

12 BIKES DELIVERED TO THE RUFFY COMMUNITY RESPONSE HUB

*Dingley Village Men's Shed
Turns Plastic Waste
into Community Assets*

*A Maritime Treasure Restored at
New Peninsula Men's Shed*

*Blacksmithing is Back at
Merri Community Shed!*



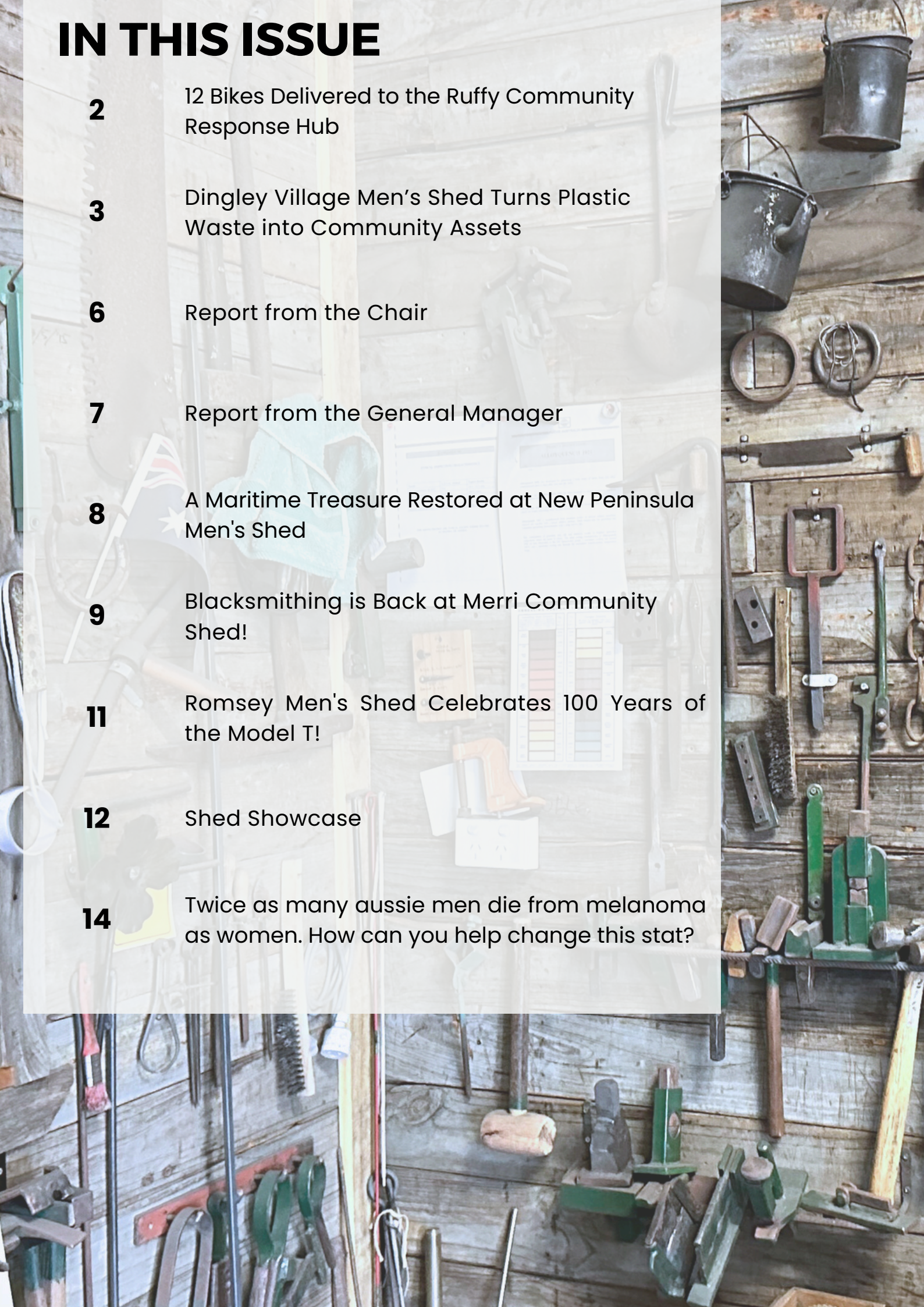
VICTORIAN
MEN'S SHED
ASSOCIATION

SHED TALK

FEBRUARY 2026

Issue 49

IN THIS ISSUE

- 
- 2** 12 Bikes Delivered to the Ruffy Community Response Hub
- 3** Dingley Village Men's Shed Turns Plastic Waste into Community Assets
- 6** Report from the Chair
- 7** Report from the General Manager
- 8** A Maritime Treasure Restored at New Peninsula Men's Shed
- 9** Blacksmithing is Back at Merri Community Shed!
- 11** Romsey Men's Shed Celebrates 100 Years of the Model T!
- 12** Shed Showcase
- 14** Twice as many aussie men die from melanoma as women. How can you help change this stat?



SALE ROAD SHOW



MARCH 20, 2026
08:30 AM – 02:00 PM



**SALE GREYHOUND
RACING CLUB**
MAFFRA-SALE RD
SALE VIC 3850

WHAT TO EXPECT

The Roadshow brings together Men's Shed members, community partners, and sector organisations for a day of networking, information sharing, and practical sessions relevant to shed operations, health promotion, and community engagement.

SCHEDULE

- Breakfast: 8:30am – 10:00am
- Roadshow Event: 10:00am – 2:00pm
- Lunch: Provided

RSVP

mark@vmsa.org.au
0477 908 144

BY 16TH MARCH

SCAN



EVENT SPONSORS



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



Beyond Bank
AUSTRALIA



12 BIKES DELIVERED TO THE RUFFY COMMUNITY RESPONSE HUB

Queenscliffe Neighbourhood House Men's Shed has recently delivered 12 refurbished bicycles to the Ruffy Community Response Hub, providing practical support to community members in need.

The donation included a mix of adult and children's bikes, offering valuable transport options for local residents. Each bike was warmly received, with emotional reactions highlighting the real impact of this simple but meaningful gesture.

"It was wonderful to see the smiles and even a few tears when the bikes arrived. It really showed how much something as simple as a bike can mean," said Barb Cummins from Queenscliffe Neighbourhood House Men's Shed.

The delivery was made possible with support from the Barwon Heads Cycling Club, who loaned their bike trailer to ensure the bikes were transported safely and efficiently.

