

DONALD MEN'S SHED 20 YEARS CELEBRATION

*Bendigo Road Show
The Biggest Yet!*

*Bacchus Marsh Men's Shed
at The Laurels*

*Heathcote Men's Shed From
Washing Machines to The Coat of Arms*

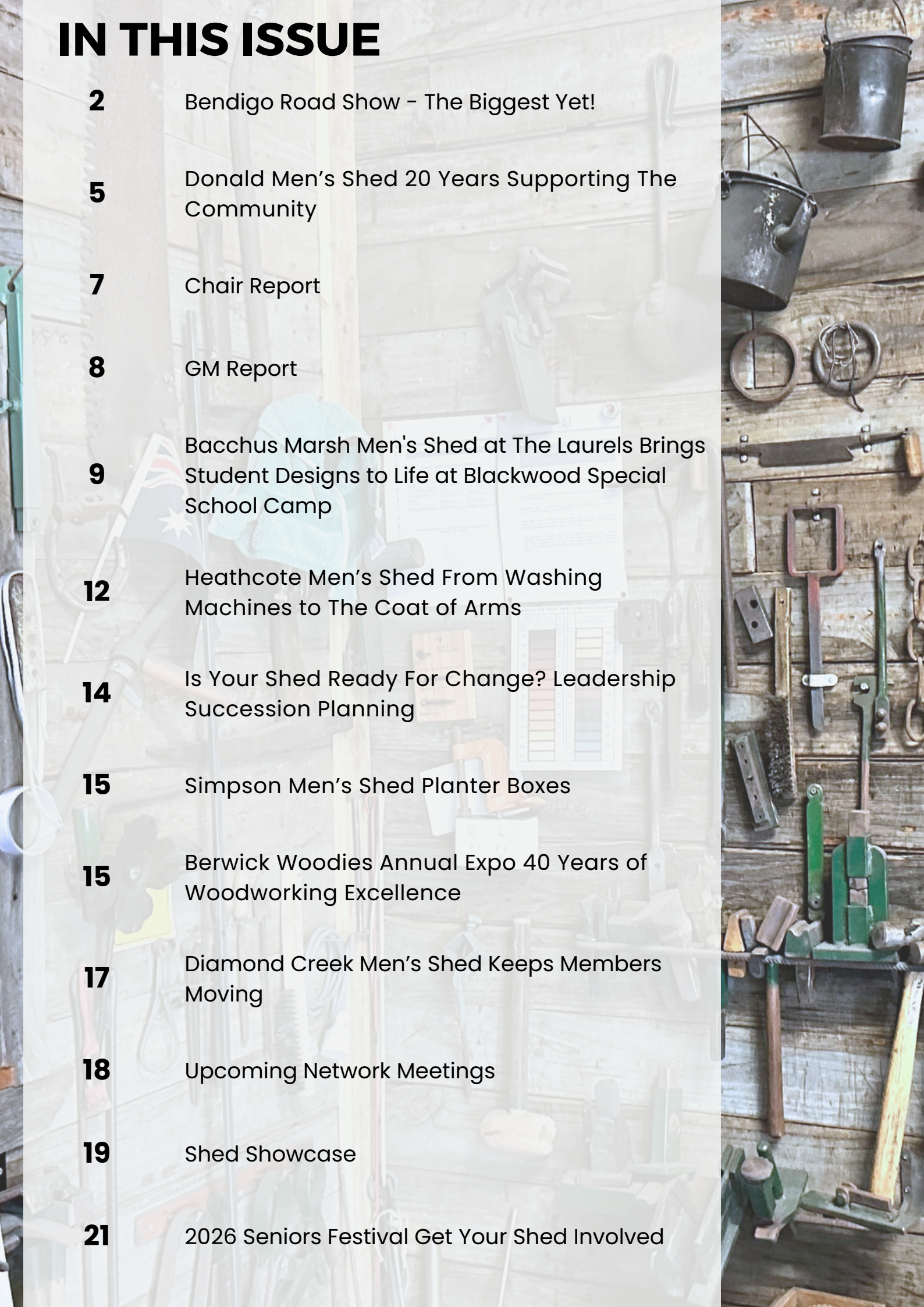


SHED TALK

MAY 2026

Issue 52

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SOUTH EAST METRO ROAD SHOW



JUNE 19, 2026

08:30 AM – 02:00 PM



AKOONAH PARK HALL
2 CARDINIA ST
BERWICK

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

gm@vmsa.org.au
0448 015 554

BY 11TH JUNE

SCAN



EVENT SPONSORS



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



Beyond Bank
AUSTRALIA



BENDIGO ROAD SHOW

THE BIGGEST YET!

What a great day was had by all on Friday at the VMSA's Bendigo Men's Shed Road Show! With 120 in attendance including representatives from 37 sheds from all over Central Victoria, these events just keep getting bigger!

