

STATEWIDE FORUM & AGM WRAP UP!

VICTORIAN
MEN'S SHED
ASSOCIATION
Over 330 Locations
Across Victoria - Metro, Suburban, Regions

Men's Sheds

Friendship

Self confidence

Privacy

Activities

For volunteers
check

*Welcome to the
Huntly Men's Shed*

*Euroa's Blue Tree Brings
The Community Together*

*Shed Opens Doors
For Youth Anchor Program*

VICTORIAN
MEN'S SHED
ASSOCIATION

SHED TALK

OCTOBER 2025

Issue 46

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WELCOME TO THE HUNTLY MEN'S SHED

We're delighted to welcome the Huntly Men's Shed, located just north of Bendigo, as a new member of the VMSA community.

It's been a busy month for the Shed, with plenty happening throughout October! They recently hosted a successful Bunnings BBQ on 29 October, took part in the FunLoong Family Fun Day in Bendigo, and were featured in a [PRD Real Estate video](#) series highlighting their partnership with the local early education centre and kindergarten to build a community library.

For those who don't know, the FunLoong Family Fun Day is an annual, free, family-friendly event held in Bendigo as part of Children's Week. Organised by the City of Greater Bendigo, the event fills Hargreaves Mall and Williamson Street with activities, entertainment, and happy faces. The Huntly Men's Shed team ran a popular hands-on activity, giving children the chance to assemble and paint wooden projects – a big hit on the day!

The Shed also recently hosted an information session with Bendigo City Council and NBN, titled "Securing Your Digital Legacy." Presented by NBN's local expert Tim Burton, the session explored the digital footprints we leave behind and how to manage them responsibly. Throughout the month, members also enjoyed their regular Social Tuesdays – a great opportunity to have a cuppa, catch up, and enjoy some friendly conversation – reminding everyone why Men's Sheds are so important for mental health and connection.

October wrapped up with a visit from the City of Greater Bendigo, who photographed members for an upcoming magazine feature about the Shed and its community impact. Huntly Men's Shed also took part in Seniors Week, opening their doors to visitors who were keen to see what shed life is all about.

With so much already happening, we're sure there's plenty more to come!

Follow Huntly Men's Shed on [Facebook](#) to see what they're up to next.



EUROA'S BLUE TREE

BRINGS THE COMMUNITY TOGETHER

Euroa's very own Blue Tree is now officially registered with 1,491 other locations worldwide on the [Blue Tree Project website](#) — a proud moment for the Euroa Men's Shed and the local community.

The Blue Tree Project's mission is to spark important conversations about mental health and reduce the stigma that stops people from speaking up. Each Blue Tree stands as a beacon of hope, a reminder to check in with yourself and others, and to start conversations that matter.

The idea to bring a Blue Tree to Euroa was driven by Lucas Paul from Euroa Police, who invited the Euroa Men's Shed to come on board as partners. On painting day, the community came out in force, with local schools, community groups and residents all helping to transform the tree along Shepparton Euroa Road, across from the Euroa Saleyards.

The first brushstrokes were painted by Georgia Birch, Lucas Paul and Euroa Men's Shed President Pat Murphy, setting the tone for a day filled with teamwork, connection and purpose.

The Euroa Men's Shed said they're proud of how the community came together to bring this project to life. The Blue Tree now stands as a visible reminder that it's okay not to be okay — and that no one has to face their struggles alone.



SHED OPENS DOORS FOR YOUTH

ANCHOR PROGRAM SUCCESS BY HENRY BLATMAN, PPMS

Port Phillip Men's Shed has completed its first Anchor Program with Port Phillip Secondary College, giving 10, year nine, students practical skills, confidence, and connection. The Shed now welcomes enquiries from other Men's Sheds interested in running similar programs.

The Port Phillip Men's Shed recently completed a pilot "Anchor Program" in partnership with Port Phillip Secondary College — a project aimed at building confidence, connection, and hands-on skills among students who might benefit from a more practical learning environment.

The initiative began when the College approached the Shed about one student who was struggling to fit into the mainstream school system. Although that particular student eventually dropped out, the discussions that followed sparked the idea for a small-group program involving six students. Invitations were sent to students, and more than 30 expressed interest. The Shed ultimately agreed to take 10 participants — the upper limit given space, safety considerations, and the need to ensure the trainers could give each student individual attention when needed.

