complex legal issues around governance, workplace safety, privacy requirements, working with others and more. As a not-for-profit organisation ourselves, we understand the pressures that individuals in sheds face to ensure ongoing legal compliance in an ever-changing environment.

That's why we give community organisations like yours legal help, to ease the stresses of navigating legal issues. By providing tailored legal support, we save your shed time, money, and resources so you can continue helping your community.

Ways we can help:

**Free legal and governance resources:** <https://www.vmsa.org.au/shed-governance/>

Explore legal and governance resources, designed to support sheds in establishing and maintaining effective governance practices. These valuable resources provide guidance on compliance, best practices, and the overall management of your shed.

You can access their full, free library of [online resources](#) on their website.

**Free and affordable webinars:** <https://www.nfplaw.org.au/webinars>

From \$49, you can join their webinars and get practical legal tips and insights that you can immediately implement in your organisation. Take a look at the [upcoming topics](#).

**Paid customised training sessions:** <https://www.nfplaw.org.au/training/>

You can also speak to their team about engaging them to deliver [paid customised training sessions](#).

**Here's what previous participants from men's sheds have said about our legal help:**

"The session reminded me to review and become more familiar with the existing constitution & rules that I hadn't addressed for many years since joining a men's shed. There is very useful and helpful guidance and resources that I will use to better understand my shed, its purpose, rules and reason to be."

"It covered a great deal of information in a very interactive way."



# 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](http://melbournegreyhounds.org.au) to learn more.



*The  
Meadows*

CONFERENCE + EVENTS CENTRE

80 Northcorp Boulevard, Broadmeadows, Victoria  
[themeadowsevents.com.au](http://themeadowsevents.com.au) | (03) 9355 5222



Bunnings Exclusive

NOW STOCKED IN STORE



## R1 VEHICLE PRO FIRST AID KIT

Product Code I/N: 0400981

- Complies with WHS regulations for 1-10 person work vehicles
- Red portable soft pack with foldout compartments
- Durable splash-resistant fabric backing
- The ultimate deluxe vehicle first aid kit

Bunnings Exclusive

NOW STOCKED IN STORE



## R2 TRADIES MODULAR SOFT PACK FIRST AID KIT

Product Code I/N: 0400978

- Complies with WHS regulations for 1-25 person workplaces
- Red portable soft pack with splash resistant backing
- Modular design enables fast and easy access to required treatments
- Ideal for tradies and construction

Bunnings Exclusive

NOW STOCKED IN STORE



## R2 GENERAL WORKPLACE METAL CABINET FIRST AID KIT

Product Code I/N: 0400975

- Complies with WHS regulations for 1-25 person workplaces
- Heavy duty white metal cabinet
- Carry handle and wall mount holes
- Ideal for low-risk workplaces

Special Order



## R3 TRAUMA EMERGENCY RESPONSE PRO FIRST AID KIT

Product Code I/N: 0400984

- The ultimate R3 first aid kit for trauma injury management
- Loaded with hospital-quality supplies for cuts, wounds, & burn injuries
- Durable soft case for maximum portability in rush-to-scene incidents
- Exceeds requirements for WHS for 1-50 persons on a low-risk site

Special Order



## R4 CONSTRUCTA MEDIC FIRST AID KIT

Product Code I/N: 0400979 (soft pack), 0400977 (metal cabinet)

- One of the biggest and best in our R4 range, especially suited to first aid rooms, etc.
- Additional modules to make contents easily locatable
- Hospital-grade content to provide an effective response to injuries
- Exceeds requirements for WHS for 1-50 persons on a high-risk site

NOW STOCKED IN STORE

Have you considered a **snake and spider bite first aid kit**?  
Make sure you're prepared for the outdoors!

