

**HELP US BUILD A
FUTURE CAMPAIGN**

Statewide Forum & AGM Invitation

VMSSA Annual Shed Awards

80 Years of Woodworking for
Cliff Walsh

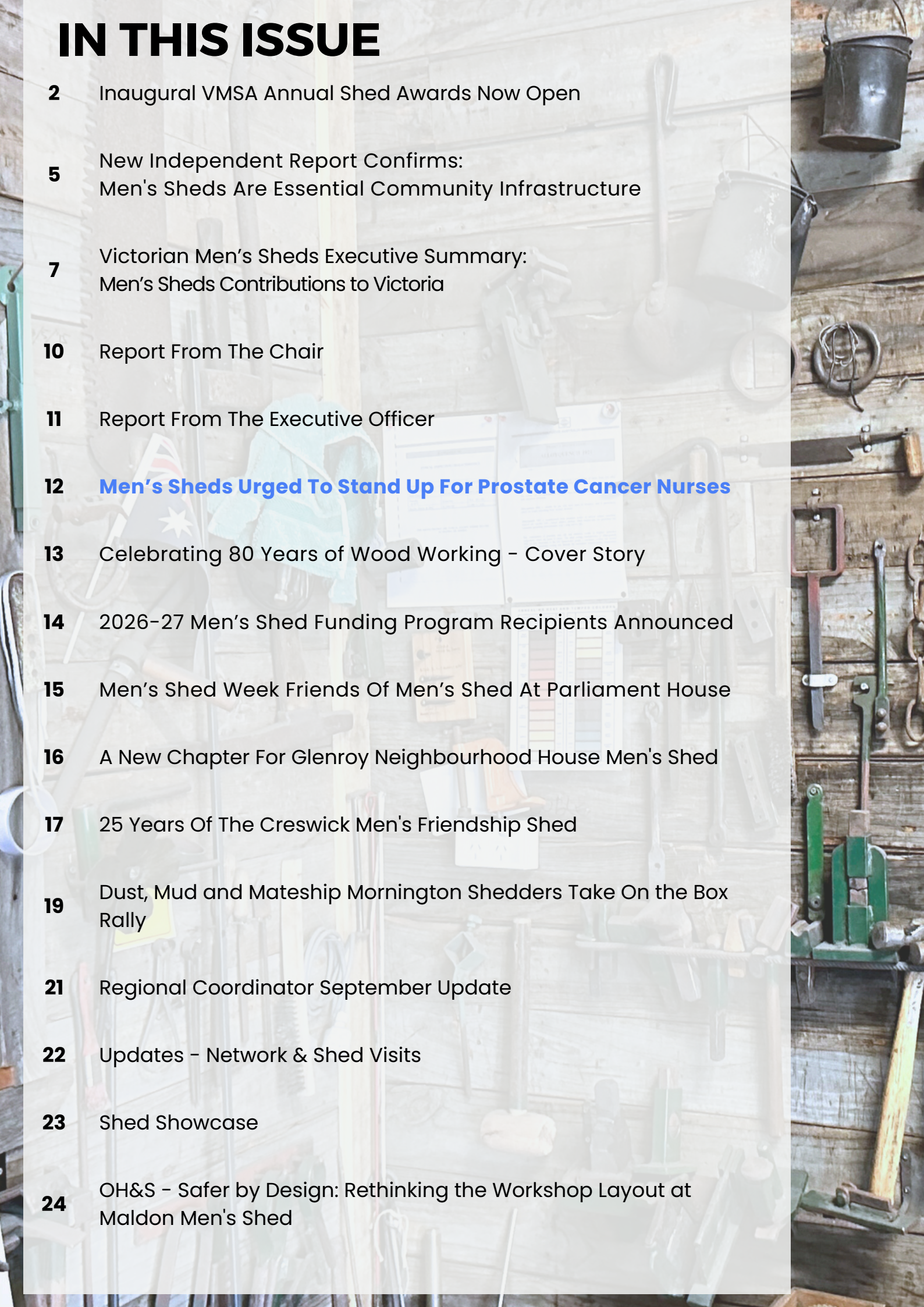


SHED TALK

SEPTEMBER 2026

Issue 56

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*You're
warmly*

INVITED

to the VMSA Statewide
Forum & AGM



The Victorian Men's Shed Association
(VMSA) warmly invites your Shed to our

STATEWIDE FORUM & AGM

This event brings together members from
over 300 Sheds across Victoria to
connect, share experiences, and explore
key issues and opportunities.



We'd love to see your Shed
represented on the day.

**Each Shed is invited to send
up to two members to attend.**



**THE MEADOWS CONFERENCE
AND EVENTS CENTRE**

80 NORTHCORP BOULEVARD
BROADMEADOWS VIC 3047

WHAT'S IN STORE:

- ✓ Guest Speaker David Schwarz
- ✓ Luba Grigorovitch MP, Rob Mitchell MP and Bronwyn Halfpenny MP speaking
- ✓ Time to mingle, network and swap stories with fellow shedders
- ✓ Morning tea and lunch provided
- ✓ \$100 fuel vouchers for sheds travelling more than 100km
- ✓ Exciting raffle prizes



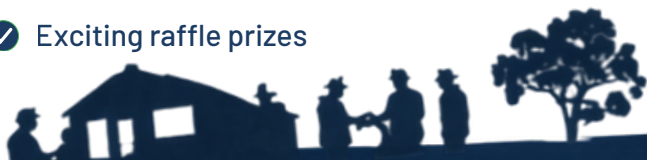
RSVP BY 10 OCTOBER

 vmsa@vmsa.org.au

 or call Jim Kane
0448 015 554

MORE INFORMATION OR RSVP ONLINE

 www.vmsa.org.au/events/



WE LOOK FORWARD TO SEEING YOU THERE!

NOMINATIONS

Now Open

for the Inaugural

VMSA ANNUAL SHED AWARDS

The Victorian Men's Shed Association (VMSA) is delighted to announce that nominations are now open for the inaugural VMSA Annual Shed Awards.

