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17/09/2026

Dear Michelle,

Victorian Men's Shed Program

Thank you for letting me have a look at the Report evaluating the contribution of Men's Sheds to Victoria.

I am writing as a General Medical Practitioner, former Board member of Beyond Blue and a current Board Member and acting CEO of Brain Injury Australia.

This report and the accompanying infographic really highlight the needs for facilities for men in which to congregate and in which they feel safe and can interact and share experience, skills and gain community and camaraderie.

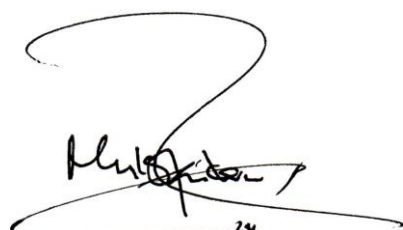
Intrinsically these are a given in society. The access to such facilities and communities reduces isolation and the concomitant spiral in physical and mental health that isolation can bring. Positive action and self-extension as well as nurturing others whilst learning are all positive attributes these programs deliver. They enhance individual self-worth and validate the capacity of participants.

This report and the work and energies of the large volunteer drive is not only beneficial in all dimensions already noted, but the very modest investment pays a massive dividend in the health and well-being of participants and in turn reduces other downstream costs to society if they did not exist and men were isolated, vulnerable and exposed to harmful influences and activities.

I think this program is shining example of community activity, support and the power of social cohesion and volunteerism. I hope it goes from strength to strength.

With best wishes

Yours sincerely,



Dr Mukesh Haikerwal AC
Acting Chief Executive, Brain Injury Australia
General Medical Practitioner
Honorary Enterprise Professor, University of Melbourne