Product Code I/N: 0400986



Scan the QR code to learn more about FastAid kits available at Bunnings



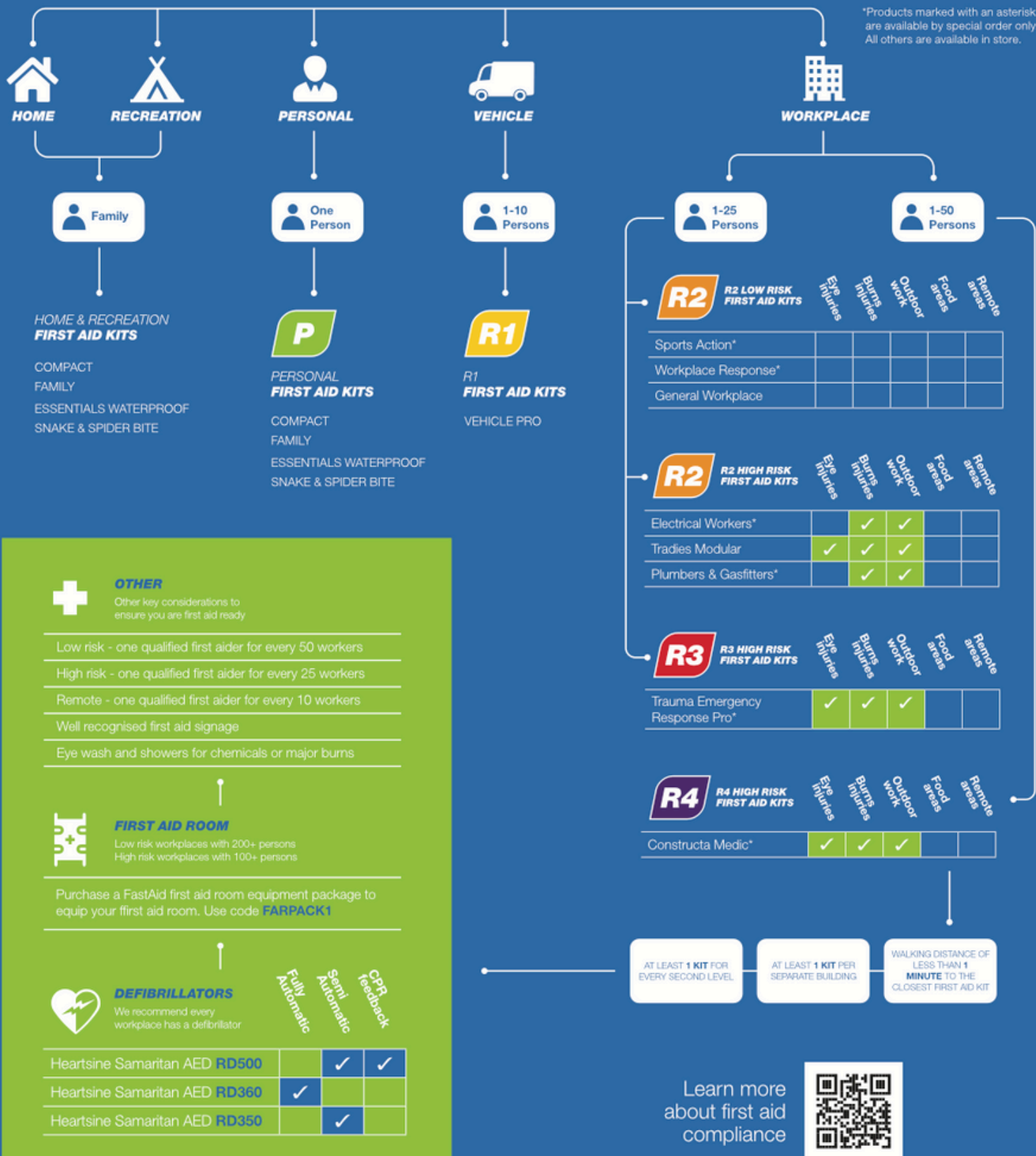
# YOUR JOURNEY TO FIRST AID COMPLIANCE

**FASTAID**  
First Aid...for life

**BUNNINGS  
TRADE**

An easy to follow map to identify what you need to ensure you are first aid compliant and prepared

## START HERE



**What is a low risk worksite?** A workplace where workers are not exposed to hazards that could result in serious injury or illness. Examples; School's, Library, Offices

**What is a high risk worksite?** A workplace where workers are exposed to hazards that could result in serious injury or illness. Examples; Construction sites, tradies, manufacturing plants, mine sites