These new annual awards celebrate the shedders, projects and Men's Sheds that make an outstanding contribution to the men's shed movement across Victoria. They recognise the dedication, innovation and community spirit that help our sheds thrive and make a positive difference in the lives of members and their local communities.

RECOGNISING THE BEST OF VICTORIA'S MEN'S SHEDS

The VMSA Annual Shed Awards shine a spotlight on the individuals and initiatives that embody the values of connection, inclusion, mateship and service.



NOMINATIONS CLOSE ON



10 OCTOBER



MEN'S SHED MEMBER CHAMPION AWARD

This award recognises an exceptional individual member who has made a significant contribution to their shed and community through leadership, volunteering, mentoring or supporting fellow members.

Every shed has someone who consistently goes the extra mile. The Shed Member Champion Award is an opportunity to acknowledge their commitment and celebrate their impact.



INNOVATION AWARD

The Innovation Award recognises a shed, program or individual that has introduced a new idea, initiative or approach that has delivered meaningful results.

Whether it's a creative community project, a successful wellbeing program, an innovative partnership or a fresh way of engaging members, this award celebrates ideas that make a difference.

NOMINATIONS

Now Open

for the Inaugural

**VMSA ANNUAL
SHED AWARDS**



NOMINATE TODAY

Nominations are open to all VMSA members.

The Innovation Award may be self-nominated, while nominations for the Shed Member Champion Award must be submitted by another member.

Nominations close on 10 October.



SUBMIT YOUR NOMINATION

👉 Nomination Form: [Click here](#)

We encourage sheds across Victoria to take the opportunity to recognise the outstanding shedders and initiatives within their communities.

A FAIR AND TRANSPARENT PROCESS

All nominations will be independently assessed against published criteria by a judging panel that includes VMSA representatives and independent members. Conflicts of interest will be declared and managed to ensure a fair and transparent process.

Award recipients will be announced at the VMSA Annual Awards Presentation in October, held in conjunction with the VMSA Forum & AGM

CELEBRATE YOUR SHED'S SUCCESS

Across Victoria, Men's Sheds are changing lives through friendship, skills sharing, volunteering and community engagement. The VMSA Annual Shed Awards provide an opportunity to recognise those achievements and share inspiring stories from across our network.

DON'T LET A DESERVING MEMBER, PROJECT OR SHED GO UNNOTICED.

Submit your nomination today and help us celebrate the champions and innovators who continue to strengthen the Men's Shed movement across Victoria.



**DOWNLOAD
NOMINATION
FORM HERE**



VICTORIAN MEN'S SHEDS

HELP US BUILD A FUTURE



STRONGER MEN'S SHEDS MEAN STRONGER COMMUNITIES

Victoria's men's sheds deliver enormous health benefits and a huge social contribution to members and communities across the state.

INSUFFICIENT SUPPORT FOR MEN'S SHEDS

Men's sheds have received the same amount of funding since 2012 but our network has tripled in size. Men's sheds are underfunded and under-resourced.

WHAT'S NEEDED

Men's sheds are calling for an increase in State Government funding from \$1m to \$3m per annum from 2027/28 with ongoing indexation.

HOW YOU CAN HELP

Your support will help men's sheds grow and secure their future. Visit our website or contact your local men's shed to share your support on our e-postcard or put your name on a form.

SCAN HERE
TO SHOW
YOUR
SUPPORT



We are collecting your name for the purposes of supporting our campaign for increased government funding. In connection with the campaign, we intend to share your name with politicians, political parties, and candidates contesting the Victorian State Election in 2026. The list of names we collect may be published by men's sheds. By providing your name, you consent to your name being used for this advocacy campaign. We will store your information in accordance with the VMSEA privacy policy.

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VMSEA.ORG.AU



NEW INDEPENDENT REPORT CONFIRMS:

MEN'S SHEDS ARE ESSENTIAL COMMUNITY INFRASTRUCTURE

VMSA is proud to release “An Independent Evaluation of the Contribution of Men's Sheds to Victoria,” a new report commissioned from Curtin University. It's the strongest evidence base we've ever had for the value Men's Sheds bring to their members, their local communities and the Victorian economy, and it's ready for you to use.

**READ THE FULL
REPORT HERE**

Why this report matters

Every Shed knows, from lived experience, what a Shed means to its members and its town. This report puts independent, statewide evidence behind that experience. Men's Sheds are essential community infrastructure that strengthens connection, participation and local communities, and now we can show it, clearly and credibly, to anyone who needs convincing.