After working through insurance and cost arrangements, the Shed designed a six-session woodworking course run by two of its members. Students were given a choice between two projects — a toolbox or a jewellery box — and most chose the toolbox. For many, it was their first time handling tools: learning to hammer a nail, drill a pilot hole, use glue correctly, and cut timber safely. Sessions included a short break for cordial and biscuits, which helped build rapport and camaraderie.

By the sixth and final session, which I was privileged to observe, the transformation was evident. The boys were enthusiastic, engaged, and clearly proud of what they had achieved. The atmosphere in the Shed was electric — trainers and Shed members alike were inspired by the students' growing motivation, teamwork, and confidence.

As a result of running this pilot program, the Port Phillip Men's Shed is now in discussion with the local council's youth coordinator, who believes the program could also benefit some of their cohort.

The Shed welcomes enquiries from other Men's Sheds interested in running similar programs. Having successfully piloted this first partnership with Port Phillip Secondary College, they are keen to share their experience and help others develop initiatives that make a real difference to young people's confidence, wellbeing, and sense of belonging.



THE PINK TRAIN

ROLLS OUT IN STYLE



After nearly two years of planning and twelve months of preparation, the Mornington Tourist Railway proudly launched the inaugural Pink Train for BCNA on Saturday, 11th October.

What began as a heartfelt idea brought together a passionate team of volunteers who transformed it into a moving celebration of community, reflection, and hope.

Sixty-four guests joined the special journey, enjoying fine wine from Baillieu Vineyard, gourmet grazing and bento-style catering by Just Graze Catering Co., and live music from Lily Georgia accompanied by Christian on guitar. The lovingly decorated pink-themed train, complete with commemorative tickets, set the perfect tone for a day filled with connection and purpose.

Formalities were led by President Joe Skinner, who delivered an Acknowledgement of Country and recognised the many local businesses and supporters who helped make the day possible. Guests also heard from Darren of Baillieu Wines, Local MP Chris Crewther, and Melissa Moyle representing Breast Cancer Network Australia (BCNA), who shared BCNA's empowering message: "Know Yourself. Feel Yourself."

During the scenic ride to Mornington, guests were treated to a beautifully prepared lunch and an on-board drinks service trialling a new online ordering system. At Mornington Station, the Mini Field of Women display offered a touching moment of reflection and remembrance, followed by a group photo capturing the spirit of unity that defined the day.

As the train returned to Moorooduc, smiles and stories filled the carriages, with many guests expressing their eagerness to join future BCNA fundraising events.

The Mornington Tourist Railway extends heartfelt thanks to everyone involved — volunteers, sponsors, and guests — whose dedication turned The Pink Train into a symbol of community strength and compassion.

REPORT FROM THE CHAIR

The following is an excerpt from the VMSA Chair's Address to the State-Wide Men's Sheds Forum October 22, 2025 at The Meadows.

This is our fourth post-pandemic get together and it keeps growing. The VMSA represents over 300 men's sheds in Victoria and the one thing they all have in common is that they are all different!

Big, small, country, metro, polished or knockabout, we are plurality writ large. Men's sheds do however have one common feature and that is that they are volunteer-based and if incorporated, self-governing.

Presidents, secretaries, treasurers and shed committees give up their time and devote their energies to their sheds and through them to their communities.

It's the volunteers that give men's sheds their dynamism, creativity and energy and this powers all of the work they do and the contribution they make to the health and wellbeing of their members and their communities.

And men's sheds are many. At the last count there were around 180 more men's sheds than McDonalds in Australia which is pretty amazing... All the more so if it's actually true!

I don't want to dwell on what we've been doing in the last year as I'm sure we all understand the importance of the men's shed movement, but I do want to talk about some of the ideas that have percolated up from shed committees about what the VMSA could do in the year ahead.

This is not an exhaustive list and I'm sure we'll have more by the end of the day. The first of these is to develop a dedicated Health and Safety page on Shed Talk, the monthly VMSA newsletter.

Right now, health and safety issues are handled by sheds on a shed-by-shed basis in terms of measures in place, near misses, accidents and remedial measures post-incident.

That's quite appropriate, but it's siloed and what we are not doing is sharing these experiences and the learnings that can come from them across the whole men's shed network.

It's been suggested by Abijit Chattaraj, the president of the Port Phillip Men's Shed, that we set up an information hub page in the Shed Talk newsletter to enable sheds to share their experiences and ideas on this most important subject.

This can be done without identifying the shed if that's needed.