"Thank you so much for your support," was the shared message from the Ruffy community, reflecting their appreciation for the time, skills and generosity of the Shed volunteers. The initiative is continuing, with additional bikes expected to be delivered to Ruffy in the coming weeks.

Projects like this demonstrate the practical difference Men's Sheds make — applying skills, teamwork and community spirit to support others, both locally and beyond.



DINGLEY VILLAGE MEN'S SHED

URNS PLASTIC WASTE INTO COMMUNITY ASSETS

The Dingley Village Men's Shed (DVMS) is making a significant contribution to the community through an innovative recycled plastics project that transforms waste into durable, practical products.

The project began in 2019, when two like-minded retired engineers saw the potential to repurpose plastic waste. After extensive research, David Taylor designed and built a plastic shredding machine to break down bottles into usable granules.

In 2020, Kevin Strahan constructed an extrusion machine, with many components machined on the Shed's own lathes and fabricated in the welding bay. Robert O'Brien then designed and assembled the electronics required to run the system.

Initial trials began in late 2020. Due to COVID-19 restrictions, testing was carried out in Kevin's garage, with over 500 trials completed to refine temperature, speed, granule size and extrusion rates. By 2022, the system was producing regular extrusions, and by early 2025 the Shed had expanded to four different dies, enabling a wider range of products.

Today, DVMS produces a growing range of recycled plastic items, including:

- Two-person bench seats (using approximately 275 two-litre milk bottles each) – 36 made
- Two-person bench seats with backrests (using approximately 414 bottles each) – 6 made
- Garden stakes (30mm x 30mm x 1.8m) – 100 made
- Planter boxes – 4 made
- Plastic deck chairs – 1 made
- Garden chairs – 1 made

As a special project, the team also produced six oversized bench seats for a local bowls club.

Many of the garden stakes are now in use at Braeside Park and in community gardens across the area. Based on production volumes, off-cuts and trial runs, the Shed estimates more than 20,000 plastic milk bottles have been recycled—preventing them from going to landfill.