Thanks to all those Men's Sheds who made the trip including:
Barham-Koondrook, Bendigo Woodworkers, Bendigo Aboriginal MS, Broadford, Castlemaine, Donald, Echuca, Emu Creek, Euroa, Gisborne, Goulburn Valley Woodies, Guilford Grumpies, Heathcote, Huntley, Inglewood, Lockington, Maldon, Marong, Mensheds Bendigo, Mooroopna, Riddells Creek, Rochester, High Country, Tallygaroopna, Tatura, Tongala, Violet Town, Wycheproof, Deniliquin, Kerang, Bendigo Steam & Oil, Bendigo Women's shed, Sunbury, Romsey, Filmore and Stawell.

The VMSA would like to extend our gratitude to Maree Edwards, MP from Bendigo West for opening the day's proceedings.

We had some amazing guest speakers including Matt Bowtell from Free 3D Hands and Sallie Jones from Gippsland Jersey.

The Bendigo Greyhound Racing Club were excellent hosts and served up a wonderful bacon and egg Brekky and delicious lunch. Talented local muso Troy Elliott belted out some classic tunes for all of us to hum along to over lunch.

Additional thanks to other health providers and partner organisations in attendance including the Prostate Cancer Foundation, Walking Football Victoria, Lifeline, Ambulance Victoria, Total Dust Extraction, JC Walshe, Stride, AMSA and Hearing Australia.

The next road show stop will be the Akoonah Park Men's Shed in Berwick on the 19th June. See you there!





BENDIGO ROAD SHOW

BONNEY ENERGY MEN'S SHED COMMUNITY AWARD WINNERS

A highlight of the Bendigo Roadshow was the presentation of the VMSA and Bonney Energy Shed Community Awards, recognising two sheds from Central Victoria for their outstanding contribution to their local communities.

Each winning shed received a \$200 Bonney Energy fuel voucher.



Rochester Men's Shed

was recognised for their remarkable resilience following the devastating 2022 floods, which saw over 200 flood rescues, 4,700 homes without power and 344 roads closed. Despite significant damage to the shed, members stayed connected and rebuilt, and the shed is now going from strength to strength with a thriving Community House school program and a busy workshop producing birdhouses, fairy houses, photo frames and more.



Gisborne Men's Shed

was recognised for their Young Shedmen program, running since 2016 thanks to shedder Gunther Behrendt. Working in partnership with the Gisborne Police Proactive Unit, the program supports local teenage boys at risk of disengaging from school or family life, with volunteers aged 60 to 97 mentoring up to five Year 9 students each year on practical projects. Each year ends with a presentation night where graduates receive a certificate and a donated toolkit from Bunnings, presented by local MPs and school staff.

The VMSA would like to extend a sincere thank you to Bonney Energy for their generous ongoing sponsorship and support of the men's shed community awards program. Their commitment to recognising and celebrating the incredible work shedders do for their communities across Victoria is greatly appreciated.

DONALD MEN'S SHED

20 YEARS SUPPORTING THE COMMUNITY



2026 marks a significant milestone for the Donald Men's Shed, 20 years since the decision was made to establish what has become one of the Wimmera's most valued community assets.

The seeds of the shed were planted by a practical need. The desire to expand and improve the local Agricultural Museum gave the founding members a clear and common purpose, and from that shared focus a genuine camaraderie grew. The shed started with 40 members and today sits at a consistent 26, open five mornings a week and welcoming eight to ten shedders for morning tea each day. For some members who can no longer take on the heavier project work, the daily cuppa and a chat remains just as important, a reminder that connection is at the heart of everything the shed does.

The Donald Men's Shed's co-location with the Donald Community Precinct has allowed it to become deeply embedded in the life of the town, providing direct support to the Precinct Committee, local sporting clubs and the Donald P&A Show Committee. Over the years the shed has also lent its time and skills to a wide range of organisations including Lions, the Donald History Society, local schools, the Donald Community House, Donald Learning Centre, the Donald 2000 Committee, the Donald Chamber of Commerce and Industry, the Buloke Shire, East Wimmera Health Service and Goodwin Village.

The projects the shed has taken on over two decades tell the story of a community shaped by its shedders. Highlights include setting up a display of a Belize Grouper donated from the 2006 Commonwealth Games, constructing a portable mobile stage for community events, creating display Easter eggs and a six metre Christmas tree to support local businesses, building horse jumps for the Donald Pony Club, assembling horse stables for the Show Committee, refurbishing vintage tractors, stationary engines and agricultural implements for the Donald Agricultural Museum, and assembling outdoor seating for the Donald Community Precinct.

DONALD MEN'S SHED

CONTINUED

Beyond the big projects, the shed is always on hand for the quieter but equally meaningful tasks, helping community members move furniture, building weather barriers, creating bird boxes and raised garden beds, making signposts for hospitals and aged care villages, and supporting those in need with whatever they require.

To celebrate 20 years, the Donald Men's Shed is hosting an Open Half Day on the morning of Wednesday 24 June, followed by a celebratory luncheon for members and special guests.

For more information contact Secretary/Treasurer Les Bower on 0438 712 435.



FIND YOUR LOCAL MEN'S SHED

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

www.vmsa.org.au



REPORT FROM THE CHAIR

On the evening of 20 May, Board member Graeme Newman, also the president of the Diamond Creek Men's Shed and I met with the new Minister for Youth, Carers and Volunteers, Luba Grigorovitch in her ministerial office in the city. Minister Grigorovitch is the minister responsible for men's sheds.

