

STRENGTHENING THE SHEDS REGIONAL NETWORK

*Community Spirit at
Ocean Grove*

*Seymour Men's Shed Celebrating
International Men's Day*

*New Chapter for
Heywood Men's Shed*



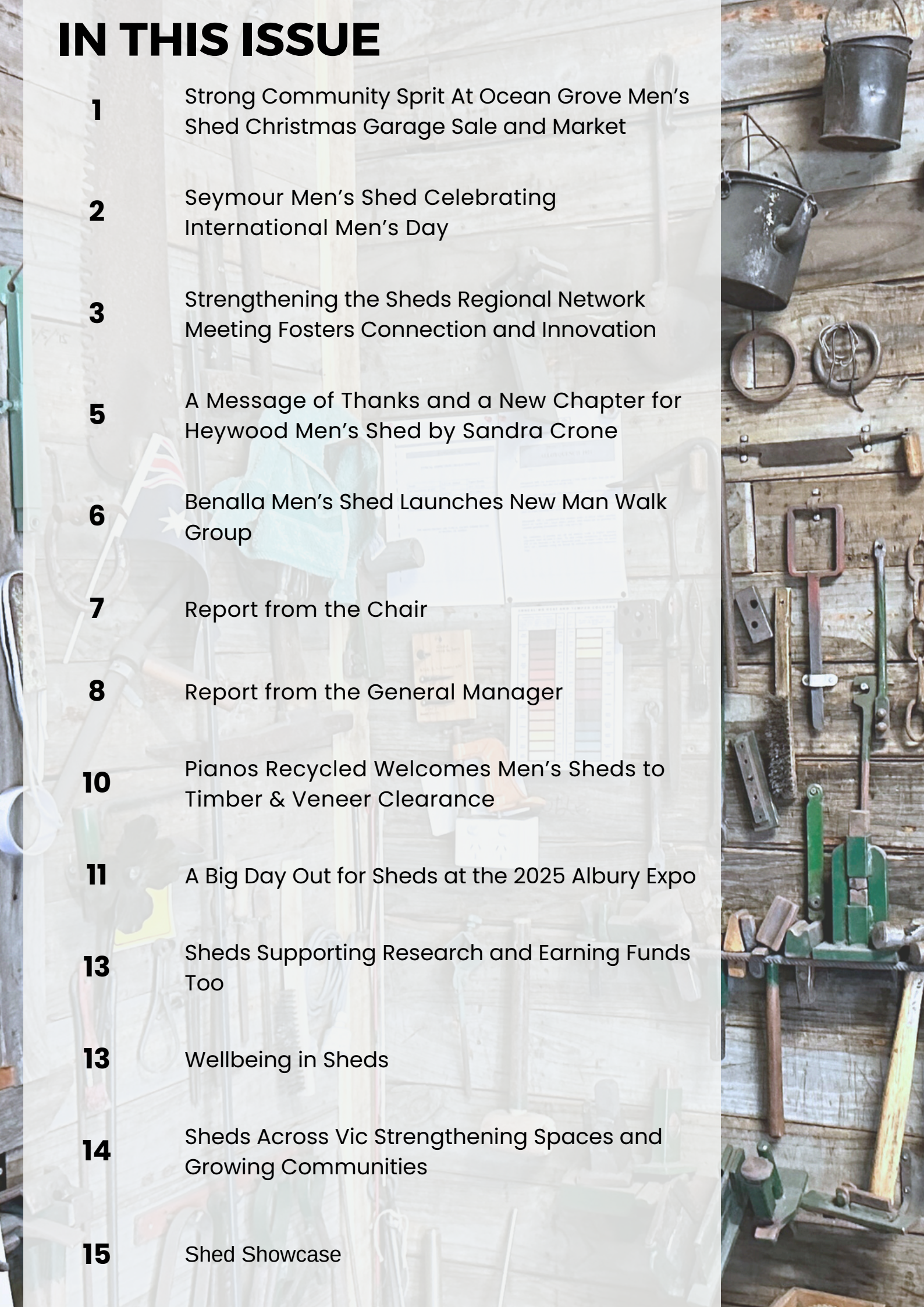
VICTORIAN
MEN'S SHED
ASSOCIATION

SHED TALK

NOVEMBER 2025

Issue 47

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STRONG COMMUNITY SPIRIT AT

OCEAN GROVE MEN'S SHED CHRISTMAS GARAGE SALE AND MARKET



The Ocean Grove Men's Shed (OGMS) held its Christmas Garage Sale and Market on Saturday, 22 November, bringing together members, supporters, and local visitors for a relaxed morning of browsing and community connection. By the end of the event, the Shed had raised a solid \$1,800 to support its activities and projects.