This will enable men's sheds to learn from the experiences of other sheds and to improve health and safety measures on a wider scale.

Rather than having 300 isolated experiences we could draw them together for the benefit of all.

I think it's a good initiative and one the VMSA should support.

REPORT FROM THE **CHAIR**

Secondly, and from the same president, we will create a repurposing page for sheds' surplus tools, equipment and materials.

This will be initially done through our Facebook page called VMSA Public Notices as its free and already used by many of our members. There are 860 existing members in this group and sheds can join whenever they want.

We will publicise the group in Shed Talk every month. I know that some sheds do not like Facebook, so we will also send a monthly email.

So, what would be repurposed? Well, anything really that is surplus to shed requirements - tools, equipment, materials and the like.

This initiative will particularly benefit men's sheds which are battling but would be open to all sheds and help to strengthen our movement overall.

Facebook aside, repurposing ads can also be included in our mid-month email which goes to shed committee members only and we can advertise car boot swaps at network or regional meetings.

The repurposing should be done on a shed-to-shed basis only through the shed executives to prevent anyone trying to make a quid on the side. The proposed repurposing program will be advertised in this month's Shed Talk newsletter.

A further initiative involves collecting more information about our member sheds so we can better tell the story of what sheds do.

This will help the VMSA advocate more effectively on behalf of sheds. To do this we are developing a survey to send out to all men's sheds both hard copy and electronically.

This information will be dealt with internally by the VMSA and, shed ID aside, be used anonymously.

The survey information will enable us to develop an improved fact-based narrative about men's sheds and their importance in terms of men's health and strengthen our submissions for grants.

Right now, we get \$1m a year non-indexed for men's sheds while for example Neighbourhood Houses get \$40 million which is indexed.

For this to change we need a better fact-based narrative and getting a clearer picture of men's shed land in Victoria is a vital step in this direction.

REPORT FROM THE **CHAIR**

To that end, the VMSA will this week make a submission to the state government for a one-off special development grant for a twelve-month period to consolidate the sustainability of the men's shed networks developed by the VMSA under the Network Pilot Project in 2023/24.

The special development grant would strengthen the sustainability of the networks developed over the past two years by:

- Assisting newly developed sheds and those outside the networks to engage with shed networks.
- Developing materials and resources to support sheds to organise network meetings.
- Providing connections for networks to engage with health providers.

The funding would also support the development of resources to strengthen sheds' connections with their communities, councils and health providers and to expand joint projects and partnerships.

In addition, it would support the extension of VMSA networks to encompass a wider range of community organisations and businesses and to advise sheds in need about where to find support with grant applications and acquittals.

We also want to further develop the Men's Shed Mates concept which we discussed here last year.

This would see us encouraging larger better-resourced sheds to partner up with smaller less well-resourced ones to give them a hand.

This support could be advisory or material and we think the VMSA could play a role in helping sheds to participate for the mutual benefit of both parties.

To do this we will develop a register of sheds interested in this program to be compiled on an online form on the website.

Sheds could indicate whether they are offering help or need it and specify what they are offering or need.

We will trial this over the next twelve months and report back at next year's conference.

If sheds want to discuss participation in this program you can speak up in the Open Forum session today.

REPORT FROM THE **CHAIR**

The VMSA has been invited by the President of Men's Sheds of WA, Trevor Gorey to join their Kimberley Project to equip men's sheds to be developed in remote aboriginal communities in approximately 10 to 15 locations across the Kimberley region.

The project would involve relatively small sheds in the remote communities that could store tools and provide a workplace for men of all ages for the crafting of traditional hunting and ceremonial objects as part of their passing down and education in aboriginal traditions.

The more established sheds in Perth and larger country towns have both tools and equipment which are surplus but still very useable.

The Kimberley Project would see this surplus sent to these sheds once established.

The VMSA board has accepted this offer from Men's Sheds of WA and I know there are sheds who will want to participate when the time is right.

So that brings me to the end of VMSA initiatives currently underway and as I said earlier, we'll no doubt have more by the end of the day.

Thank you

TREVOR DOBBYN
VMSA Chair





REPORT FROM THE **GENERAL MANAGER**

Hello Shedders,

Last Tuesday, on the eve of our annual statewide forum, everything seemed in place in anticipation of a good day. There was only one dark cloud on the horizon though, and this happened to be an actual, literal dark cloud.