The minister welcomed us and indicated that she had experience with men's sheds, as a close family member was a member of a men's shed for years.

Graeme and I explained the role of the VMSA, which is to represent and support all men's sheds in Victoria and we outlined the important contribution men's sheds make to their members and to their communities.

After some discussion the minister asked us if there were any serious matters that needed addressing and we responded that the chronic underfunding of sheds is a key issue for the men's shed movement.

We put the case that men's sheds have not had an increase in funding since 2012 as our funding isn't indexed. We added that in 2012 we had around 50 sheds and there are now over 280 sheds in Victoria.

We informed the minister that we intended to run a campaign in this election year involving all men's sheds to achieve a threefold increase in men's sheds and VMSA funding from 2026/7. We also underlined the need to ensure the funding is fully indexed so it doesn't slowly disappear as is the situation now.

We further advised that the VMSA has conducted an initial survey of men's sheds at the start of this year and that we are in the process of conducting a second survey. Those results will be made available to Curtin University which is conducting an independent academic report on the contribution men's sheds make to Victoria.

The minister gave us a very fair hearing and thanked us for letting her know about our campaign. She requested a copy of the completed report and a supporting letter from the VMSA outlining our case. We also informed her that it was our intention to speak to other parties contesting the state election.

Minister Grigorovitch also suggested we contact the new Minister for Men and Boys to give him a report. This is now being organised by our General Manager Jim Kane.

TREVOR DOBBYN
VMSA Chair



REPORT FROM THE **GENERAL MANAGER**

Hello Shedders,

We had a terrific day at the Bendigo Greyhounds a couple of weeks ago, with 37 sheds and 120 shedders filling the function room. These events keep getting bigger and bigger, which has been wonderful to witness. An article about the day with photos can be found on page 2. The next stop will be at the Akoonah Park MS in Berwick on June 19th our inaugural Melbourne based event. Seats are filling fast, so let us know asap whether your shed can attend.

I'll be on the road a fair bit over the coming months with 15 regional meetings planned. (dates and venues on page 18). One of the key items for discussion at these gatherings will be how we can secure more funding for our sheds. It is important that as many sheds as possible join us at these meetings, as we can only be effective by working collaboratively and following the adage that there is strength in numbers.

Accurate and timely data about men's sheds contribution to Victoria will be equally important for this campaign. Every member shed should have received a link to a complimentary VMSA survey, sent on the 20th of May. Thanks to all the sheds that have filled it out. The data will also be valuable for you to record what contribution your shed makes at a local level. If you have not received this email, please contact me gm@vmsa.org.au.

In other news, Mark Tyrrell has resigned from his position with the VMSA. We thank Mark for his contribution during his two years with the organisation. We are currently recruiting a new Regional Coordinator and will have someone on board soon, so watch this space.

It's another jam-packed edition of Shed Talk this month. I hope you enjoy it. As always, please send articles about your shed through to us as we want to highlight the interesting work that you do.

JIM KANE
VMSA General Manager



BACCHUS MARSH MEN'S SHED AT THE LAURELS

BRINGS STUDENT DESIGNS TO LIFE AT BLACKWOOD SPECIAL SCHOOL CAMP

The Bacchus Marsh Men's Shed at the Laurels has completed one of its most rewarding and creative projects to date, delivering nine handcrafted games tables to the Blackwood Special School camp after six months of dedicated work.

The project had a unique angle. Students attending the camp were invited to submit their own design plans for the tables, with nine winning designs selected to be brought to life by the shedders. While the final tables stayed true to the themes and spirit of the students' drawings rather than following them precisely to plan, the results have exceeded all expectations.

The school has been absolutely delighted with the finished tables, which are now scattered across the camp grounds in their own sheds, ready to be enjoyed by students for years to come. In recognition of the shedders' efforts, the school has invited the team up for lunch and a viewing of the tables in situ, a fitting tribute to what has been a genuinely collaborative and community minded project.

For the shedders themselves, the project was as enjoyable as it was rewarding. Working two to three half days a week over six months, the team found the tables interesting and fun to work on, and the satisfaction of seeing student designs transformed into real, useable pieces made it all the more special.



BACCHUS MARSH MEN'S SHED AT THE LAURELS

CONTINUED



TOGETHER STRONGER SHEDS STRONGER COMMUNITIES



VMSA MEMBERSHIP BENEFITS



PRACTICAL SUPPORT

We provide practical advice, assistance, support and guidance for Victorian Men's Sheds.



REPRESENTATION AND ADVOCACY

We represent and advocate for the interests of your shed to government, business and community organisations.



PROMOTION

We assist with promoting your shed to the wider Victorian community.



FIELD VISITS

We provide face to face support for Victorian sheds including field visits.



ANNUAL FORUM AND AGM

You are invited to our annual VMSA Forum and AGM on **22nd October**, which is fully catered and free of charge, including a \$100 travel voucher for all sheds located more than 100km from the venue at The Meadows Racetrack, Broadmeadows.