A steady stream of locals wandered through the stalls to explore a wide range of items, including tools, books, plants, refurbished bikes, and handmade wooden pieces. Shed members were on hand throughout the morning to assist and chat with visitors, many of whom enjoyed learning about the craftsmanship behind the Shed's creations.

One of the standout attractions this year was the selection of Christmas baubles produced on the Shed's wood laser printer, which proved especially popular with early-season shoppers.

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The OGMS sausage sizzle, now a familiar feature at Shed events, once again delivered, remaining a reliable favourite for attendees.

Outgoing President Peer Deering said the event met the Shed's goals and highlighted the value of community backing. "We're pleased with the result and grateful for everyone who came along. The funds raised will help us continue improving our workshop, supporting member activities, and contributing to community projects." Organisers described the day as modest and enjoyable, noting that the Garage Sale and Market continues to provide a meaningful opportunity for locals to connect with the Shed. Several potential new members were engaged during the event.

OGMS extends a warm thank-you to all who contributed, donated, visited, or volunteered on the day.



SEYMOUR MEN'S SHED

CELEBRATING INTERNATIONAL MEN'S DAY

The Seymour Men's Shed recently welcomed the Mitchell Proactive Policing Unit as part of their International Men's Day (IMD) celebrations on 19th November. IMD is a global event that focuses on men's health and wellbeing, while recognising and celebrating positive male role models in the community.



Pictured: LSC Justin Alexander at Seymour Men's Shed.

Leading Senior Constable Justin Alexander visited the shed to engage with members and provide valuable insights on wellbeing and cyber scams. During his visit, LSC Alexander hosted a small Q&A session, answering questions from members and offering practical advice on staying safe online and looking after personal health.

The visit also offered an opportunity for informal connection, with LSC Alexander joining members for a cuppa and casual conversation, highlighting the importance of community engagement and fostering supportive relationships. The day provided an ideal setting for members to discuss important topics, share experiences, and enjoy a sense of camaraderie.

STRENGTHENING THE SHEDS

REGIONAL NETWORK MEETING FOSTERS CONNECTION AND INNOVATION

In a significant step towards bolstering community ties and men's wellbeing, the Victorian Men's Shed hosted a vibrant regional network meeting on Wednesday, 12th November at the Phillip Island RSL. The event brought together representatives from eight local Sheds, creating a forum for shared experiences, collaboration, and inspiration. The core objective was to strengthen bonds between Sheds in the region, reinforcing the principle that Men's Sheds are vital havens for supporting the mental health and wellbeing of men in the community.

The gathering saw a strong turnout, with members travelling from the Nyora, Meeniyan & District, Inverloch, Traralgon, Leongatha, Wonthaggi, and Lang Lang Sheds. The atmosphere was one of camaraderie and shared purpose as attendees connected over morning tea and lunch, exchanging news and the unique challenges and successes of their Sheds.

A highlight was a compelling presentation by guest speaker Mat Bowtell, CEO of Free 3D Hands. Returning to update the group, Mat shared his passion for using technology for social good, specifically through creating kinetic prosthetic arms and hands. His work, which focuses on providing affordable and functional assistive devices, served as a reminder of the impact that innovation and compassion can have. The meeting also featured insights from key figures within the Men's Shed movement.

Mark Tyrrell, VMSA Regional Co-Ordinator, addressed attendees, emphasising the importance of greater communication channels between regional Sheds. He championed increased collaboration, where Sheds can work together to share resources, knowledge, and support, amplifying their positive impact across Gippsland.

Adding a local perspective, Brian Walmsley, Co-Ordinator for the host Phillip Island Men's Shed, provided a case study on the power of partnerships. He detailed the Shed's relationship with the Phillip Island RSL, illustrating how such collaborations bring shared resources and continuity to this community initiative.

The event was hailed as a success, not only for the information shared but for the renewed sense of a connected regional network. By fostering these links, the Victorian Men's Shed continues to ensure every man has a place to connect, create, and contribute, solidifying the Sheds' role as a cornerstone of men's health.



EXHIBITION

SUNDAY, 30TH OF NOVEMBER 2025

to celebrate

MORNINGTON-MOUNT MARTHA
MODEL RAILWAY CLUB

50TH

ANNIVERSARY

MODEL RAILWAY
MORNINGTON - MT. MARTHA
CLUB INC.