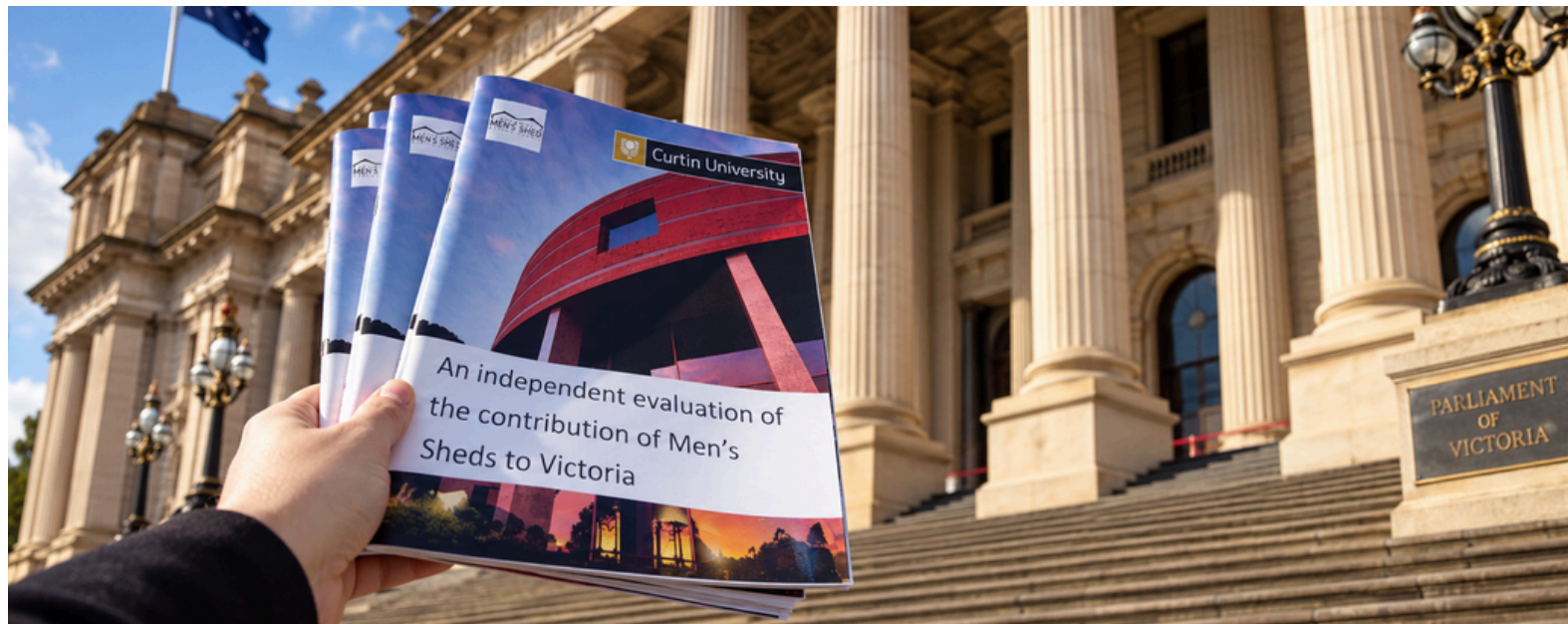
What the report found

The evaluation draws on two statewide surveys, with 214 and 149 responding Sheds respectively, alongside Curtin University's longitudinal research with Men's Shed members in Western Australia. Key findings include:

- Health promotion: more than 80% of responding Victorian Sheds run health information sessions for members.
- Support through hard times: of 76 Sheds responding to a question on major life challenges, 98% were at least somewhat confident their Shed had helped members through health crises, bereavement, family loss or trauma.
- Inclusion: Victorian Sheds report substantial inclusion of people living with disability, veterans, migrants and refugees, and Aboriginal and Torres Strait Islander members.
- Community mobilisation: Sheds regularly support schools, early childhood services, aged care, charities, sporting clubs and many other local organisations.
- Economic contribution: an estimated \$5.8 million in annual direct expenditure across Victoria's roughly 360 Sheds.
- Volunteer effort: across the 149 Sheds analysed, volunteering totalled an estimated 384,420 hours a year, equivalent to around 185 full time positions, valued at between \$7.7 million and \$17.3 million.

Importantly, the report is upfront about its limits: it didn't directly measure individual member health outcomes in Victoria. For that, it draws on Curtin's WA longitudinal research, the best comparable evidence available from the same national movement, alongside strong Victorian evidence on health promotion, inclusion, participation, volunteering and support during difficult times. VMSA believes future investment should fund dedicated Victorian member level outcome measurement, to build the evidence base further.

CONT.



What VMSA is asking for

Backed by these findings, VMSA is seeking a four year funding commitment of at least \$12 million from the Victorian Government, comprising \$3 million a year, indexed, to:

- boost infrastructure, accessibility, safety and major equipment funding;
- establish a new operational sustainability funding stream;
- secure statewide sector development, governance and support through VMSA; and
- fund dedicated Victorian member level health, wellbeing and community outcome measurement.

The scale and contribution of more than 300 Sheds across the state warrant a stronger, secure four year commitment, not year to year uncertainty.

A campaign for the 2026 election: non-partisan, on the record

During the 2026 Victorian election period, VMSA has run a public, non-partisan communications campaign built on this report. We are:

- seeking clear funding commitments from all parties and candidates;
- encouraging local Sheds to brief candidates and engage local media; and
- publishing written responses transparently, using neutral, pre-announced criteria.

Every party and candidate will be approached on equal terms. This campaign advocates for Men's Sheds and their communities. It will not tell members or the public how to vote.

How your Shed can use this report

This report belongs to every Shed in Victoria, and we encourage you to put it to work locally:

- Share it with your local council and local government representatives.
- Use it in conversations with your local MP or election candidates.
- Quote the key figures in local media, newsletters or community presentations.
- Point your community to the evidence when talking about what your Shed contributes.

The full report, along with supporting materials, is available on the [VMSA website](#)



Victorian Men's Sheds

Evaluation Summary 2026

A low-cost, high-impact model for strengthening community wellbeing across Victoria.



HEALTH

Supporting individual and community well-being



COMMUNITY

Generating tangible community benefits that reach far beyond our members



ECONOMIC

\$16.3M

In volunteer value, every year across the state

WHO WE ARE

Men's Sheds are safe, inclusive places to meet, make things and lend a hand — created in response to social isolation and loneliness among older men. Wellbeing grows quietly through shared activity, purpose and mateship, improving members' health by stealth.



315

Sheds across metropolitan, regional and rural Victoria

A DIVERSE AND INCLUSIVE MEMBERSHIP



84% of Sheds have members with disabilities



67% of Sheds have veteran members



39% of Sheds have migrant and refugee members



21% of Sheds have Aboriginal and Torres Strait Islander members



A mature but continuing sector that remains responsive to community needs.





Men's Sheds Contributions to Victoria



HEALTH AND WELLBEING

Sheds aren't clinics — and that's the point. Friendship, purpose and peer support are the building blocks of wellbeing.



Improving Wellbeing



Helping with Depression



Reducing Loneliness



Increasing social interaction



Enhancing overall quality of life

98%

of Sheds are confident they've helped members through hard times — illness, grief and loss.

77%

are very or extremely confident of this impact.



COMMUNITY BENEFITS

Thriving Sheds share one recipe: inclusive governance, welcoming environments and a strong sense of belonging. Partnerships with other community groups amplify the impact.



Welcoming places

Sheds are open to all men from every background.



Community hubs

Places to meet, learn and connect — especially valued in rural and regional towns, where Sheds share space with other local groups.



Skills and safety

Sheds teach practical skills, promote safety, and build community capability.