LOCAL AND REGIONAL NETWORKS

We provide help with local and regional shed networks, including network visits and network establishment.



REGIONAL COORDINATOR

A Victorian based Regional Coordinator supports Victorian Men's Sheds with local health related resources and timely information on the National Shed Development Program Grants.



VICTORIAN GOVERNMENT GRANTS

We provide information and guidance regarding the annual Victorian State Government men's shed grants, with up to \$840,000 available for Victorian sheds.



NEWSLETTER AND SOCIAL MEDIA

Your shed receives a subscription to the VMSA newsletter and access to our social media page, keeping sheds up to date with information and news about shed activities across Victoria.



REGIONAL ROADSHOWS

We host Regional Roadshow Events for sheds across the state.



ADDITIONAL RESOURCES

We provide information on other available local grants, governance, shed promotion and community engagement.



PARTNERSHIPS AND EQUIPMENT

Enjoy the benefits of VMSA's partnerships with corporations and other organisations for the distribution of equipment and materials to sheds.



STRONGER TOGETHER.
SUPPORTING SHEDS ACROSS VICTORIA.



**BE PART OF A STRONG
NETWORK THAT SUPPORTS,
ADVOCATES AND GROWS
MEN'S SHEDS ACROSS
VICTORIA.**

HEATHCOTE MEN'S SHED

FROM WASHING MACHINES TO THE COAT OF ARMS

Not long after the Heathcote Men's Shed was established around six years ago, the shed purchased one of its first machines, a plasma cutter bought online at a modest price. It turned out to be one of the best investments the shed ever made.

The team soon discovered an abundance of white goods, mainly washing machines, that could be dismantled and the metal used to create cut outs of popular native animals and pets. It was a project that ticked every box. Dismantling the machines gave new members a hands on activity to jump straight into, helping them get to know their fellow shedders without needing a great deal of prior skill, while also recycling a significant amount of metal that would otherwise go to waste.

The cut outs were an immediate hit at the Heathcote Lions Club Market. Hundreds have been sold since the beginning, with a steady stream of requests for custom work including plaques for pets' graves, place names and personalised pieces. A couple of months ago the shed decided to go bigger, purchasing full sheets of steel to create life size cut outs of cowboys, cowgirls and soldiers for Anzac Day. Seventeen were sold or ordered at that single market.

Then came the challenge. A customer asked if the shed could produce an Australian Coat of Arms, with a map of Australia in the centre. No problem, until she mentioned she would like it the full size of two sheets of steel measuring 1800 x 1200mm.

With back orders already in place for cowboys and soldiers ahead of Anzac Day, and the considerable logistical challenge of working with such large sheets of steel that become increasingly fragile as metal is removed, the project required the whole shed to pull together. Thanks to Steve, Troy, Jim, Max, Lindsay and everyone else who lent a hand, the cutting was completed. The piece required around eighty individual holes cut as wattle blossom, with shed manager and woodwork expert Terry manufacturing a custom device to attach the plasma cutter to and accurately cut each one.



HEATHCOTE MEN'S SHED

CONTINUED

Expert spray painter John then finished the piece to a high standard.

After drying over a weekend, it was not until the morning of collection that the two halves were stood side by side. They aligned beautifully, much to everyone's relief. The finished piece now sits on a corrugated Colorbond shed, casting striking shadows that shift with the light throughout the day. The clients had it erected by Anzac Day, and the shed was treated to a lovely morning tea the following week as a thank you.

As Terry Hctor puts it, the most treasured part of all these projects is the feedback that comes back from the people who buy their work and send in photos of how they have used it. That says it all.

Submitted by Terry Hctor, Heathcote Men's Shed.



IS YOUR SHED

READY FOR CHANGE?

LEADERSHIP SUCCESSION PLANNING

Every men's shed relies on the dedication and energy of its volunteers, but what happens when a key leader steps back, moves on or is unexpectedly unavailable? Without a plan in place, leadership changes can leave a shed uncertain about its future.

The VMSA has put together a practical Leadership Succession Planning Guide to help sheds across Victoria prepare for smooth transitions in leadership roles. It covers everything from identifying key roles and documenting tasks, to mentoring potential successors and celebrating outgoing leaders for their service.

One of the most useful tips in the guide is creating a generic email address for each role, such as secretaryspannermensshed@gmail.com, so that important information stays with the role rather than walking out the door with the person who held it.

Succession planning does not need to be complicated or formal. As the guide puts it, clarity is key. Starting the conversation early, sharing responsibility and involving members in the process are the foundations of a shed that is built to last.

The full Leadership Succession Planning Guide is available to download by [clicking here](#). We encourage every shed committee to take a look and start the conversation at your next meeting.

**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!



SIMPSON MEN'S SHED

PLANTER BOXES

The shedders at Simpson Men's Shed have been putting their creative skills to good use, crafting a delightful range of decorative planter boxes that have been turning heads in the community. The Highland Cows are currently available for purchase through the shed and proving popular, while the Sheep are available by order for those who want one of their own. It is a fun and imaginative project that shows there is no limit to what the shedders can come up with. What animal will they create next?