TICKET
FREE
ADMISSION

• MODEL RAILWAY LAYOUTS • CLUB LAYOUT • CHILDREN'S U-DRIVE •
• 2ND HAND STALL • BBQ •

Hours: Exhibition 10am to 3pm **Club Rooms:** 10am to 4pm

Date: Sunday, 30th of November 2025

Location: Mount Martha House

466 Esplanade, Mount Martha VIC 3934

Parking available at Mount Martha House and behind Mount Martha Village Shops

www.mmmrc.org.au

Sponsored by:

Mount Martha
Community Bank® Branch

 **Bendigo Bank**

A MESSAGE OF THANKS AND A NEW CHAPTER FOR HEYWOOD MEN'S SHED BY SANDRA CRONE

I would like to take a moment to congratulate Terry Sparrow for supporting me throughout my years of volunteering at the Heywood Men's Shed. We have been through a lot together and always come out the other side. Terry, thank you for starting the Shed journey for the Heywood community. There isn't a single person you haven't helped over the years, and now it's time for the Heywood community to support you, your family and your friends.

The Shed now begins a new chapter with Garry Butt stepping into the role of President. I know Terry will continue to guide Garry in the right direction as Vice President, ensuring steady leadership and continuity.

I would also like to acknowledge Harvey Alberts, Sandra Crone, Warren Finck, Michael Hillier, and every one of our amazing members. You are the team that keeps the Shed running. We all work together, we all contribute, and we are all volunteers and for that, I say thank you.

DAN TEHAN AWARDS RECOGNISE LOCAL SHEDDERS AND THEIR COMMUNITY CONTRIBUTION

Photos from the Dan Tehan Awards, held on Friday 21 November 2025 in Colac, capture a proud moment for our Shed community. The event, which celebrates outstanding achievements in sport and volunteering, featured a special presentation acknowledging the efforts of two of our members—Terry and myself—under the Initiative for Me category.

In addition to the individual recognition, our Shed was also honoured with an award, highlighting the collective dedication, teamwork, and community spirit that define everything we do. It was a wonderful moment to see the Shed's contribution formally acknowledged alongside other local initiatives making a difference.

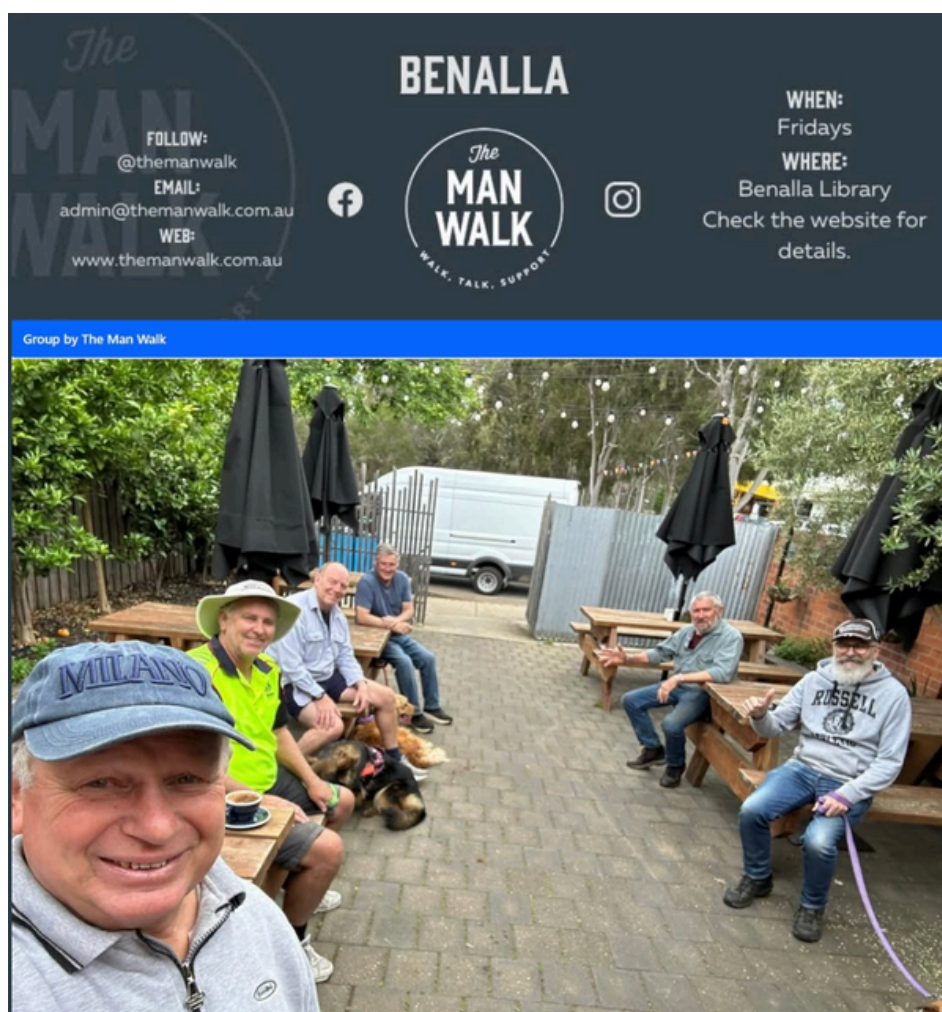


BENALLA MEN'S SHED

LAUNCHES NEW MAN WALK GROUP

Benalla Men's Shed has taken an important step in supporting men's health and connection by launching its own Man Walk group. The initiative is part of the nationwide Man Walk movement, which encourages men to walk, talk and connect in a relaxed, welcoming environment.