That Tuesday afternoon I was speaking with a bloke who told me that his shed's Wednesday Bunnings BBQ had been cancelled due to the extreme weather forecast. Not being a great 'read the room' type he also cheerily told me that farmers were being advised to round up their lambs in Gippsland at the risk of being blown away. Were my dreams of a successful event facing the same fate as those poor wee lambs? Roll with the punches, as they say.

It turns out that none of these fears were realized as 86 sheds and 195 attendees braved the elements to gather in the warmth of The Meadows' City View function room to celebrate the wonderful world of Men's Shedding. Cars, trains and yes even planes made their way from all over the state to revel in the camaraderie that this movement continually delivers.

From Orbost to Mildura, Heywood to Wodonga, all corners of Victoria were represented. And can you get any more central than underneath the car park of Federation Square (the location of the Melbourne Shed)? Maybe if you built a shed on top of Flinders Street Station but that hasn't been done yet.

A huge thank you to The Meadows and Greyhound Racing Victoria (GRV) for their generous support and for providing such a fantastic venue for our Forum and AGM. We're sincerely grateful for their generosity in hosting shedders from across Victoria. I'd also like to thank our sponsors who contributed on the day, including Exxon Mobil, Bunnings, Ryobi, Aunty Grace, JC Walsh, Total Dust Extraction and Beyond Bank. I'd also like to acknowledge the participation of health partners the Prostate Cancer Foundation, Diabetes Victoria and Ambulance Victoria. Additionally, it was marvellous to welcome long-time supporters of shedding from both State and Federal Parliaments, including State Minister Ros Spence, Bronwyn Halfpenny (State member for Thomastown) for Rob Mitchell (Federal member for McEwen).

While overall participation in community and social groups is trending down, it was pleasing to see the energy in the room last week, and it was hard not to feel that the Men's Shed movement is bucking this trend and that these unique spaces of ours remain an oasis of friendship in an increasingly disconnected and screen-obsessed world.

JIM KANE
VMSA General Manager







STATEWIDE FORUM
& AGM 2025

WE GIVE THANKS TO OUR
SPONSORS & PARTNERS



Prostate Cancer
Foundation of Australia



Ambulance
Victoria



THANKS TO PETER BROOMHEAD

VMSA Board Member Peter Broomhead has retired from the board after over five years' service.

As a voluntary board member Peter's contribution to the men's shed movement was invaluable.

I want to take this opportunity on behalf of the board to thank him for giving up his time and devoting his energy to the men's shed cause and to wish him all the very best for the future.

Peter says he will continue his involvement in the Casterton Men's Shed.



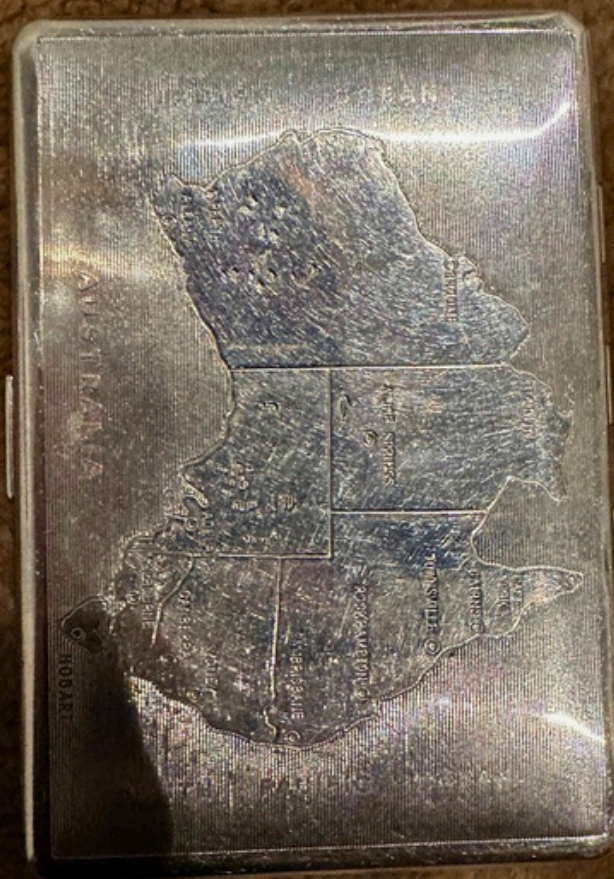
WELCOME RUSS KELLET

Welcome to the Board, Russ Kellett from the Pomonal Men's Shed. Russ brings valuable experience and a strong commitment to supporting the Men's Shed movement. We look forward to his contributions and the perspective he'll bring to the Board's work.