The project has been a true team effort, with many members contributing skills and time to take the initiative from concept to full production. Currently, four members are actively producing recycled plastic products, with the team expected to grow as demand increases.

To keep the project running, DVMS welcomes donations of clean, empty square plastic milk bottles and coloured plastic caps.

The DVMS team is also happy to share their knowledge with other Men's Sheds across Australia interested in starting similar projects. The expertise gained through this initiative is invaluable, and the results demonstrate what can be achieved when innovation, engineering and community spirit come together, creating products designed to last for decades.



Storage of clean plastic containers and tops to be recycled into solid plastic chairs, tables, benches etc.



Coloured tops and containers bring colour to finished items



The heart of the recycling process is the extrusion machine & mould which shapes the heated recycled plastic



Just some of our enthusiastic, skilled and productive team of retired volunteers who make this process a win – win for all concerned.



Pictured above are L to R Robert O'Brien and Damian McShane. Kevin Strahan is shown with safety glasses getting the angles right



A sample of the finished product



SAVE THE DATES

VMSA ROADSHOW DATES 2026

Sale 20 March – Greyhound Racing Club Victoria

Wimmera 17 April – Pomonal Community Hall

Bendigo 15 May – Greyhound Racing Club Victoria

South East Metro 19 June – Akoonah Park Hall

The Victorian Men's Shed Roadshow is coming to locations across Victoria in 2026. These events bring together Men's Shed members, community partners and sector organisations for a day of connection, practical information sharing and sessions to support shed operations, health and wellbeing, and community engagement.

Save the dates and keep an eye on our [Events](#) page for full details, locations and registration information for each Roadshow event.

EVENT SPONSORS



AUSTRALIAN
MEN'S SHED
ASSOCIATION
Shoulder to Shoulder



Beyond Bank
AUSTRALIA



REPORT FROM THE **CHAIR**

Greetings to all men's sheds in this our first edition for 2026.

I hope the Xmas break went well for you and that your shed is back in full swing.

I want to report on some recent changes to the VMSA board. Monash Men's Shed president Greg Male has recently resigned from the board as has Baxter Men's Shed member Colin Prowd.

Greg's experience running his metropolitan shed over a long period of time and his political skills arising from his previous involvement with local government were invaluable to the board. He is now steering his shed new directions and we wish him all the best and thank him for his contribution.

Colin, a former president of the Western Port Men's Shed and current member of the Baxter Men's Shed which he helped to rebuild after a calamitous fire, played an important role on the board and led the application for us to try to obtain DGR status for the VMSA. He provided support and guidance to around thirteen sheds on the peninsular and to men's sheds across the state. We thank Colin for his contribution and wish him well for the future.

The board recently appointed Andrew Stefanetti, the president of the Melbourne Men's Shed and Peter MaCallum Men's Shed to the board and his experience in providing leadership in both sheds and his previous senior roles in the mining and community sectors will be extremely valuable for us going forward.

On another note, the board is considering an agreement with a piano recycler who has been recommended to us by the Port Phillip Men's Shed who have had extensive and positive dealings with this company. If agreed this would make valuable piano timber available to sheds at no charge. I will keep you informed of developments in this regard.

TREVOR DOBBYN
VMSA Chair



REPORT FROM THE **GENERAL MANAGER**

Hello Shedders,

I'd like to thank all the Men's Sheds that have completed and returned the survey that we sent out recently. Filling in surveys is not everyone's idea of a fun way to spend their tea-break so we are happy to report that over 200 of you have completed this task. This will assist us in detailing the magnificent and often-unheralded work that sheds do across the state, so thank you.

Kylie has now finished up with VMSA, and we thank her for her contribution during her time with the organisation and wish her all the very best for her future endeavours.

On another note, I'm excited to let you know that we have dates for another four upcoming regional VMSA Road Shows. These will be held at Sale, Pomonal, Bendigo and South-east Metro (Berwick), with more details on page two of this newsletter. The VMSA acknowledges the support of our event sponsors Total Dust Extraction, Aunty Grace, Bonney Energy, JC Walsh, AMSA and Beyond Bank who have provided us with the resources to roll these out again.