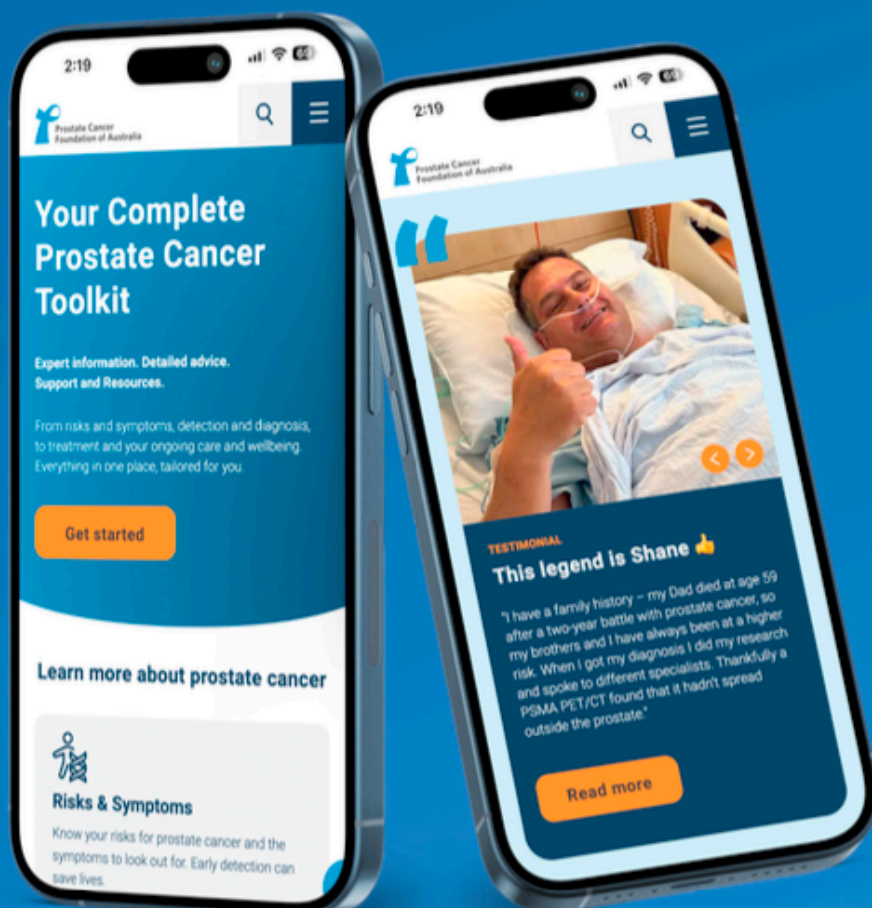
Prostate Cancer  
Foundation of Australia

# Your Complete Prostate Cancer Toolkit

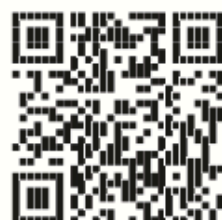
Expert information. Detailed advice.  
Support and resources all in one place,  
tailored for you.

🔍 [prostate.org.au](https://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!

# VMSA TEAM



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General Manager



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**MARK TYRRELL**

Regional Coordinator



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**KYLIE HUGHES**

Shed Network Facilitator



kylie@vmsa.org.au



**COURTNEY RODDA**

Social Media

# VMSA BOARD



**Trevor Dobbyn**

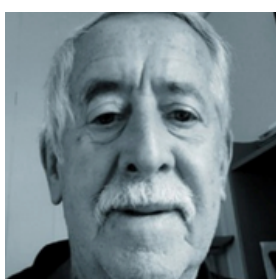
Chair



trevor@vmsa.org.au



0408 121 934



**Colin Prowd**

Vice Chair



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**Mick Overman**

Treasurer



mick@vmsa.org.au



**Max Finlayson**

Secretary



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**Marcelle Davis**

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**Graeme Newman**

Committee



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**Greg Male**

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SUBSCRIBE TO  
**SHED TALK**  
CLICK HERE



VISIT OUR ONLINE EDITION  
[www.vmsa.org.au/news2/](http://www.vmsa.org.au/news2/)

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



FOLLOW US ON FACEBOOK

 Victorian Men's Shed Association

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- Updates from VMSA



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