BERWICK WOODIES

ANNUAL EXPO

40 YEARS OF WOODWORKING EXCELLENCE

The Berwick Woodies are celebrating a significant milestone this year, marking 40 years as one of the region's most active and creative woodworking clubs with their biggest Expo yet. Best known in their local community for producing around 1,000 handcrafted wooden toys each year for local charities to distribute to families in need, the Berwick Woodies are much more than a toy making operation. Members undertake a wide variety of woodworking activities throughout the year, from beginner projects through to work by national award winners, and the annual Expo is the perfect opportunity to showcase it all.

To mark the 40th anniversary, this year's Expo will also host the biennial exhibition of the Australian Scroll Saw Network in the Hayshed Studio, adjacent to the clubrooms in the grounds of The Old Cheese Factory in Berwick. It promises to be the most impressive showcase the club has put on to date.

Visitors can browse and purchase handcrafted work, enjoy live woodworking demonstrations, browse timber sales and watch a chainsaw artist at work. On the Saturday, the club's regular monthly Farmers Market will also be running from 8:00am to noon opposite the clubrooms. A raffle, lucky dip and kids corner round out what is shaping up to be a fantastic free community event.

Entry is free and everyone is welcome. Full details are in the event flyer below.



Join us to celebrate
**BERWICK DISTRICT
WOODWORKERS CLUB's
40th BIRTHDAY**

Woodworking Display & Expo

also hosting
**The Australian
Scroll Saw Network
Biennial Exhibition**

**FREE
ENTRY**

JOIN US FOR OUR
40th Birthday
CELEBRATION!

(Children under 16 to be accompanied by an adult please)



**Friday 10 July 2026
Saturday 11 July 2026
and Farmers' Market
Sunday 12 July 2026**



**5.00pm—8.00pm
9.00am—5.00pm
8.00am—1.00pm
9.00am—5.00pm**



The Clubrooms
The Old Cheese Factory
34 Homestead Road
Berwick



Got questions? Reach out!

John McMahon: 0437 096 840 or Jayne Worthington: 0409 991 356
email: bdwwcsec@outlook.com www.bdwwc.club

Scan QR Code for further details

Image Credits: DWV Photography & BDWWC members

DIAMOND CREEK MEN'S SHED

KEEPS MEMBERS MOVING

Diamond Creek Men's Shed recently ran a series of information sessions designed for older drivers. The theme of the series was "Staying Safe, Staying Independent".

The series focused on three connected sub-themes: driving safely as people age, planning for retirement from driving, and staying socially connected after becoming a non-driver.

The program was supported by Nillumbik Shire Council, with help from Positive Aging Officer Heather MacMillan in sourcing speakers, and funding through the Connecting Over 55s Social Connection Grant. Sessions were held over several weeks during Tuesday morning teas at the shed.

Presentation 1 delivered by Greg Ryan, on behalf of the TAC, encouraged older drivers to reflect on how changes in vision, reaction time, and health can affect driving. It provided practical advice such as having regular eye tests, reviewing medications, avoiding driving when tired, sticking to familiar routes, and keeping vehicles well maintained. It also highlighted refresher driving courses and seeking help when uncertain.

Presentation 2 conducted by Mike Densley from the Diamond Creek Men's Shed, focused on retiring from driving and urged members to honestly reassess their abilities and to listen to concerns raised by family and friends. It outlined practical alternatives including public transport, taxis or Uber, council community transport, Travellers Aid, support from friends and family, mobility scooters, and online shopping.

Presentation 3 led by Matthew Allen from Metro Trains, introduced members to Melbourne's public transport network. Matthew followed up a couple of weeks later with a practical familiarisation outing from Diamond Creek Station into the city.

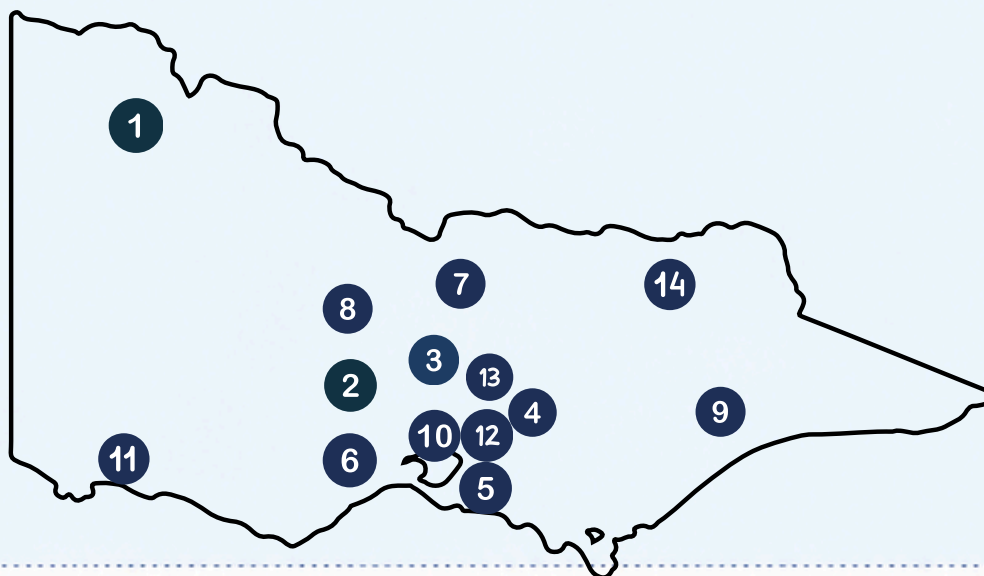
The project improved members' awareness of alternatives to driving, along with their confidence in using public transport.