The Benalla group meets every Friday at the Benalla Library, offering a simple and accessible way for men of all ages and fitness levels to get moving and enjoy good company. Each walk provides an opportunity to chat, build friendships and support one another in a low-pressure setting.



The Man Walk movement continues to grow across Australia, with groups meeting in towns and cities each week. Its focus on routine, social connection and physical activity has made it a valuable resource for men seeking community and conversation.

For Benalla Men's Shed, establishing a local Man Walk group was a natural extension of the Shed's commitment to improving wellbeing and fostering connection. The weekly walks are open to both shed members and the wider community.

Anyone interested is encouraged to come along on a Friday, join the walk and be part of a supportive local network. More information about The Man Walk movement can be found at themanwalk.com.au.

REPORT FROM THE **CHAIR**

I reported at the Men's Shed Statewide Forum held in October that the VMSA would conduct a survey of men's sheds across the state. This has now been mailed out to sheds and it would be fantastic if we could get a strong response.

The survey is very important for a few reasons.

Firstly, there has never been a comprehensive survey of sheds done by the VMSA, so we don't really have much detailed information about what's going on in our sheds, collected in any systematic way. Historically, what we do have is piecemeal and this survey information gives the chance to fill in the gaps of information we don't presently have.

Secondly, we need the information requested in the survey form to help us better represent sheds and also to support our arguments that sheds need more money as in our view the men's shed movement is underfunded by the government, given its importance in terms of men's health and wellbeing and their enormous contribution to their wider communities.

The survey results are vital for us going forward so when yours arrives in the post, please answer it and return it ASAP.

There is also an option to fill it out the [survey online](#) so feel free to take advantage of that if that suits you better.

We don't mind how we get the survey back as long as we get it back!

Thank you

TREVOR DOBBYN
VMSA Chair



REPORT FROM THE **GENERAL MANAGER**

Hello Shedders,

We've been pleased with the high number of sheds that have renewed their membership in 25-26 and to also see a few new members come on board. A certificate of membership is currently winging its way to your neck of the woods and included in this pack will be a letter of appreciation, a survey and a stamped addressed return envelope.

We have kept the fees at a low cost of \$55.00 and for this you receive a range of benefits including shed visits, invitations to regional events, network meetings and our annual conference, support with resources and information, links to our health and business partners and access to our media channels. Above all it is a feeling that you are not in this Men's Shed game alone, and as a collective we can help each other thrive.

The surveys are important as your information will help the VMSA to capture a snapshot of your membership and what you are doing for your local community. This will support our efforts to secure more resources for Victorian sheds in the future. The more surveys we receive the better our information will be so your assistance here is much appreciated.

Now that we are moving into the last few weeks of the year most sheds have already held their annual AGMs. I've spoken recently with a few freshly minted presidents from different areas of the state, and their enthusiasm has been infectious. If you are a new committee member and would like to find out more about the VMSA and how we can assist don't hesitate to get in touch.

Congratulations to all those members who have been elected - both new and incumbent - and I wish you all the best for the year ahead.

JIM KANE

VMSA General Manager



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.



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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**

PIANOS RECYCLED

WELCOMES MEN'S SHEDS TO TIMBER & VENEER CLEARANCE

Pianos Recycled recently invited 53 Men's Sheds to a special timber and veneer clearance event at their Braeside warehouse on Saturday 25 October and the response was fantastic.

More than 50 Shed members from at least 10 Sheds attended, collecting high-quality timber, veneers and parts salvaged from deconstructed pianos. These materials will now be repurposed into new community projects rather than ending up in landfill.

Although the day was busy, the Pianos Recycled team were thrilled with the interest and enthusiasm shown, and hope to run the event two or three times a year based on this successful trial.



Share Your Projects

Sheds are encouraged to share photos of any projects created using piano materials. Use #PianosRecycled and tag VMSA on social media.

You can also email photos and a short description to pianosrecycled@gmail.com and vmsa@vmsa.org.au so your work can be shared across both platforms.