LOST AND FOUND

A few items were found during the clean-up after the recent Statewide Forum & AGM, including a silver case (see picture) containing several cards and a distinctive wood-turned pen with a bullet detail.

If these items belong to you, please contact Jim on 0458 105 444 or email vmsa@vmsa.org.au.



FROM CARNAMAH TO BUNINYONG

THE SPIRIT OF MATESHIP IN ACTION.

Buninyong Men's Shed inc
208 Forest St
Buninyong VIC 3357

Attention: Ross Helman

October 13th 2025

Dear Ross,

As Secretary of the Carnamah Men's Shed, 307km North of Perth in West Australia, I recently made contact with you on a personal level hoping that you may be able to assist my 94-year-old Aunt Svea Parman, who lives in Buninyong and had got to the stage where she was resorting to washing her clothes in the bath due to her washing machine not being functional. Svea outlined her needs to me for some strong men to help her move some items that were in the way, as well as remove some that were no longer needed.

I rang you and passed her request onto you, hoping that you might be in a position to pop in and see what needed doing to rectify her problems since I was not in a position to help.

I can honestly say that you have magnificently exceeded all my expectations and have made my Aunt Svea very happy with the help that you have provided to her, which included removing an old washing machine and setting up a new one. She has proudly sent me a photo of the new letterbox that you kindly built for her too.

Please convey my grateful thanks to everyone concerned in what must have become quite a project for you. Hopefully, it will have provided another opportunity for promotion to the Community for the Buninyong Men's Shed and I am sure my Aunt will be happy to spread the word about how you helped her.

I appreciate the opportunity as Secretary of our Carnamah Men's Shed to leverage the fellowship that is a unifying thread in our Organisation and reach out to achieve something with your help that would otherwise be impossible for me.

Once again thank you very much for your amazing assistance and I wish you and your colleagues all the best for the future.

Cheers

Nigel Robins - SECRETARY - CARNAMAH MEN'S

EXERCISE AT THE SHED

BADGER CREEK & DISTRICT MEN'S SHED



On Monday, 27 October 2025, Badger Creek & District Men's Shed hosted an 'Exercise at the Shed' session, facilitated by local Eastern Health staff from Healesville.

Vania and Shelley led the group through an informative education session, followed by gentle chair exercises focusing on strength, flexibility, and balance. The session was full of good-natured fun, and all participants left with renewed fitness intentions.

Two follow-up sessions are already in the pipeline, giving members more opportunities to stay active and healthy.

A photo of the 'men at work', a perfect snapshot of fitness and fun at the shed!

UPCOMING NETWORK MEETINGS

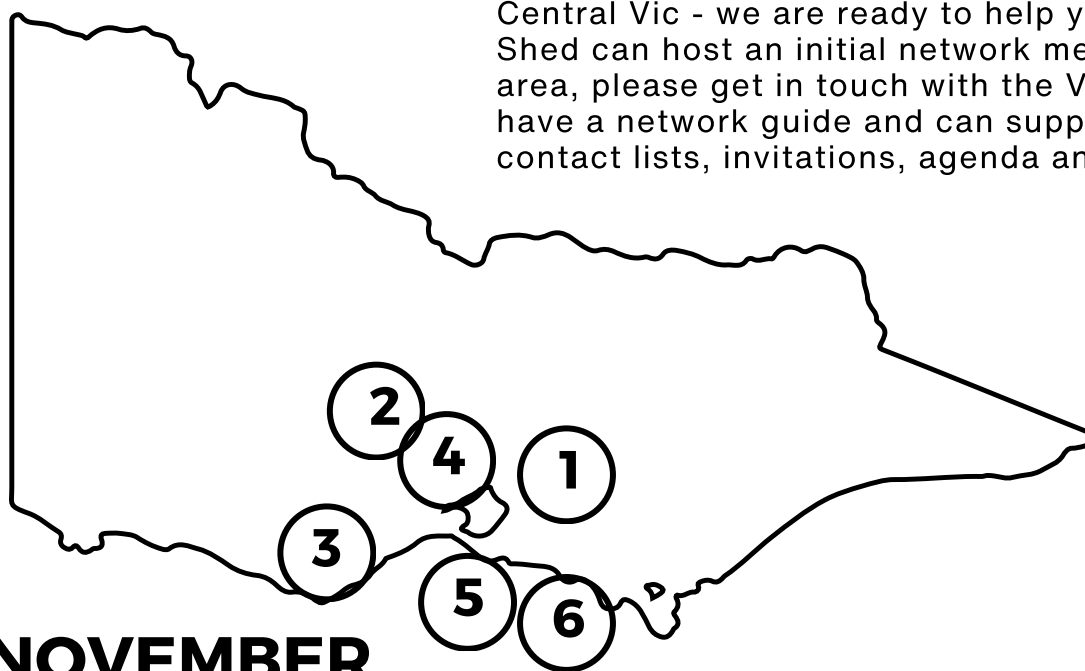
Have you joined a network yet?