Submitted by Mike Densley (Diamond Creek Men's Shed)

UPCOMING

NETWORK MEETINGS

Connect with sheds across Victoria at your local network meeting or VMSA Roadshow.



JUNE

- 1** Ouyen Men's Shed
2 June
NW Victoria Shed Network
- 2** Lancefield Men's Shed
9 June
Macedon Shed Network
- 3** Seymour Men's Shed
10 June
Lower Goulburn Network
- 4** Berwick Men's Shed
19 June
South East Metro Roadshow
- 5** Mornington Men's Shed
24 June
Mornington Shed Network



JULY

- 6** Wyndham Vale Men's Shed
2 July
Western Suburbs Shed Network
- 7** Tallygaroopna Men's Shed
Date TBC
Greater Shepparton Shed Network
- 8** Huntly Men's Shed
14 July
Greater Bendigo Shed Network
- 9** Bairnsdale
22 July
East Gippsland Shed Network
- 10** Rowville
29 July
South East Metro Shed Network



AUGUST

- 11** Heywood
14 August
Western Victoria VMSA Roadshow
- 12** Cardinia
20 August
Cardinia Shed Network
- 13** Belgrave
21 August
Yarra Ranges Shed Network



SEPTEMBER

- 14** Wangaratta
11 September
North East Victoria VMSA Roadshow



WHY ATTEND?

- ✓ Share ideas and projects
- ✓ Learn about grants and opportunities
- ✓ Meet neighbouring sheds
- ✓ Hear the latest VMSA updates
- ✓ Strengthen local shed networks



FOR MORE INFORMATION
VMSA – Supporting
Sheds Across Victoria

www.vmsa.org.au



ALL SHEDS WELCOME

Come along, share ideas and help build stronger shed networks across Victoria.

SHED SHOWCASE

HUME MEN'S SHED SUNBURY

The shedders at Hume Men's Shed Sunbury have been busy crafting two beautiful benches for the Grove Cafe in Diggers Rest. A great example of local shedders putting their skills to work for local businesses in their community.



MT GAMBIER MEN'S SHED

Shedders John McC and Jeff R have been busy constructing a table top for Boandik Lodge. A great example of the shed putting its skills to work for the local 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.org.au



INGLEWOOD & BRIDGEWATER MEN'S SHED

The shedders at Inglewood & Bridgewater Men's Shed have been out in force at the local Botanical Gardens for another working bee, hauling away yet another trailer load of weeds.

LARA AND DISTRICT MEN'S SHED

The shedders at Lara and District Men's Shed have built and handed over a replica toy rescue truck to Corio SES, to be used for display and for kids to enjoy at SES presentations. A fantastic project generously supported by a grant from Bendigo Bank. No doubt it will put a big smile on a lot of young faces!



STANHOPE & DISTRICT MEN'S SHED

The Stanhope & District Men's Shed have been at it again, building a street library for their community. A simple but wonderful initiative that puts books within reach of everyone and brings a little something extra to the neighbourhood.

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.org.au

**Victorian
Seniors
Festival
2026**



**CONNECT
CREATE
CELEBRATE**

1–31 October



2026 SENIORS FESTIVAL

GET YOUR SHED INVOLVED!

The 2026 Victorian Seniors Festival is coming and it is a great opportunity for men's sheds across Victoria to get involved, showcase their work and connect with their local communities.

This year's theme is Connect, Create, Celebrate, which could not be more fitting for the men's shed movement!

List your shed event for free

Submissions for the online event calendar are now open. If your shed is planning an open day, demonstration, exhibition or any other activity during the festival period, you can list it for free at seniorsonline.vic.gov.au/victorian-seniors-festival-event-submission. The calendar closes for submissions on Sunday 16 August at midnight, so get in early.

To help you get started, download the [stakeholder promotional toolkit](#) and the [guide to listing your event](#) to get started.

Expressions of interest for the Victorian Seniors Festival print guide are closing even sooner, on Sunday 7 June. Complete the EOI form here: <https://forms.cloud.microsoft/r/jabAqShdRA>

Free travel for Seniors Card holders

Seniors Card holders can enjoy nine days of free public transport across Victoria from 3 to 11 October 2026, including all metropolitan services, V/Line train and coach services and selected regional bus services. This is a great opportunity to encourage members and visitors to travel to your shed events during the festival period.