Future Collaboration

Discussions are underway about creating a custom Men's Shed package, giving Sheds first access to premium materials at cost + a small overhead. Pianos Recycled will consult with councils and Shed representatives to explore what would work best.

In the meantime, the organisation is happy to keep an eye out for specific materials needed by participating Sheds. While there will be a reasonable charge, members won't be paying timber-yard prices and the materials come with a 100% environment-friendly guarantee. Deconstructed pianos regularly yield high-quality timbers such as oak, mahogany, and cedar.

Knowledge Hub for Sheds

Pianos Recycled has also created a shared online drive containing:

- A taxonomy of piano parts and dimensions
- Catalogues showcasing piano transformation ideas
- A veneer guide with tips for working and refinishing

The hub includes an invitation for Shed makers interested in commission work. With demand for piano transformations growing, Pianos Recycled hopes to partner with more makers from the Men's Shed community.

Click [here](#) to go to the hub.

Anyone interested can contact the team with examples of past work and the types of items they enjoy making. Materials will be provided for testing, and, if it's a good fit, Pianos Recycled will explore working together on future projects.

A BIG DAY OUT

FOR SHEDS AT THE 2025 ALBURY EXPO

The Men's and Women's Sheds Regional Expo has concluded for 2025, with this year's event held on Saturday, 15 November, at the Albury Showgrounds. Hosted by the Thurgoona Men's Shed, the expo brought together sheds and community members from across the Albury-Wodonga region for a full day of activities, demonstrations and connection.

The day ran from 9 am to 3 pm and featured a wide variety of displays and activities. Information stands and trade stalls offered shed members and visitors the chance to explore tools, resources and project ideas. A classic car display drew steady interest throughout the day, while the BBQ lunch area became a natural gathering point for conversations and catch-ups.

Sheds also showcased examples of their work, with some offering items for sale to raise money for ongoing shed activities. The expo highlighted the breadth of skills and creativity within the Men's and Women's Shed movement and the important role these groups play. Mark from VMSA was also in attendance, connecting with sheds and supporting the event.

The expo provided an opportunity to learn more about how sheds foster connection, purpose and friendship. Exhibitors and volunteers were on hand to speak with visitors about the benefits of joining a shed, and how these spaces continue to support the health and wellbeing of members of all ages.

Congratulations to the Thurgoona Men's Shed for hosting a well-organised and engaging regional expo. The event once again demonstrated the important role sheds play in building stronger, more connected communities.



**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!



SHEDS SUPPORTING RESEARCH

AND EARNING FUNDS TOO

Sheds on the Mornington Peninsula are currently taking part in a Melbourne University research project exploring community experiences of natural disasters. The study aims to better understand how local groups prepare for, respond to, and recover from these events—and Sheds are proving to be an invaluable source of insight.

To acknowledge their time, researchers are providing a \$25 donation to each Shed for every member who completes a 15-minute online survey, with an additional \$25 offered if the participant also completes a short five-minute follow-up phone call. This means each participating member can contribute \$50 back to their Shed simply by taking part.

The response so far has been impressive. One Shed has already had 40 members complete the survey, resulting in \$2,000 in donations—a fantastic return for just a small investment of time from their members.

WELLBEING IN SHEDS

One of the conversations we had at our annual conference related to a vital, but sometimes unrecognised, role at the Men's Sheds - looking after health and wellbeing.

Wellbeing representatives are intended to develop an environment where Shed members feel comfortable communicating wellbeing and health issues with each other.

They are not expected to be counsellors or provide health advice, just to be a good listener. They might also be called Welfare Officers, Social Coordinators or some other title. It is a distinctly separate role to the Safety Officer.

The sorts of activities that they might lead include:

- Organising guest speakers and Shed events
- Checking attendance to look for people who haven't been in for a while and following up with them
- Staying in contact with unwell members or following up with a family if a member has died
- Facilitating a chat over morning tea
- Organising non-workshop activities for members who don't want to get on the tools

Dept of Health, Disability and Ageing are very keen to see as many Sheds as possible having a designated Wellbeing Coordinator or representative, with Sheds that have a nominated person viewed favourably for funding and grant opportunities. In a lot of Sheds, we hear that this work is being done, but without there being an official role or nominated individual. VMSA are also required to report on how many Sheds have this role - so please let us know if you have one!

SHEDS ACROSS VIC

STRENGTHENING SPACES AND GROWING COMMUNITIES

Men's Sheds across Victoria continue to expand, rebuild and improve their facilities, ensuring safer, more inclusive, and better-equipped spaces for members. Here's a look at some of the exciting projects taking place around the state:

Rochester Men's Shed

After devastating floods in 2022, the Rochester Men's Shed is now building a brand-new shed. This marks an important step in restoring connection and routine for members whose original space was lost.