We have 25 Men's Shed networks across the State, with an amazing 75 network meetings anticipated in 2026! There is so much to learn and share by getting together with other Sheds, so get along to a network meeting and broaden your friendships!

Active networks - please let us know your meeting schedule for 2026 so that we can attend as many meetings as possible, and we can try to plan our Roadshows so that they don't clash.

South West Vic and Wimmera - communications should be coming to you through local leaders (Phil at Warrnambool, Russell at Pomonal) - please respond promptly so we can see how much interest there is for these networks.

East Metro, West Metro, Loddon Valley and Bendigo / Central Vic - we are ready to help you set up! If your Shed can host an initial network meeting for your area, please get in touch with the VMSA team. We have a network guide and can support you with contact lists, invitations, agenda and other logistics.



NOVEMBER

- 1** Inner and South Gippsland - Weds 12 Nov @ Phillip Island 10am-1pm
- 2** Macedon Ranges - Tuesday 18 Nov @ Gisborne 10 - 12pm
- 3** Barwon Network - Weds 19 Nov @ Mt Duneed
- 4** South East Melbourne - Rowville? Weds 19 November
- 5** Mornington - Weds 26 Nov, Dromana Senior Citizens
- 6** Outer North East Metro - St Andrews, date TBC

AI FOR MEN'S SHEDS

CONTRIBUTED BY MICHAEL GOODRICH,
YARRA RANGES COMMUNITY DEVELOPMENT
TEAM (CONVENOR, YARRA RANGES
NETWORK)

The world of Artificial Intelligence (AI) is moving quickly, and it's worth exploring how this technology could support the great work happening in Men's Sheds – in a safe, ethical, and practical way.

Below are some helpful links to Australian-made tools, governance resources, and real-world examples to get you thinking about how AI might benefit your Shed's operations and community projects.

Practical Tools to Streamline Operations

- Grant Writing with Drafter: Launched by the Funding Centre, Drafter is an AI tool designed to help you create stronger grant applications, faster.
 - Read More: <https://www.smartygrants.com.au/articles/artificial-intelligence-powers-grant-writing-tool-for-nfps>
- Drafting Rules for Associations: Justice Connect offers a free tool that quickly drafts rules for Victorian incorporated associations.

Guidance for Safe & Ethical Use

- Governance Frameworks: Access templates and resources from Community Directors to help your board/committee develop an AI governance framework.
- National AI Centre (NAIC): Australia's resource for promoting trusted, secure, and responsible AI adoption.

Inspiring Examples (Australia & Global)

- AI for Legal Help: Justice Connect uses an AI project to instantly identify a person's legal issue and connect them to the correct support.
- 43 Australian NFP Examples: Find more diverse examples of how NFP organisations are currently using AI.



FIND YOUR LOCAL MEN'S SHED

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

www.vmsa.org.au



INSIDE THE WORKSHOP

SHED

SHOWCASE

RIDDELLS CREEK MEN'S SHED

The Riddells Creek Men's Shed may not have a shed just yet, but that hasn't stopped them! They're raising funds to keep their group running and continue supporting the men in their community.



COHUNA MEN'S SHED

A new sign has been installed at the Memorial Wall at the Cohuna Cemetery, thanks to the hard work of the Cohuna Men's Shed, in partnership with the Cohuna Cemetery Trust. Well done to everyone involved in this meaningful community project.

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



DAYLESFORD 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.

MERRI COMMUNITY 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

KEEP DOING WHAT YOU LOVE AT YOUR LOCAL MEN'S SHED

With Aunty Grace's Support at Home services, you can keep enjoying the activities and mateship of your local Men's Shed for years to come.