Key dates:

Monday 25 May: [Stakeholder promotional toolkit](#) available

Monday 25 May: Online event calendar opens for submissions

Sunday 7 June: Expressions of interest for print guide listings close. Complete the EOI form here: <https://forms.cloud.microsoft/r/jabAqShdRA>

Sunday 16 August, midnight: Online event calendar closes for submissions

Monday 17 August, 5:00pm: Deadline to request changes to submitted online event calendar events

Tuesday 1 September: Online event calendar and Victorian Seniors Festival launched for 2026

3 to 11 October 2026: Free travel period for Seniors Card holders

TERRY KNEW IT WAS TIME TO QUIT

My name is Terry. I'm 73, a retiree and grandfather of seven, and I never expected to live this long. My family were all smokers. Those still with us have quit. Through the University of the Third Age and my love of genealogy, I've discovered a line of long-lived ancestors – and I'm determined to join them.

I started smoking in the 1970s, when cigarettes were everywhere: on buses, trains, planes, even in cinemas. Advertising made it look cool, and I followed along. For 50 years I smoked 20 to 40 cigarettes a day.

My turning point came on 26 April 2023, when I was in the emergency department being told I'd had a stroke. Plaque from years of smoking had travelled from my neck to my brain. Lying in the stroke recovery unit, seeing people with disabilities worse than mine, I knew I had to stop smoking. That moment gave me the mental strength I'd never had before.

I'd tried everything over the years - hypnosis, patches, gum, sprays, tablets, workplace programs. What finally worked was my new resolve and nicotine lozenges to manage cravings.

Since quitting, my breathing has improved, the coughing has stopped, I sleep better, heal faster, and no longer need an inhaler in the hot, humid weather where I live. Most importantly, I feel like I've added years to my life.

If you want to quit, quit.org.au can give you extra support and boost your confidence. There's no need to go it alone nowadays.



Terry enjoying a spot of fishing



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





OH&S HUB

WE'RE LOOKING FOR CONTRIBUTIONS TO SHED TALK'S NEW HEALTH AND SAFETY SHARING PAGE

Last edition we launched this page to encourage sheds across Victoria to share their health and safety experiences, tips and policies with the broader network. The idea is simple. Rather than every shed working through the same challenges in isolation, we can draw on each other's knowledge and experiences to improve health and safety standards across the whole Men's Shed movement. So far we have had no submissions and we would love to change that!

We want to hear from sheds about anything health and safety related that you think would be useful to share with the network. This could be test and tag tips, shedder induction policies, near miss experiences and the lessons learned, how your shed manages hazardous materials, first aid procedures, or any other approach or initiative that has made your shed a safer place. Submissions can be made anonymously if preferred.

No contribution is too small. If it has made a difference in your shed it could make a difference in another. Send your emails to Jim at vmsa@vmsa.org.au and let us build something useful together.

SHED TO SHED

VMSEA LAUNCHES TOOL AND EQUIPMENT REPURPOSING PROGRAM

The VMSEA is excited to launch a new shed to shed repurposing program, giving men's sheds across Victoria the opportunity to pass on surplus tools, equipment and materials to sheds that need them most. The program is open to all Victorian men's sheds and is intended to particularly benefit sheds that are doing it tough.

The program will run through the [VMSEA Public Notices Facebook group](#), which already has 860 members and is free to use. Each month the VMSEA will put up a post in the group to get the ball rolling. Shed representatives can then add a comment under the post with a description of what they have available, their contact details and an image where possible to show the condition of the items.

If you would like your listing featured in Shed Talk, simply send the details through to Jim at vmsa@vmsa.org.au and it will include it in the next edition.

To keep things above board the program operates on a shed to shed basis only, through shed executives, ensuring it remains a genuine community initiative.



Share Your Surplus Items!

Toolkit for Teams and Organisations

WALK FOR HIM

Men's Health Week

15 – 21 June



Make every step matter this Men's Health Week

Men's Health Week 2026 (15 – 21 June) is an important time to take action and raise awareness about Australia's most common cancer – prostate cancer.

You can join the movement by joining Walk for Him and helping to take the next step forward for prostate cancer research.

Why join Walk for Him?

Prostate cancer is the most commonly diagnosed cancer in Australia. Today, another 79 men in Australia will be told they have prostate cancer.

Research is key to beating it. Register a team in Walk for Him this Men's Health Week and challenge your workmates and friends to go as far as you can for the men we love.

THE FACTS



28,868
men diagnosed
each year



3,975
men die
each year



1 in 5 men
are likely to be diagnosed
in their lifetime



The benefits

By signing up for our Men's Health Week challenge, you can help us make prostate cancer history while demonstrating corporate social responsibility, showcasing your commitment to the local community, developing healthy teams and raising much needed awareness about men's health.

Benefits for your team

- ✓ Improved health & wellbeing
- ✓ Greater energy & fitness
- ✓ Building camaraderie
- ✓ Accomplishing a worthwhile goal
- ✓ Helping people impacted by prostate cancer

Benefits for your organisation

- ✓ Boost your brand
- ✓ Promote a healthy workplace
- ✓ Foster teamwork
- ✓ Support your local community
- ✓ Get staff involved in workplace giving
- ✓ Demonstrate corporate social responsibility



Our support for your team

We'll partner with you to help make your campaign easy, fun, and impactful, demonstrating your team's commitment to improving men's health and the wellbeing of our community.