Westvale Men's Shed

Westvale is doubling its capacity with a major extension. The expanded facility will allow the Shed to welcome more members, run extra programs, and better support its growing community.

Willum Warrain Aboriginal Men's Shed

Willum Warrain is extending its outdoor area to create a more functional and culturally supportive gathering space, strengthening opportunities for connection, learning and shared projects on Country.

Glenroy Neighbourhood Learning Centre Men's Shed

A new accessible outdoor area is being built to ensure all members can move safely and comfortably throughout the space, supporting inclusion and participation for everyone.

Bellarine Woodworkers Men's Shed

The Shed is upgrading key equipment to support its community-focused projects. These enhancements will help members continue producing high-quality items for local organisations, schools and community groups.

Labertouche & District Men's Shed

A new hoist is being installed to support the restoration of historic farm machinery. This upgrade will improve safety and allow the Shed to tackle more complex restoration projects.

HealthAbility Men's Shed

HealthAbility Men's Shed is building a new kitchen, a warm, welcoming space where members can cook, connect, share meals and spend quality time together. This upgrade will strengthen social connections and enhance the Shed's overall wellbeing activities.



FIND YOUR LOCAL MEN'S SHED

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

www.vmsa.org.au



INSIDE THE WORKSHOP

SHED

SHOWCASE

WARRNAMBOOL MEN'S SHED

The Men's Shed Sewing Group donated over 100 items to Loved and Shared, including these handy packing sacks. A wonderful group of volunteers making a real difference in the community.



STANHOPE & DISRICT MEN'S SHED

The Stanhope and District Men's Shed is holding their Christmas fundraising sale! The group has been busy creating floor pellet trees and table toppers – plain or decorated. Pop into the shed on Monday, Wednesday, or Friday from 9 am to 12 pm to grab your festive delights, or message the shed to chat. A fantastic effort by the volunteers supporting their 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



ALBURY WODONGA WOODCRAFTERS

Tables crafted by the Albury Wodonga Woodcrafters for the local RSL, featuring veteran-themed iconography beautifully set in resin.

CLIFTON SPRINGS COMMUNITY SHED

Members of the Clifton Springs Community Men's Shed recently attended their local market, showcasing their handmade creations and connecting with the community. A great way for the shed to share their skills, raise funds, and engage with locals.



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

Your experience matters and should be heard.

The Forum is a safe and respectful space for people to share their experiences of child sexual abuse in Victorian government schools and certain non-government schools prior to the year 2000.



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SHEDDERS

IT'S TIME TO GET SERIOUS ABOUT SKIN HEALTH

This month, VMSA visited Dr Moz Khalafalla at Yarra Trail Medical Centre, Briar Hill to hear about the very latest in skin cancer technology. Dr Moz is a GP with additional training and qualifications in skin cancer management. His passion is infectious!

As we get older, keeping on top of our health becomes more important than ever—and that includes the health of our skin. Australia has one of the highest rates of skin cancer in the world, and men over 50 are at particularly high risk. We're always pleased to visit a Shed and see hats and sunscreen in use. Here's another tip for your health toolbox!

What is Vectra 360?

It's not your average skin check camera, it's pretty impressive gear. Using cutting-edge technology, this system takes a full-body scan. In less time than it takes to strip off, 92 high-definition cameras work together to create a detailed 3D picture of you, mapping every mole, lesion and barnacle on your skin. Once your images are taken, the doctor uses advanced dermoscopy to take an even closer look at any areas of concern. It's a powerful combination of technology and medical expertise designed to catch problems before they become serious.

Why does this matter? Because when you've got a precise baseline image, your doctor can track even the smallest changes over time. This means early detection of dangerous skin cancers like melanoma, squamous cell carcinoma, and basal cell carcinoma—when they're most treatable.

Dr Moz said the use of such technology when paired with excellent clinicians would lead to numerous lives saved. "We know how valuable total body photography is at helping us find melanomas and other skin cancers earlier, when their treatment outcomes are much better."

Stay in Control of Your Health

You'll receive digital copies of your scans, so you can share them easily with your GP or dermatologist. Think of it as having a record of your skin that travels with you. Yarra Trail is one of seven clinics in Victoria offering this service, with others sure to follow soon. I found the entire process very simple and supportive.

So if it's been a while since your last skin check—or if you've never had one—now's the time. It's quick, it's painless, and it's all part of taking care of yourself. Please also consider having a skin check talk at your Shed or Network in 2026.

LOST AND FOUND

A silver case was found during the clean-up after the recent Statewide Forum & AGM.

If this item belongs to you,
please contact
Jim on 0458 105 444 or
email vmsa@vmsa.org.au.