It was great to hear from the many sheds asking how they could assist victims of the recent bushfires. The VMSA liaised with Blaze Aid, sharing their contact details via email and our media channels. Blaze Aid have also volunteered their time to speak at an upcoming network meeting in Yackandandah in March, and we are looking to engage them in future VMSA events.

Mark and I are also starting to book dates for network meetings and shed visits so if you are looking to organise a meeting in your local area or fancy a visit from one of us, please get in touch.

Happy shedding,

JIM KANE
VMSA General Manager



A MARITIME TREASURE

RESTORED AT NEW PENINSULA MEN'S SHED

As reported in the Western Port News, the New Peninsula Men's Shed in Mount Martha has completed a remarkable four-year restoration of "Bunyip", a 12ft Classic Cadet Dinghy with a documented 30-year racing history.

The historic Tasmanian sailing boat, built in 1962 by renowned boat builder Bruce Darcey, is constructed from cedar, mahogany and Huon pine. Discovered in Tasmania by a shed member and brought to Mount Martha, Bunyip had fallen into serious disrepair before the team undertook a painstaking rebuild, stripping back to bare timber and replacing sections of the starboard side planks.

The Western Port News reports that Bunyip is currently on display in the foyer of New Peninsula Church, Mount Martha, with plans to feature at the Paynesville Classic Boat Rally before being made available to yacht clubs and maritime museums.

Shed member David Coyle is quoted as highlighting the importance of the restoration, noting that the traditional boat building skills used in Bunyip's construction are quickly disappearing from today's boat building industry.

A magnificent achievement by the New Peninsula Men's Shed, keeping both a piece of maritime history and a set of rare and precious skills alive for future generations to appreciate.

Those interested in displaying Bunyip can contact David Coyle on 0411 118 352, and the restoration team can be visited at the shed at 370 Craigie Road, Mount Martha, on Tuesdays from 9am to 12 noon.



BLACKSMITHING IS BACK AT MERRI COMMUNITY SHED!

Blacksmithing has returned for 2026 at Merri Community Shed, with members Cath and Andrew recently trying their hand at the ancient craft. Andrew forged a beautiful S hook with a brass brushed twist, while Cath created a J hook designed to hang potplants from the wall — also with a lovely brass brushed twist.

The Merri Forge has also welcomed a new blacksmith, Phil Liu, who will soon begin running starter sessions alongside resident blacksmith Meghan Street. A brand new anvil from BSL has also arrived, and once set up will give members access to two anvils — meaning more opportunities to get on the forge. A fresh delivery of tools including hardy tools, drifts and hammers has also come in.

With two blacksmiths now teaching and supervising, the forge will be opening up general forging sessions for any members who have completed a starter session, giving them the chance to work on their own projects under guidance. Focused blacksmithing courses are also in the pipeline for later in the year.

Dates for both the general sessions and courses are still to be confirmed, so members are encouraged to keep an eye out for announcements in the coming months. A fantastic effort by Merri Community Shed in keeping this ancient and treasured craft well and truly alive!



Romsey Men's Shed

OPEN DAY

**PUBLIC DISPLAY OF OUR RESTORED
1925 MODEL T TRUCK!**

Thursday 26 March

11:30 AM • 47 Barry St, Romsey



FREE SAUSAGE SIZZLE!

All are welcome! Always seeking new members

ROMSEY MEN'S SHED

CELEBRATES 100 YEARS OF THE MODEL T!

Romsey Men's Shed is marking a remarkable milestone with the restoration of a 1925 Model T utility/truck, first registered in 1926 — making this its 100th anniversary year. The chassis and parts were generously donated by Doug Newnham around three years ago, and after considerable dedication and craftsmanship from shed members, the vehicle has been fully restored.

What makes this piece of history even more special is that the Model T has remained in the Macedon Ranges since it was originally sold at Gardners Garage in Gisborne in 1926. By agreement, the vehicle will stay in the Romsey district, owned by the shed and available for local community events.

To mark the occasion, Romsey Men's Shed is hosting an Open Day — all are welcome!