We will provide

- ✓ A dedicated team page and personalised link to engage participants and donors
- ✓ Social media tiles, awareness posters and co-branded opportunities
- ✓ Communications for your website and intranet
- ✓ Editable media release templates to customise and distribute to local media
- ✓ Regular updates and engagement support throughout Men's Health Week, including the lead up to and post-campaign
- ✓ Acknowledgment and celebration on PCFA's LinkedIn and Instagram when you tag us in your team photo

Sign up in 3 simple steps

Registrations can be individual, or your organisation can rally a workplace team.



REGISTER

Go to walkforhim.org.au
to sign up



GET STARTED

Set your target for
donations and distance



WALK

Log your activity
as you go.





CareAbout: Because *no one* should feel alone when seeking quality care.

For wherever you're at in your care journey, CareAbout is here to help you, **free of charge**, when it's time to:



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Care Provider



Change Home
Care Providers



Explore Aged
Care Homes



Excellent

4.7



based on 6k+ reviews | **Trustpilot**

We're always here to CareAbout You

CareAbout is proud to sponsor **The Men's Shed**. Our partnership only deepens our commitment to making sure older Australians feel empowered to make aged care a choice (**not** a compromise). If you need support with your care, please freecall us: **1800 002 292**.

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!



Motobility

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IN-HOME
DEMOS**

**Mobility Scooters
Electric Wheelchairs
Adjustable Beds
Lift & Recline Chairs
Hoists**

**WORKSHOP
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& BATTERY
TESTING**

• **Mobile Servicing & Repairs** •



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www.motobility.com.au

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



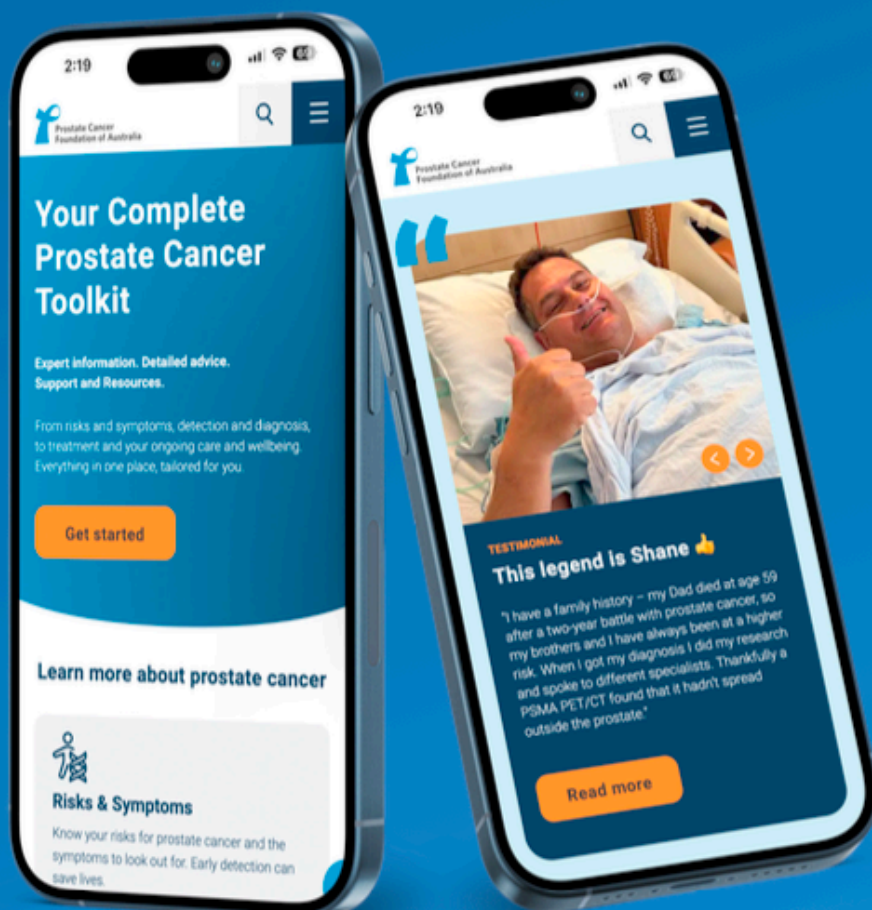
Prostate Cancer
Foundation of Australia

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



WORKING TOGETHER FOR STRONGER COMMUNITIES



Australian Business Volunteers are ready to help you strengthen your community organisation or small business.

Our local team and business volunteers provide practical and tailored support for community organisations and small businesses in the East and Central Gippsland areas, at no cost to you.

We can help with mentoring, training and technical advice.
Why not ask us about:

- Community-level hazard mapping
- Community emergency management planning
- Strategic planning
- Financial literacy and business acumen guidance
- Grant writing and funding support
- One-on-one business mentoring and more

Let's work together for stronger and more resilient Gippsland communities



Scan QR code
or contact Michelle
on 0429 008 475
to register
your interest

Follow Us on Social Media



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

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

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

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

Follow us today!

VMsa TEAM



JIM KANE

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COURTNEY RODDA

Social Media

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SHED TALK
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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

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