ECONOMIC BENEFITS

High value, low cost; most Sheds run on modest outside support, while doing work that would otherwise need paid labour.



\$16,223

spent locally by a typical Shed every year



812,700

volunteer hours given each year across Victoria



391

full-time jobs — what those hours add up to



THE IMPACT

By mobilising local resources, volunteer energy and community assets, Men's Sheds generate meaningful economic value — and support a thriving, connected Victoria.

Summary of the Victorian Men's Shed evaluation report, 2026

OUT AND ABOUT ON THE CAMPAIGN TRAIL

The **Help Us Build a Future** campaign is well and truly in full swing, with shedders from across Victoria out and about in their communities collecting names of support. The images on this page capture just some of the incredible effort being put in by sheds right across the state. The VMSA is also distributing corflute signs to sheds, bringing them to network meetings and roadshows as we travel around Victoria. If your shed would like one, contact Jim Kane at vmsa@vmsa.org.au or call 0448 015 554 to find out when we will be in your region.



WYCHEPROOF MEN'S SHED



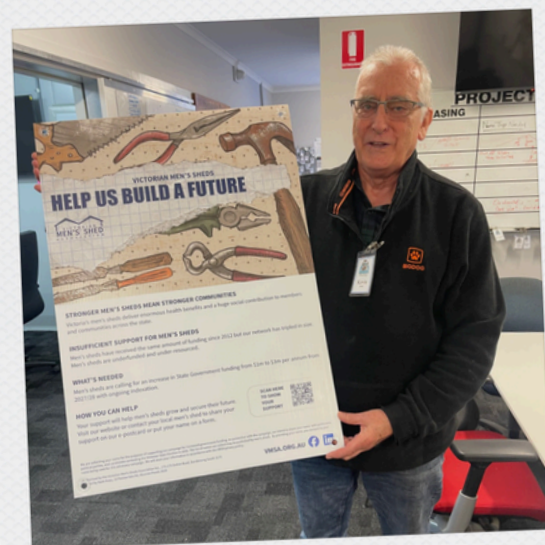
LABERTOUCHE MEN'S SHED



CARDINIA
MEN'S SHED



HUNTLY MEN'S SHED



BENDIGO EAST MEN'S SHED

REPORT FROM THE CHAIR

Our men's shed funding campaign is now well under way in the middle of a fast heating-up state election.

We are calling for a campaign commitment to substantially increase State Government funding for men's sheds and for this to be indexed going forward. The reasons are straightforward. Our state men's shed funding has been at \$1M per annum since 2012. In that year we had around 50 sheds and there are now over 300! To support our call for our funding to increase to \$3m per annum, the VMSA commissioned a report on the contribution men's sheds make to Victoria which was carried out by Professor Kirsten Holmes at Curtin University and has now been circulated widely. It is available on the VMSA website.

We have had two meetings with Luba Grigorovitch MP, the Minister responsible for men's sheds and presented her with this report and a letter detailing our claim on behalf of all men's sheds in Victoria. We have also written to the Liberal, National, Greens and One Nation parties and have requested meetings to discuss our campaign.

To back these discussions up we have requested all men's sheds collect names of those in their communities who support our campaign. If you haven't already done so, please jump onto the VMSA website and start adding the names ASAP. Shed meetings across the state have endorsed this campaign which if successful will make life a lot easier for all of us.

My shed, the Ouyen District Men's Shed has strongly backed our campaign as have all the sheds in the northwest. We know that the time for passively standing by as the real value of our funding decreases year on year has passed and the time to assert ourselves, albeit in a calm and respectful way, has arrived.

This was never going to be an easy campaign in the context of the rather difficult financial position Victoria faces but this election means it is not a bad time to try to get heard and as was said by a shed member at one of our campaign meetings, "if not now, when?"

Our new Executive Officer, Michelle Bourke, has now picked up the baton from Jim Kane (who has returned to his old role as Regional Coordinator) so please contact Michelle or Jim if you have any questions about how to contribute to making our "Help Us Build A Future" campaign a success.

I'm looking forward to catching up with shed representatives at our Statewide Forum and AGM on 21 October, 10am to 3pm, hosted and generously sponsored by Greyhound Racing Victoria, The Meadows, in Broadmeadows. Expect great speakers, an open forum where everyone can have their say, and the AGM at 2:30pm, with morning tea, lunch and afternoon tea all provided.

Finally, after a short stint on the VMSA board, Russell Kellett has resigned to devote more time to his shed and we wish him all the best in the future and thank him for his contribution.



TREVOR DOBBYN
VMSA Chair

REPORT FROM THE **EXECUTIVE OFFICER**

Hello everyone,

It's a bumper edition this month, so grab a cuppa and settle in.

Out and About: Shed Visits

It's been a great few weeks visiting sheds across the state, meeting members and hearing what's working well and where we can help. Thank you to every shed that's welcomed me in, and keep the invitations coming!

Over the next month we'll be handing out more campaign posters, so if you have an event coming up, let us know and we'll try to drop by with an update.

Member Forum: 21 October, The Meadows

Statewide Forum & AGM Update

We're thrilled to confirm footy great David Schwarz as a speaker, bringing plenty of energy, insight and good humour. We're also honoured to welcome Luba Grigorovitch MP, Rob Mitchell MP Federal Labor Member for McEwen and Bronwyn Halfpenny MP, who'll be joining us to show their support for the Men's Shed movement.

Travelling from further afield?

Sheds travelling more than 100 km are eligible for a \$100 fuel voucher. Coming from a distance? Team up with nearby sheds and share a minibus. Each shed still gets its own voucher!

Places are filling fast. Email jim@vmsa.org.au to secure your spot.

Nominations Open: Inaugural VMSA Shed Awards

This year we're launching our first ever Annual Shed Awards, celebrating the shedders, projects and sheds making an outstanding contribution across Victoria.

There are two categories:

Men's Shed Member Champion Award: recognising a member who has made a significant contribution to their shed and community through leadership, volunteering, mentoring or supporting others. Must be nominated by another member.

Innovation Award: recognising a shed, program or individual behind a new idea or initiative delivering meaningful results. Self-nominations welcome.