Got a Home Care or Support at Home government package?

Aunty Grace is here to help with:

Stay Connected

More time at your Shed, building, creating and catching up with mates.

Stay Active, Stay Strong

Access to physiotherapy and other clinical services with no out-of-pocket contributions under Support at Home.

Support at Home

Assistance with everyday tasks so you can stay safe and independent in your own home.

Transport to the Shed

We'll help you get to and from your Shed so you don't miss a thing.



Support at Home that keeps you moving, connected and independent

At Aunty Grace, we deliver better care and **Support at Home** that's consistent, compassionate, and clinically backed.

With local knowledge and genuine personal care, your Aunty Grace Care Partner supports your independence every step of the way.



Aunty Grace ensures you get more from your home care with:

- Regular, reliable services
- Smarter Care Management
- Every incident reviewed by a clinical team
- We stay in touch – regular updates, clear communication, and community events!
- Need help? Our friendly support team is always there and ready to assist

Call us today **1300 010 801**
or visit us at **www.auntygrace.com.au**

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.

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



**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
vmisa@vmisa.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 to learn more.



*The
Meadows*

CONFERENCE + EVENTS CENTRE

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

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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

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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

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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

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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

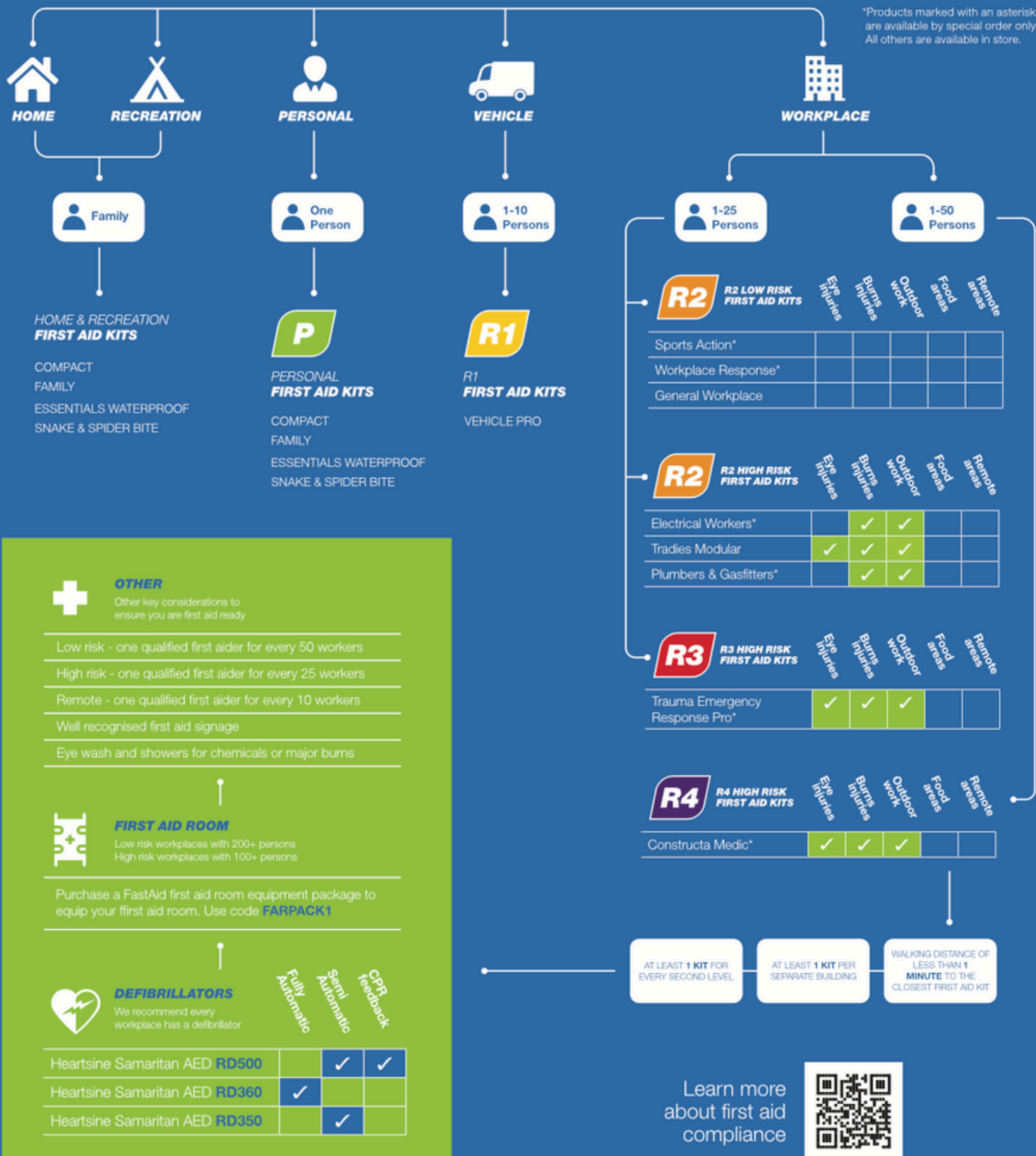
YOUR JOURNEY TO FIRST AID COMPLIANCE

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



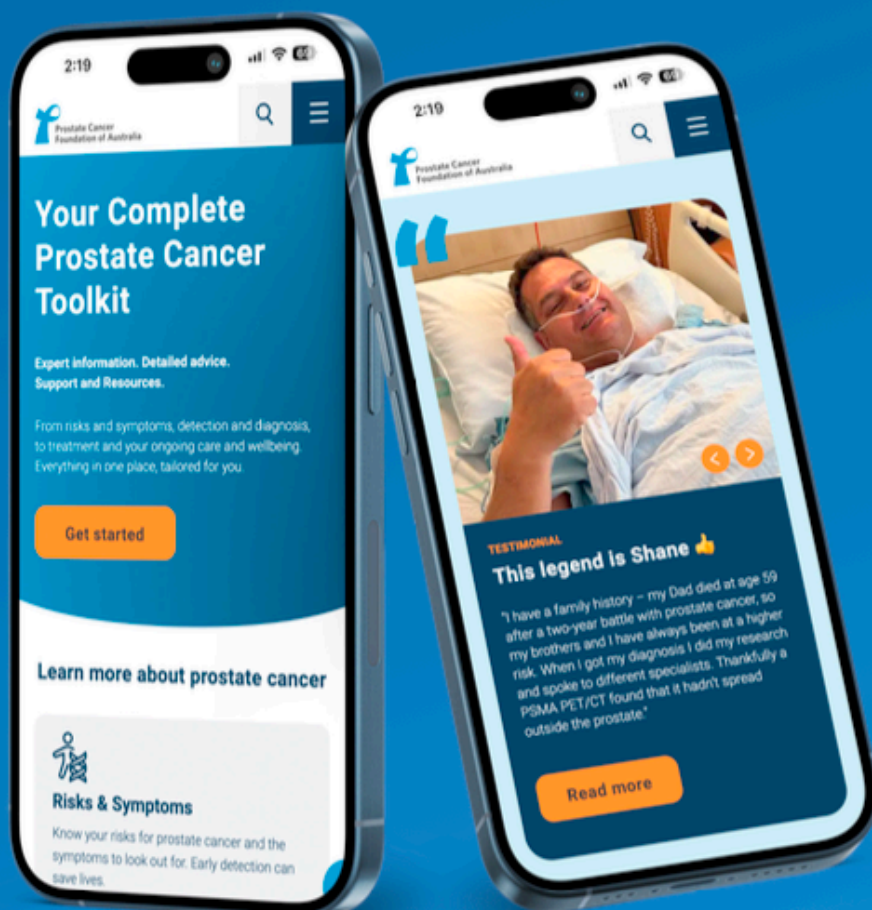
Prostate Cancer
Foundation of Australia

Your Complete Prostate Cancer Toolkit

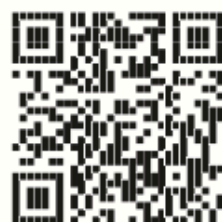
Expert information. Detailed advice.
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Don't miss out on the latest updates, events, and community initiatives from the Men's Shed!

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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Social Media

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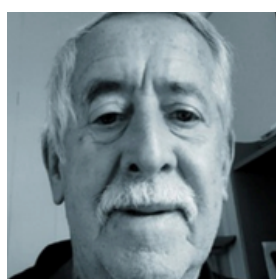
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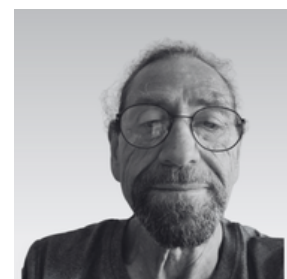


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