 Thursday 26 March
 From 11.30am
 47 Barry Street, Romsey
 Free sausage sizzle on the day

Come along, see this incredible piece of local history, and meet the members who brought it back to life. A wonderful achievement by the Romsey Men's Shed — and a fantastic way to celebrate 100 years of a true motoring icon!

For more information, check out their [Facebook event page here.](#)



FIND YOUR LOCAL MEN'S SHED

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

www.vmsa.org.au



INSIDE THE WORKSHOP

SHED

SHOWCASE

DAYLESFORD MEN'S SHED

Daylesford Men's Shed has completed its new front verandah, providing a safe, weather-protected space for members and visitors.

The project was supported by Hepburn Shire Council and the Australian Men's Shed Association, with thanks to members Bruce, Bob, David, Jonathon, James, Colin and Andrew for their hands-on work. The new area improves comfort and access, including for participants attending through Grampians Health Services.



HAMILTON MEN'S SHED

Steve has carefully restored this vintage meat safe to its former glory, showcasing both craftsmanship and attention to detail. With meat prices on the rise, it's a timely reminder that some old ideas were built to last.

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



WYNDHAM MEN'S SHED

Wyndham Men's Shed members recently rolled up their sleeves for a hands-on cooking session, with six members preparing pizzas from scratch, along with macaroni cheese and garlic bread. Once the chefs had finished, the rest of the members joined in for a magnificent feast – though the non-cooks were left to tackle the dishes. Turns out pizza dough makes excellent glue!

TALLYGAROPNA MEN'S SHED

Tallygaroopna Men's Shed recently lent a hand to a hidden little gem in the heart of Congupna, a community nature walk managed by dedicated environmental volunteers, complete with native shrubs, trees and nesting boxes for local wildlife. The shed assisted by installing a brand new garden shed for the site last week. A great example of sheds giving back to their community!



ROWVILLE MEN'S SHED

Rowville Men's Shed recently fired up the BBQ at Rowville Primary School, cooking for families attending the Welcome to School information night. A great effort by the shed in supporting their local community and no doubt the snags were a hit!

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

TWICE AS MANY AUSSIE MEN DIE FROM MELANOMA AS WOMEN. HOW CAN YOU HELP CHANGE THIS STAT?

When you start a project at the Men's Shed, you make decisions to ensure it lasts. You choose the right timber or materials, seal it properly, and think about where it will sit once it's finished. It's the small choices made early that protect your work and make sure it stands the test of time.

But many Australian men don't apply that same careful thinking to their own health, especially when it comes to skin cancer prevention.



One of the most serious skin cancers is melanoma, which can start as a small spot on the skin and spread quietly to vital organs. It kills twice as many Australian men as women, and by age 85, around one in 14 Australian men will be diagnosed with it. The good news? Many cases can be prevented, and early detection saves lives.

It's time to step up your SunSmart game.

Men tend to spend more time outdoors over their lifetime, but are less likely to protect themselves from the sun. Simple habits make a big difference:

- Use sunscreen
- Wear a wide-brimmed hat and sunglasses
- Cover up with long sleeves and pants
- Seek shade whenever possible

Slip, Slop, Slap, Seek and Slide isn't just for the beach or the footy. Think about it when gardening, washing the car, cooking a BBQ, fishing, or having a cuppa at the Shed. If the UV is 3 or above—even on cloudy or cool days—sun protection is recommended. The free SunSmart UV App can help you check daily UV levels.

Get to know your skin.

Men are also less likely to check their skin for changes, which can delay diagnosis. Take a few minutes every few months to look over your skin from head to toe. Ask a mate, partner, family member, or GP to check hard-to-see spots like your back and scalp—there's no shame in it. If you notice a spot that changes size, shape, or colour, or looks different from others, get it checked by a health professional. Don't put it off.

Skin cancer is one of the most common cancers in Australia—but also one of the most preventable. Treat your health like a Shed project: maintain it, check it regularly, and fix problems early. It could give you—and the people who care about you—peace of mind for years to come.

For more information and tools, visit www.sunsmart.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**

**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!





COMMUNITY SHEDS

Meeting the requirements for DGR endorsement

From 1 October 2020, community sheds can apply for deductible gift recipient (DGR) endorsement. To do so, they need to meet a number of criteria to be eligible.