Nominations close 10 October, with recipients announced at the Awards Presentation in October alongside the AGM. Full details and the nomination form are on our website. Don't let a deserving shedder go unnoticed!

[Click here to download your entry forms](#)

For the latest news, visit www.vmsa.org.au or follow us on [Instagram](#), [Facebook](#) and LinkedIn.

Looking forward to seeing you soon.

MICHELLE BOURKE
VMSA Executive Officer



MEN'S SHEDS URGED TO STAND UP FOR PROSTATE CANCER NURSES

Men's Sheds have always been places where blokes can talk, look out for one another and support their mates through tough times.

This October, we're asking Shed members across Australia to stand with our partners at Prostate Cancer Foundation of Australia and support Aussie men and their families impacted by prostate cancer.

PCFA's Big Aussie Day of Action on Thursday 15 October follows the Australian Government's recent decision to end Commonwealth funding for 96 Prostate Cancer Specialist Nurse positions when the current funding agreement expires on 30 June 2027.

PCFA has strongly opposed the decision, warning that specialist prostate cancer care cannot simply be replaced by a general cancer nursing model.

The organisation is calling for funding to be protected so men and their families can continue to access nurses with dedicated expertise in prostate cancer.

Prostate cancer is the most commonly diagnosed cancer in Australia, with nearly 29,000 men diagnosed each year and hundreds of thousands of Australian men living after a diagnosis.

A diagnosis can bring difficult questions about treatment, continence, sexual health, mental wellbeing and what life might look like afterwards.

That is where Prostate Cancer Specialist Nurses play an important role. PCFA's national network provides prostate cancer-specific support throughout diagnosis, treatment, recovery, recurrence and advanced disease, delivering around 150,000 patient consultations each year and supporting more than 22,000 newly diagnosed men.

Men's Sheds can help make sure those voices are heard.

On Thursday 15 October, Shed members are encouraged to talk about prostate cancer, share why specialist care matters, contact their local Federal MP, and encourage friends and family to take part in the Big Aussie Day of Action.

Remember the men we've lost. Protect the men still with us. Add your voice to the Big Aussie Day of Action.

Find out more and add your voice: <https://fundraise.pcfa.org.au/event/big-aussie-day-of-action/>

**Your dad.
Your partner.
Your brother.
Your mate.**

Save the PCFA Nurses
who save men's lives



**THE BIG AUSSIE
DAY OF ACTION**

**Thursday
15 October**

CELEBRATING 80 YEARS OF WOODWORKING

At 96, Cliff Walsh is still doing what he loves.

A founding member of Forest Hill Woodturners, Cliff is being celebrated with a special exhibition at Whitehorse City Council's Nunawading Library, marking an incredible 80 years of woodworking.

The exhibition features a selection of Cliff's handcrafted pieces, showcasing the skill, creativity and craftsmanship he has built over a lifetime at the lathe and workbench. Known as a true gentleman and a talented craftsman, Cliff continues to share his knowledge and passion for woodworking with those around him, a reminder of the value of passing skills on and staying connected through the things we love to make. Congratulations to Cliff on this remarkable milestone and a wonderful exhibition celebrating his work.

Exhibition details

Dates: Wednesday 2 September – Tuesday 6 October

Location: Nunawading Library

If you're in the area, drop in and see Cliff's remarkable work for yourself.

Cliff Walsh Retrospective

1946 to present



WOODTURNING EXHIBITION

Nunawading Library | 2 September – 6 October

Celebrating a Lifetime of Craftsmanship and Artistry



2026-27 MEN'S SHED

FUNDING PROGRAM RECIPIENTS ANNOUNCED

The Victorian Government has announced the recipients of the 2026-27 Men's Shed Funding Program, with 37 organisations sharing in more than \$863,000.

Men's sheds play an important role in local communities across the state, giving men a place to get together, share stories and work on common projects. The grants program helps connect men with their local community by supporting safe, welcoming and inclusive spaces.

The funding will go towards building new sheds, refurbishing existing sheds, and purchasing major equipment for shed use.

Congratulations to all the successful recipients:

- Greensborough Men's Shed
- Sebastopol Men's Shed
- Euroa Men's Shed
- Bright United Men's Shed
- Broadford Men's Shed
- Heathcote Men's Shed
- Yea Men's Shed
- Benalla Men's Shed
- Akoonah Park Men's Shed
- Hopetoun Men's Shed
- Drouin Men's Shed
- Lalor and District Men's Shed
- Lara and District Men's Shed
- Eltham and District Woodworkers
- Trafalgar Men's Shed
- Orbost Men's Shed
- Nyora Men's Shed
- Peter Mac Men's Shed
- Inverloch Men's Shed
- Cobden Men's Shed
- Yarrawonga Mulwala Men's Shed
- YWAHS Men's Shed
- Maldon Men's Shed
- Goulburn Valley Woodworkers
- Albury Wodonga Woodcrafters
- Hume Men's Shed (Sunbury)
- Wodonga Men's Shed
- Huntly Men's Shed
- Hamilton Men's Shed
- New Peninsula Mount Martha Men's Shed
- Chelsea Men's Shed
- Dingley Village Men's Shed
- Berwick District Woodworkers Club
- Kew Men's Shed
- Forrest Men's Shed
- Safety Beach – Dromana Men's Shed
- Peninsula North Men's Shed

About the program

The Men's Shed Funding Program forms part of the Victorian Government's ongoing \$1 million annual investment in men's sheds across the state. Through the program, Victorian Men's Shed groups can apply for grants of up to \$100,000 towards:

- The construction of new men's sheds, including the conversion of a building into a men's shed
- The refurbishment, extension or upgrade of existing men's sheds
- The purchase of major shed equipment for use in men's sheds

Applicants are asked to explain how their project will help make their shed more accessible and inclusive.

This funding reflects the Victorian Government's continued commitment to supporting men's health and wellbeing, and to ensuring men across the state stay connected within their local communities.

For the full list of successful grant recipients [click here](#).