Can you spot A rip at the beach? A great wave? A skin cancer?

Two in three Australians will develop skin cancer before the age of 70. The good news is that 95 per cent of skin cancers can be successfully treated if detected early.

Do you know what skin cancer looks like?

A simple check could save your life. We should all check our skin regularly. Get to know your skin and take immediate action if you notice any changes.

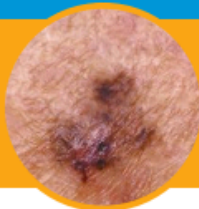
If you have fair skin, blue or green eyes, fair or red hair or lots of moles or freckles you are at high risk of developing skin cancer.

Cumulative UV exposure also contributes to your risk of developing skin cancer. So if you grew up in Australia, work outdoors or spend lots of time in the sun you should take care to protect and check your skin.

Use the ABCD of melanoma detection to check for the following:



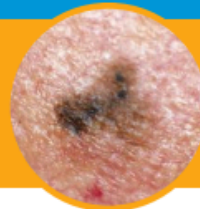
Asymmetry
If the spot or lesion is divided in half, the two halves are not a mirror image.



Border
A spot with a spreading or irregular edge.



Colour
A spot with a number of different colours through it.



Diameter
A spot that is growing and changing in diameter or size.

Skin cancers

There are three main types of skin cancer: basal cell carcinoma, squamous cell carcinoma and melanoma.

Melanoma

- Accounts for 1–2% of skin cancers.
- Is the most dangerous and aggressive form of skin cancer.
- If left untreated can spread to other parts of the body and can be fatal.
- Grows quickly over weeks to months.
- Can appear as a new or existing spot, freckle or mole that changes in colour, size or shape.
- Can grow anywhere on the body, not just areas exposed to the sun.
- Occurs most frequently on the upper back in males and on the lower leg in females.

Basal Cell Carcinoma (BCC)

- Accounts for about 66% of skin cancers.
- Grows slowly over months or years.
- Look for small, round or flattened spots that are red, pale or pearly in colour. Some are scaly like a patch of eczema.
- May become ulcerated, bleed and fail to heal.
- Usually found on the upper body, head or neck.

Squamous Cell Carcinoma (SCC)

- Accounts for about 33% of skin cancers.
- Grows over months and may spread if not treated.
- Look for scaly red areas that may bleed easily, ulcers or non-healing sores that are often painful, especially when touched.
- Often found on lips, ears, scalp, backs of the hands and lower legs.

Warning signs

The following spots are not skin cancer but may predispose you to skin cancer or be a warning sign that skin damage has occurred.

Dysplastic naevi ('atypical moles')

- Are odd-shaped moles that may indicate a greater risk of developing melanoma.
- Usually 5–10mm wide with uneven colouring.
- If you have lots of odd-shaped moles get your skin checked regularly by your doctor.

Solar keratoses ('sunspots')

- Generally hard, red, scaly spots on sun-exposed areas of the skin.
- Most commonly found on the head, neck and on the back of the hands.
- Is a warning sign that the skin has been damaged by the sun and that skin cancers may develop.
- If you have solar keratoses, protect yourself from further sun damage and have your skin checked regularly by a doctor.

Harmless spots

Seborrheic keratoses ('senile warts')

- Common non-cancerous spots sometimes confused with melanomas.
- Raised warty-looking brown or black lesions with well-defined borders.
- Mostly found on the trunk but can occur anywhere on the body.

Eye damage

The sun can also damage your eyes. In the short term, sun exposure can cause burns to the eye similar to sunburn of the skin. Long-term exposure can lead to cataracts (clouding of the lens), pterygium (tissue covering the cornea) and cancer of the conjunctiva or cornea. It is important to protect your eyes by wearing sunglasses and a broad-brimmed or bucket hat.

1. Pterygium (tur-rigd-i-um)
2. Squamous Cell Carcinoma of the conjunctiva
3. Cataract

Check your skin regularly

- Many skin cancers are detected by people themselves or by a family member.
- To check your skin, undress completely and stand in good light.
- Use a full-length or hand-held mirror to check your back, legs and scalp. If there are areas you can't see properly ask a family member or your GP for a skin check – don't ignore them.
- Make sure you check your entire body as skin cancers can sometimes occur on parts of the body not exposed to the sun, for example the soles of the feet. Go through the same checking sequence each time to get into a routine.

Check your:

- Head, scalp, neck and ears**
Take an extra close look around the nose, lips, ears and scalp.
- Torso**
Check the front, back and sides of the torso.
- Arms, hands, fingers and nails**
Remember to look at the spaces between the fingers and the beds of your fingernails.
- Buttocks, legs and feet**
Remember to check between toes, under toenails and on the soles of feet.