Community sheds eligibility criteria

- ☒ Have an active ABN
- ☒ Be a registered charity with ACNC
- ☒ Be established and operate in Australia
- ☒ Meet *DGR category requirements*
- ☒ Include *DGR winding up and revocation clauses* in your governing documents

Community shed category description

- A public institution whose **dominant purposes** are advancing mental health and preventing or relieving social isolation
- Principally advances these purposes through providing a **physical location** and supports individuals to work on projects or undertake other activities in the company of others
- Has **membership** that is open, or is limited only to an individual's gender or indigenous status, or both

Have any questions?

- Visit ato.gov.au/communitysheds for more on eligibility and how to apply for DGR endorsement
- Phone the ATO on 1300 130 248, 8.00am to 6.00pm (Mon-Fri) with queries on DGR endorsement
- Visit acnc.gov.au/for-charities/start-charity to check charity eligibility requirements

Community shed DGR requirements

To apply for charity registration and DGR endorsement, you need to submit governing documents to demonstrate you meet charity registration and DGR endorsement requirements. Governing documents contain a number of clauses that set-out your charitable purpose, your not-for-profit character, the way you operate, how you make decisions and what you need to do upon wind-up.

There is no single template that will accurately reflect the purposes and operations of each individual community shed. When preparing your own governing documents ensure it accurately reflects what you do and how you meet the *DGR category requirements* and *DGR winding-up and revocation clauses*.

If your governing document already meets these requirements, no further action is required before applying. If some of these requirements are not met, the following tips and example clauses may assist you.

Specific requirements of your governing documents



- ✓ **Accurately reflect how your community shed operates when carrying out its purpose**
The ATO and ACNC carefully consider the object clause and the activities you undertake to determine if you meet the DGR category and charity requirements. Visit acnc.gov.au for more information on ACNC registration requirements.
- ✓ **Contain a *DGR winding up and revocation clause* and a *Not-for-profit dissolution clause***

EXAMPLE CLAUSES USE AS A GENERAL GUIDE ONLY

Specific clauses	What to reflect in this clause	Can you use this as a sample clause?
Objects or purposes	Describe what your charity is set up to achieve (its purposes must all be charitable for the public benefit) <i>Example which may be used as a general guide only</i> The [organisation] is established to be a charity whose purpose is to advance [health/social or public welfare] by operating a [men's/women's/community] shed to: ▪ Improve the health of [men/women] who are at risk of health issues arising from loneliness and isolation ▪ Facilitate programs that address mental, physical and emotional health issues in [men/women] ▪ Provide meaningful activities where [men/women] can participate in the company of others to relieve isolation and loneliness ▪ To undertake charitable activities for the benefit of the broader community.	<i>Yes with review and adaptations</i> ▪ Review the example and adapt it to accurately reflect the purposes of your own shed
Membership	Community sheds must be open to the community to join and generally not impose criteria restricting membership based on matters such as age, ethnicity or background. ▪ The only exception is that sheds can restrict membership to people of a particular gender or with Indigenous status or both. ▪ The DGR open membership criteria do not over-ride the requirement for sheds to comply with council, state, territory and federal regulation and laws. Be sure that your shed complies. <i>Examples which may be used as a general guide only</i> ▪ Membership is open to all persons ▪ Membership is open to all [gender] persons ▪ Membership is open to all [gender] persons with Indigenous status	<i>Yes with review and adaptations</i> ▪ Review the example and adapt it to accurately reflect the membership of your own shed
DGR winding up and revocation	Community sheds need to have clauses that deal with surplus assets in the event the shed is wound up or its DGR is revoked ▪ DGRs must transfer all remaining gifts, deductible contributions and money received in relation to such gifts and contributions to a gift deductible fund, authority or institution. ▪ For registered charities, the transfer must be to another DGR with similar objects, which is charitable at law. <i>DGR revocation clause example which may be used as a general guide</i> ▪ If the organisation is wound up or its endorsement as a deductible gift recipient is revoked (whichever occurs first), any surplus of the following assets shall be transferred to another organisation with similar objects, which is charitable at law, to which income tax deductible gifts can be made: – gifts of money or property for the principal purpose of the organisation – contributions made in relation to an eligible fundraising event held for the principal purpose of the organisation – money received by the organisation because of such gifts and contributions.	<i>Yes, this may be acceptable</i> ▪ Review and adapt to ensure it is the most appropriate sample clause for your shed ▪ For more information search ato.gov.au for the webpage QC 52594
Not-for-profit dissolution	Sets out what happens to the organisation's assets if it winds up (closes down). To satisfy the ACNC requirements, the clause must require the assets to go to another charity. <i>Not-for-profit dissolution example which may be used as a general guide</i> ▪ If the association is wound up, after it has paid all debts and other liabilities (including the costs of winding up), any remaining assets: – must not be distributed to the members or former members of the association, and – subject to the requirements of Australian laws and any Australian court order, must be distributed to another organisation or other organisations, with similar purposes, which is/are charitable at law, and which is/are not carried on for the profit or personal gain of members.	<i>Yes, this may be acceptable</i> ▪ Review and adapt to ensure it is the most appropriate sample clause for your shed ▪ Visit acnc.gov.au for more (search for Not-for-profit)
Not-for-profit clause	Sets out that your organisation does not operate for the profit, personal gain or benefit of particular people. <i>Not-for-profit example which may be used as a general guide</i> ▪ The assets and income of the organisation shall be applied solely to further its objects and no portion shall be distributed directly or indirectly to the members of the organisation except as genuine compensation for services rendered or expense occurred on behalf of the organisation.	<i>Yes, this may be acceptable</i> ▪ Review and adapt to ensure it is the most appropriate sample clause for your shed ▪ Visit acnc.gov.au for more (search for Not-for-profit)