For more information on the Men's Shed Funding Program, visit the government website [here](#)

MEN'S SHED WEEK

FRIENDS OF MEN'S SHED AT PARLIAMENT HOUSE

By Graeme Newman, VMSA, Vice Chair and Diamond Creek Men's Shed, President.

Tuesday 8 September 2026

I attended the Men's Shed Week function at Parliament House, Canberra, to represent the VMSA, as approved at the last Board meeting. I was joined by John Schmidt, President of Wodonga Men's Shed, and together we represented Victoria's Men's Sheds. It was a long day, leaving home at 6:15 am and arriving back at about 8:00 pm, but the weather was kind, with a top of 18 degrees and sunshine.

Around 60 representatives from Men's Sheds attended, most from Canberra-based sheds.

Rob Mitchell (my local Federal Member for McEwen), who co-chairs the Parliamentary Friendship Group for Men's Sheds, spoke, along with Andrew Wallace (MP for Fisher, Qld). Andrew stood in for the group's other co-chair, Ted O'Brien, who allegedly had a severe case of man flu. Rob kindly acknowledged in his speech that I was there representing the VMSA and Diamond Creek Men's Shed.

Dan Repacholi, Special Envoy for Men's Health, also spoke. Dan is an entertaining speaker and explained that women don't understand how serious man flu is because they've never experienced it! Richard Marles, Minister for Defence, was also present but didn't speak. Other politicians in attendance were Tom French, Cassandra Fernando, Fiona Phillips and Steve Georganas. AMSA was also there on the day.

In true Men's Shed style, shedders from one of the Canberra sheds were on the BBQ, cooking up sausages in bread for lunch, while other Canberra sheds put on displays of their work.



A NEW CHAPTER FOR GLENROY NEIGHBOURHOOD HOUSE MEN'S SHED

There was plenty to celebrate during Men's Shed Week 2026, with the official grand opening of the new and improved Glenroy Neighbourhood House (GNH) Men's Shed. Speaking at the opening, GNH General Manager Bec shared the shed's four-year journey. When she started, the shed had just four members working out of a room at the Scout Hall across the road. When that space became unavailable, GNH found a room for the shedders to keep meeting, then set up a makeshift shed in a small undercover area at the back of the House. But with room for only four men at a time, projects were hard to complete. "That wasn't a fair reflection of what this group is capable of," Bec said.

Bec kept applying for grants until, as she put it, "the right grant came up at the right time, and it was all systems go."

Today, GNH Men's Shed has 18 registered members, with around 10 turning up each week. The shedders run school holiday construction activities, take on community projects, and won the 2025 Merri-bek Community Award for Collaborative Partnership for a book library they built for Fawkes Primary School. As the only Men's Shed in Merri-bek, it welcomes men of any age, ability, culture or background.

Thanks go to Merri-bek City Council, Peter Khalil MP, Kathleen Matthews-Ward MP, Dynamic Solutions, Komp Cranes, the Glenroy Lions Club, and lead volunteer David and every shedder who has stuck with it through all the change.

"I know I'm not the only one who can't wait to see this space put to work," Bec said. A fitting way to celebrate Men's Shed Week 2026!



25 YEARS OF THE CRESWICK MEN'S FRIENDSHIP SHED

Creswick Men's Friendship Shed marked a very special milestone this week, celebrating 25 years since it first opened its doors. A large crowd of members, supporters and special guests gathered to celebrate the occasion, with David Barclay doing a great job MCing the event.

Central to the day was shed president, Charlie Schembri, who has been involved with the shed since day one. Charlie shared how the shed came about following a serious motorcycle accident that left him at his lowest point. After a difficult period, he reached out to local health services looking for support, and learned they were considering starting a Men's Shed. From there, Charlie became one of the shed's founding members alongside Morrie and Jeff, meeting for the first time at the old nurses' quarters at the health centre. What started as a handful of men putting together bicycles for the community has since grown into the thriving shed it is today.



Charlie also paid tribute to the many people who helped shape the shed over the years, including Jackie and Joan from the local health service, who first identified the need for a Men's Shed in the community, and long-time member Jim, who played a hands-on role in developing the shed's original building and grounds.

Hepburn Shire Council's Ageing Officer, Eddie Wyman, said he felt he was among "Men's Shed royalty", sharing insights on the importance of men having a space to talk, build friendships and connect with one another.

25 YEARS OF THE CRESWICK MEN'S FRIENDSHIP SHED

Local MP, Martha Haylett, was also in attendance to help celebrate the occasion. Shedders had spent over two months preparing for the day, with display boards set up around the shed showcasing photos and articles from over the years. Guests were kept warm by the wood fire and well fed with a lovely BBQ throughout the celebrations. The celebrations included an official plaque unveiling, performed by Health Promotion Officer, Laurey, from Central Highlands Rural Health, along with commemorative hats for shedders and an exciting raffle draw, with proceeds going towards future shed and community projects. Family members of shedders were also in attendance, representing partners and fathers for whom the shed has meant so much over the years.

“For 25 years, the Creswick Men's Friendship Shed has provided a place where people can connect, support one another and develop lasting friendships. This milestone celebrates not only the longevity of the Shed, but the many lives it has touched through community, inclusion and wellbeing. We are proud to support the Shed as its auspice organisation and congratulate all members, past and present, on this remarkable achievement.”
Laurey Sherren – Health Promotion Officer - Central Highlands Rural Health.

Adding to the celebrations, shedder David marked his 80th birthday on the day, and remarkably, a couple among the guests celebrated their 65th wedding anniversary too, making it a milestone day in more ways than one! Three new members also joined in on the celebrations, marking their very first day at the shed, a fitting way to start their own Men's Shed journey.

For a quarter of a century, the shed has provided a welcoming space where men and women can connect, learn new skills, share experiences and build lasting friendships. Through its commitment to fostering social connection, wellbeing and community spirit, the shed has had a positive impact on the lives of countless local men, women and their families.

Congratulations to everyone at Creswick Men's Friendship Shed, here's to many more years of friendship, support and community connection.



DUST, MUD AND MATESHIP

MORNINGTON SHEDDERS TAKE ON THE BOX RALLY



When Damian Cosgriff set out on the Cancer Council's Box Rally this year, he had one of Mornington Men's Shed's finest by his side, even if Ian was number seven on his list of possible co-drivers!