See a doctor straight away if you notice:

- A skin spot that is different from other spots around it.
- A mole or freckle that has changed in size, shape or colour.
- A new spot that has changed over weeks or months in size, shape or colour.
- An inflamed sore that has not healed within three weeks.

Be SunSmart.

Protect yourself in five ways from skin cancer. UV levels are highest during the middle of the day. Take care to be SunSmart when the UV Index is 3 or above. Check our UV Alert online or download our SunSmart app at www.cancer.org.au/UVAAlert



Slip on protective clothing

- Use clothing to cover as much skin as possible.



Slop on SPF 30 or higher sunscreen

- Make sure it's broad spectrum and water-resistant.



Slap on a hat

- Wear a broad-brimmed hat that covers your face, head, neck and ears.



Seek shade

- Make use of trees or built shade or bring your own.



Slide on some sunglasses

- Close-fitting wrap-around styles offer the best protection.

Melanoma accounts for 10% of all cancers

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



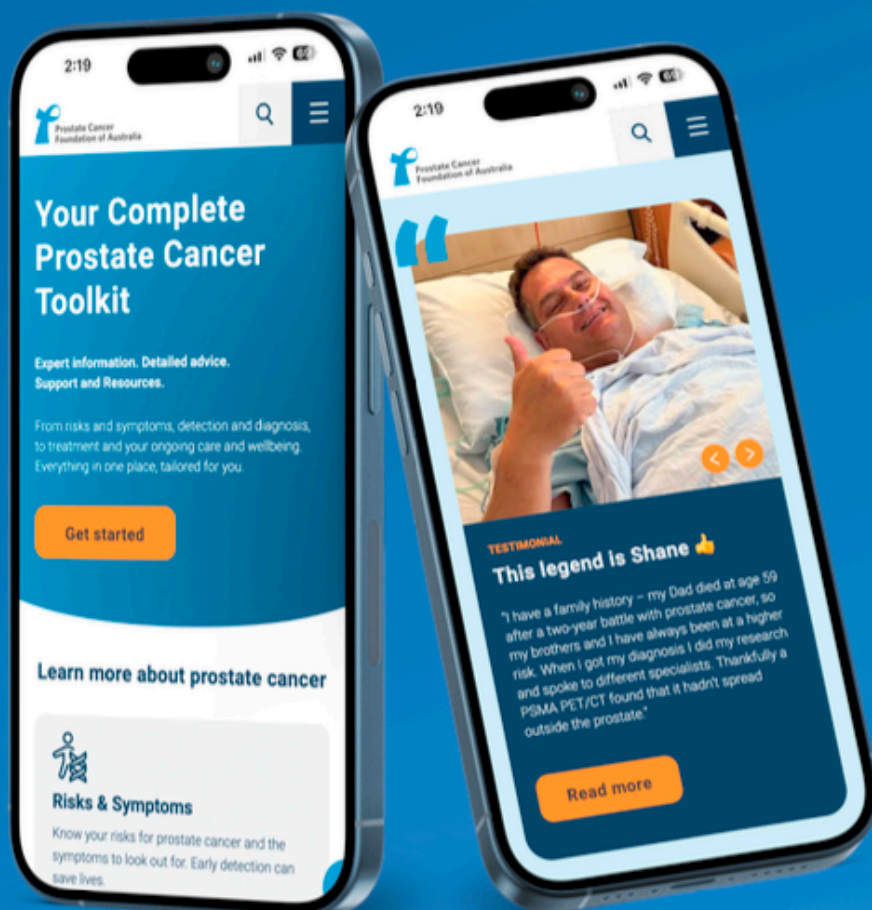
Prostate Cancer
Foundation of Australia

Your Complete Prostate Cancer Toolkit

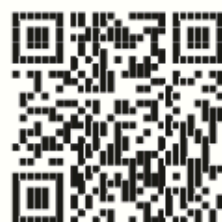
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Support and resources all in one place,
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🔍 prostate.org.au

☎ 1800 22 00 99



Scan the QR code
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Follow Us on Social Media



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

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

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

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

Follow us today!

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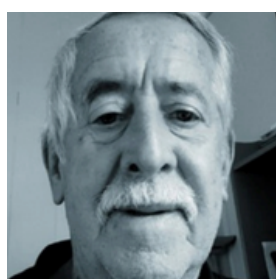
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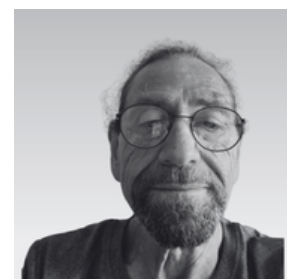


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