Brimbank Men's Health Project



Free
of charge

Tool Sharpening Social

 **Wednesday 4 March**

 **10am-12noon**

 **Westvale Community Centre
45 Kings Road, Kings Park**

 <https://www.trybooking.com/DICQE>

Join us for an easy-going day where you can bring your tools in for sharpening led by our Men's Shed volunteers and participants. Enjoy a morning tea and connect with others in the community.

Table Tennis

Brimbank Neighbourhood Houses run regular table-tennis sessions offering a fun, low-impact activity that boosts fitness, sharpens reflexes and coordination, and supports mental alertness. Contact the Centres for more details.

 **Delahey Community Centre**
Weds, 2.30pm-4pm  9249 4900

 **West Sunshine Community Centre**
Tues, 10am-12noon  9249 4555

 **Sydenham Neighbourhood House**
Tues, 9.30am - 12.30pm  9249 4224

Grill & Chill for Men's Health

 **Wednesday 1 April**

 **12noon-12.45pm**

 **Visy Cares Hub
80B Harvester Road, Sunshine**

 <https://www.trybooking.com/DICQG>

Join us for a hearty sausage sizzle breakfast, designed to support men's health and wellbeing. Enjoy a snag while accessing valuable health information and local support services.

Walking Groups

Brimbank Neighbourhood Houses have a walking group to suit your fitness level to stay active and support heart health. Enjoy the mental and social benefits of walking together. Contact the Centre for more details.

 **West Sunshine Community Centre**
Weds, 10am-12noon  9249 4555

 **Delahey Community Centre**
Tues, 9.15am-10am  9249 4900

 **Cairnlea Community Hub**
Tues, 9.30am - 10.15am  9249 4800

brimbank.vic.gov.au/menshealthproject

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.

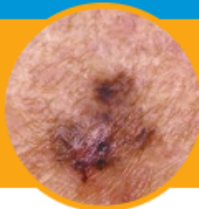
If you have fair skin, blue or green eyes, fair or red hair or lots of moles or freckles you are at high risk of developing skin cancer.

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:



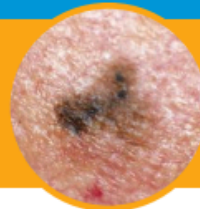
Asymmetry
If the spot or lesion is divided in half, the two halves are not a mirror image.