For Damian, the rally was a mini bucket list item. After being diagnosed with a brain tumour in May 2025, he went through surgery and radiation, then broke three ribs and later his leg in four places, all within a year. Medically retired as a result, he joined the Men's Shed, and his first experience of it was meeting many of the shedders as they drove him to and from radiation while he was in a wheelchair.

Damian got to know Ian through the monthly Bunnings BBQs Ian organises, and through tidying up some very large storage areas on one of the shed's sites. At the shed's weekly coffee group, Damian mentioned he was still short a co-driver. Ian said, "I'll come with you." When asked if he was serious, he replied, "I'll have to check with Jenn!" His children's verdict: "Dad, you're 81! Are you nuts? Go for it!"

3,741 km of adventure

The pair were drawn by the incredible route, the experience and the chance to raise funds for cancer research. Box Rallies are the Cancer Council's major national fundraiser.

This year's rally saw 243 two-wheel-drive cars, each bought for less than \$1,500, travel 3,741 km to Darwin. More than 1,500 km of that was on unsealed roads, including the Oodnadatta and Binns Tracks. Along the way they battled stones, gravel, red dust, bulldust, water crossings and plenty of mud, going forwards, backwards and sideways.

CONT.

The camaraderie was a highlight. Their Buddy Group of seven cars travelled in convoy each day, and like a Formula 1 pit crew, every breakdown or blown tyre saw all hands on deck. With four blown tyres over six days, the team only made it into Darwin on the final day thanks to a spare wheel from another team.

Around the campfire, rallyers shared why they were taking part, and very few had been untouched by cancer somewhere in their lives.

Driving change

This year's rally raised close to \$2.5 million, adding to more than \$68 million raised for cancer research over the past 15 years. Damian and Ian's most generous supporters were Mornington Men's Shed, both as a shed and through individual shedders, along with the

Mt Martha Sea Wolves.

Throughout the rally, the team lived by 10 guiding principles, which Damian says pretty well sum up their attitude to the Men's Shed too.

[Click here to view the 10 Guiding Principles and all the photos from the rally.](#)

Congratulations to Damian and Ian on an incredible achievement, and thank you for sharing your story.



REGIONAL COORDINATOR

SEPTEMBER UPDATE

Since starting my new role as Regional Coordinator at the VMSA in June it has been great to get back out on the road again and visit sheds in various regions of Victoria.

At shed visits I am meeting shedders sometimes for the third and fourth time and it's been good to reflect on the journeys that sheds have been on over the past few years.

Regional events that I have attended recently include shed gatherings at Heywood, Cardinia and Bairnsdale.

Heywood Men's shed as always punch well above their weight and were an immense support for me in running the South-West Victoria Roadshow at the Heywood community hall. I shared a meal with the guys the night before at the Heywood Hotel and although they have experienced some medical setbacks recently, I'm always amazed by the resilience and community spirit that they consistently show. The Roadshow itself was well attended and it was also good to drop in to the Colac, Warrnambool and Simpson sheds on the way down.

Like Heywood, every region has its shedders that go above and beyond to encourage regional shed gatherings and in Melbourne's Southeast Cardinia MS's Roger Barnett is one of those good people. Roger and the shedders at Cardinia put on a very successful, well attended event at the Cardinia town hall and I was grateful to be given some airtime to discuss the latest VMSA news and the Help Us Build a Future campaign with those in attendance.

Speaking of the campaign, it has been very encouraging to see lots of sheds pledge their support and be willing to feature in photos and short clips to assist us in getting the word out to the broader community. At a gathering in Bairnsdale last week around six shedders were happy to say a few words to camera. As we know video gets more clicks online than other formats, so this has really boosted our social media options. It has also been a privilege to hear what shed life means to the guys that I meet on my travels. A quick reminder if you haven't pledged your name to our campaign, please do so by adding your name to the form at your shed or via our online portal.

If you would like a visit, please call me on 0448 015 554 or email me at jim@vmsa.org.au

Happy Shedding,

Jim



UPCOMING

NETWORK MEETINGS & SHED VISITS



OCTOBER

1

Dingley Village/SE suburbs
2 October
Shed Visit

2

Wangaratta Men's Shed
7 October
Shed Visit

3

Wodonga Men's Shed
7 October
Shed Visit

4

Macedon Area
7 October
Shed Visit

5

Mornington Men's Shed
13 October
Shed Visit

6

Cardinia-Sth Gippsland
15 October
Shed Visit



NOVEMBER

7

North East Network
17 November
Corowa Men's Shed



UPDATE

Wangaratta Road Show
Rescheduled
TBC 2027



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

ENDEAVOUR HILLS MEN'S SHED

Shedders from Endeavour Hills Men's Shed lent a hand at Dandenong Primary School, checking tyres and carrying out bike maintenance to get the kids ready for the school's Road Traffic Safety Training program. A small job that makes a big difference, and another great example of shedders pitching in wherever they're needed!



ROWVILLE MEN'S SHED

What a bunch of champions! When Noble Park Tennis Club approached the shed about building podiums for its 1st, 2nd and 3rd place winners, the shedders were quick to take up the challenge. Once the plans were sorted, they teamed up and got straight to work, delivering a fantastic result the club will be proud to use for years to come.

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



MT DUNEED MEN'S SHED

The shedders have been busy in the workshop, turning out some fantastic wooden toys, including two trucks and a wheelbarrow! Great craftsmanship, and no doubt a big hit with the little ones. Well done to everyone at Mt Duneed!

EUROA MEN'S SHED

The shedders have been lending a hand to Euroa Speed Shear for a Cause, building a flock of little blue sheep to help promote the event around town.

The fundraiser supports Beyond Blue, Are You Bugged Mate? and the Blue Tree Project, and the sheep have been a great way to raise its profile in the community.

The organisers were full of praise for Pat and the shedders, saying it took just two short phone calls and, next minute, there the sheep were! They described the team as incredible, adding, "what a community Euroa is."



CHELSEA MEN'S SHED

The shed recently held its Annual General Meeting, confirming it's in a strong position heading forward. The meeting was also a chance to recognise shedders who've given significant time and commitment over the years with Life Membership. Congratulations to Sandy Antonuccio, Robert Wise and Ron Palmer, who now join Colin Duggan as Life Members of Chelsea Men's Shed!

Health and Safety

OH&S HUB

SAFER BY DESIGN: RETHINKING THE WORKSHOP LAYOUT AT MALDON MEN'S SHED

Like many sheds, Maldon Men's Shed's workshop has changed a lot over the years. New equipment arrived, old gear went out, partitions came down, and hanging power points and lighting were added as needed. Over time, the layout became a bit ad hoc, with dissimilar machines side by side and poor lighting over some work areas.

One shedder took on the job of reorganising the space, with safety front of mind.

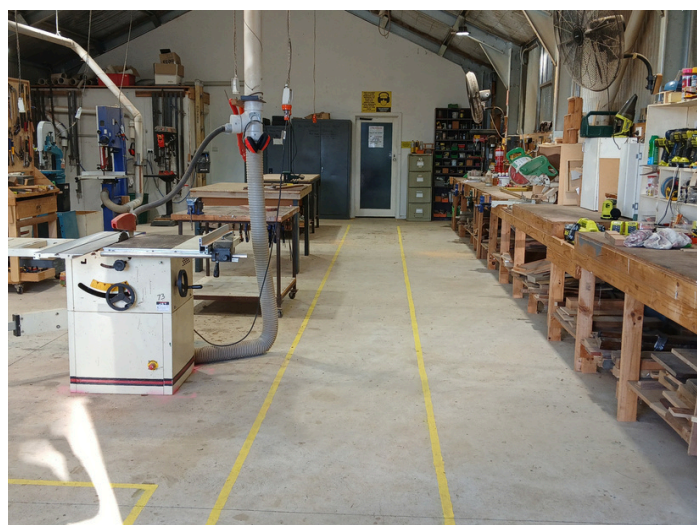
His changes included:

- Grouping similar machines together, such as putting all the sanders in one area
- Lining machines up to make the best use of available space
- Allowing room for machines that handle long timber, so there's clearance for infeed and outfeed
- Putting some machines on wheels for added flexibility
- Grouping workbenches together to create a dedicated bench area
- Painting yellow lines on the floor to clearly separate walkways from work areas

The result has been a noticeably safer workshop. Foot traffic is now kept away from machines, there's more usable space around each one, and the whole shed feels better organised.

A tip for other sheds

If your workshop has grown piece by piece over the years, it may be worth stepping back and looking at it with fresh eyes. Simple changes like marked walkways, logical machine groupings and enough clearance around equipment can make a real difference to safety, without a big price tag.



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.

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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.

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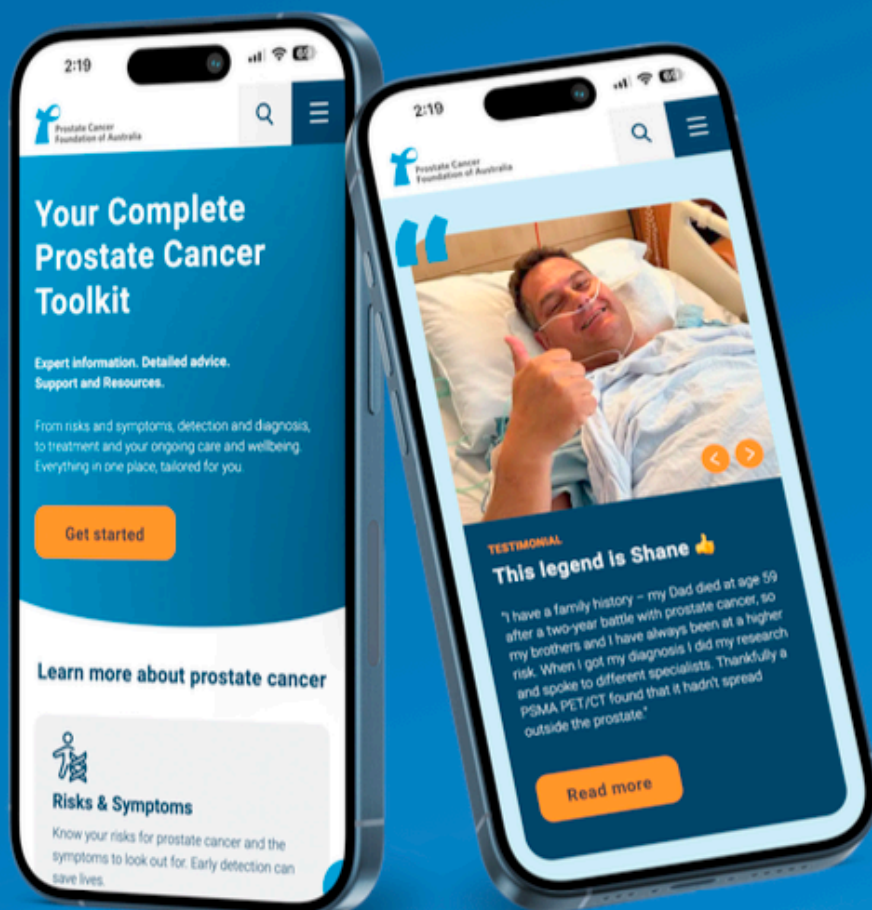
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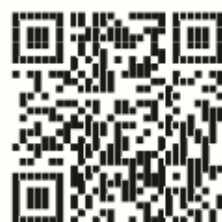
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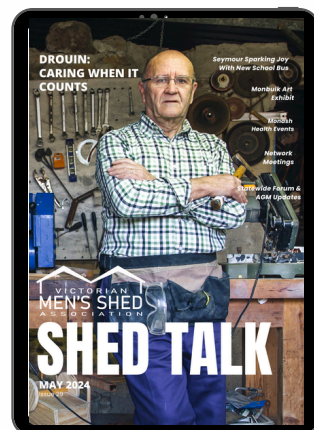


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