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/UValert



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



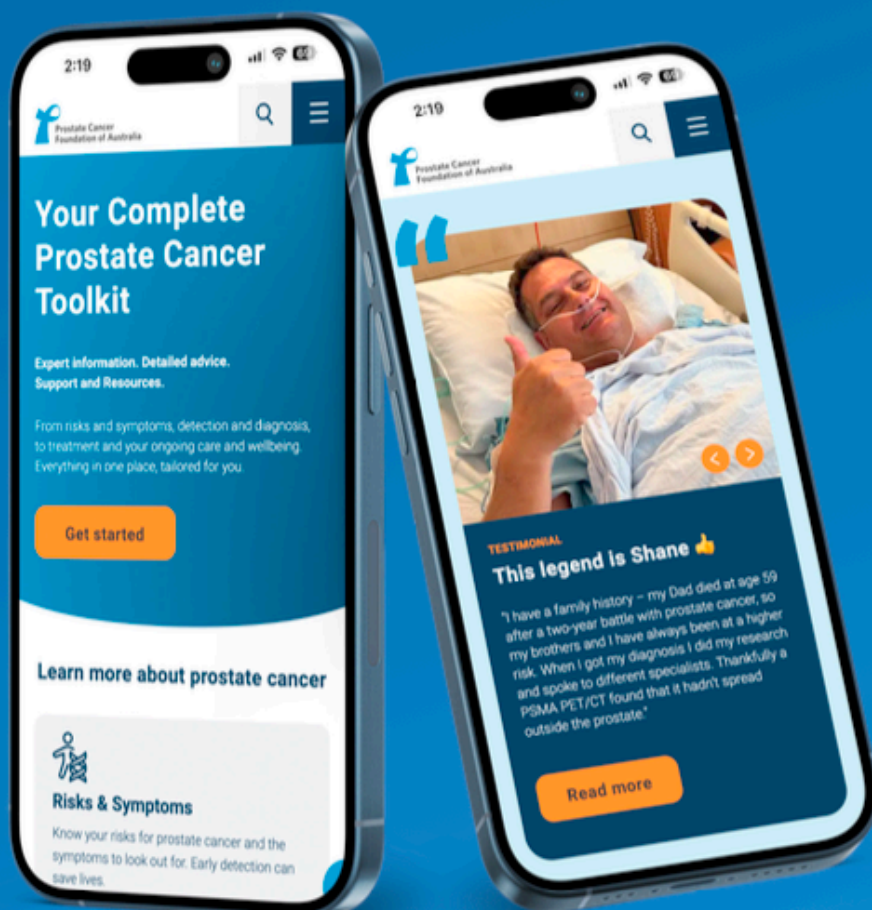
Prostate Cancer
Foundation of Australia

Your Complete Prostate Cancer Toolkit

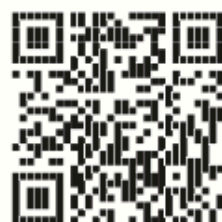
Expert information. Detailed advice.
Support and resources all in one place,
tailored for you.

🔍 prostate.org.au

☎ 1800 22 00 99



Scan the QR code
to get the Toolkit



Follow Us on Social Media



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

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

Plus, join our Facebook group **VMSSA - 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



JIM KANE

General Manager



0448 015 554



gm@vmsa.org.au



MARK TYRRELL

Regional Coordinator



0413 353 819



mark@vmsa.org.au



COURTNEY RODDA

Social Media

VMSA BOARD



Trevor Dobbyn

Chair



trevor@vmsa.org.au



0408 121 934



Mick Overman

Treasurer



mick@vmsa.org.au



Max Finlayson

Secretary



max@vmsa.org.au



Marcelle Davis

Committee



marcelle@vmsa.org.au

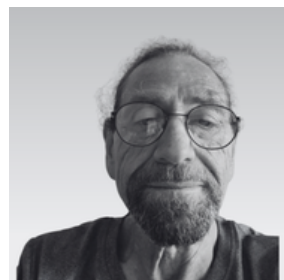


Graeme Newman

Committee



graeme@vmsa.org.au



Russ Kellet

Committee



SUBSCRIBE TO
SHED TALK
CLICK HERE



VISIT OUR ONLINE EDITION
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

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



The Victorian Men's Shed Association
173-175 Ordish Road
Dandenong South VIC 3175

 0408 465 228
 vmsa@vmsa.org.au
 vmsa.org.au

