

NEW **VMSA NEWSLETTER**



Introducing Trafalgar Men's Shed. See page 20.

Main photo: Darren Anderson our quality control guru shows off some of our new community picnic tables.

Black Dog Institute celebrates 20 years – page 6



**Black Dog
Institute**

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Acknowledgement of Country

'In the spirit of reconciliation, the Victorian Men's Shed Association Inc. acknowledges the Aboriginal and Torres Strait Islander peoples as the first inhabitants of this nation and the traditional custodians of the lands where we live, learn and work. We pay our respect to their Elders past, present and emerging'.



The Victorian Men's Shed Association is funded by the Victorian Government.

The Victorian Men's Shed Association

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A message from the Editor



This year is moving at a fast pace. We have already had Easter and ANZAC day. We hope all of our shedders across the state had time to enjoy time with their family and friends and stopped and thought about all our veterans, many of whom are our mates in our sheds.

We owe our veterans a great debt of gratitude and cannot thank them enough for their selfless service.

This month we are celebrating the 20th year anniversary of the Black Dog Institute and the extensive work they are doing into mental health research and the down to earth practical work they are doing across the community.

The VMSA has a close working relationship with the Black Dog Institute. The Black Dog Lived Experience speakers like Wayne Wigham, who spoke at the VMSA AGM last year are readily available free of charge for Men's Sheds to have one of these very experienced speakers present at their shed.

Recently Chris from the Black Dog Institute spoke to the members of the Akoonah Park Mens shed and it was very well received. In this newsletter we have an article on how you can get in touch with the Black Dog Institute to arrange for one of their lived experienced speakers to come to your shed.

We are sure the folks at the Akoonah Park Men's Shed and the Brimbank Men's Shed would be more than willing to share their experiences with Black Dog Speakers.

There are several interesting articles about Men's sheds.

We wish to congratulate the three Victorian sheds that won national awards at the recent Australian Men's Shed Association National Conference. See their stories in this newsletter. They are:

- Wodonga Men's Shed for 'Shed of the Year'
- Tallygaroopna Men's Shed for 'Innovation'
- Gisborne Men's Shed for 'Community'

There is an interesting article on the Point Nepean Men's Shed and their mobile workshop and how they secured funding to make it happen. The van gives the boys at Point Nepean the ability to take the Shed to the Community.

We've got our usual stories from sheds and some just for laughs and jokes to lighten the mood. Enjoy this newsletter, take care, and keep safe, and see you on the next one. Thank You

Peter Bettes – Editor

To sign up to receive your own copy of the New Newsletter, click the link and fill in your details:

<http://www.vmsa.org.au/newsletter/?fbclid=IwAR39ym4c8KxR8tDdn6rD5ateLgsqzmfVeYnduUZ-JmyMKbVgFrP8INnbPc>

CEO's Report



With the month broken up with a few public holidays including Easter and Anzac Day, and also school holidays, I hope you have all taken some time out to spend with family and friends.

As you are probably aware, the Victorian Government have lifted most of the COVID restrictions and this also includes the mandatory requirements of checking for vaccination status and keeping records of attendances. This does not however mean that a shed has to drop any measures they have in place in regard to health and safety regarding good COVID safe practices it just means they are now not mandatory. If you have a group that has some vulnerable members with health issues, it doesn't hurt to still follow some of the safe practices we all learnt during COVID. There's still plenty of COVID floating around in the community so it doesn't hurt to be sensible with precautions, but by the same token don't stay locked away at home and not socialising with your shed mates if you are feeling generally healthy.

As mentioned last month, our new regional coordinator Darren Scicluna has started in the new job, and over the coming months he will be contacting all the sheds and making himself known to you so please make him welcome and talk openly with him as to how he can best help you.

We have just received a donation of Honey & Almond Breakfast Bakes from Uncle Toby's, so if your shed would like some for the tearoom, please get in contact with us at the VMSA office, they kill the hunger pains whilst on the tools in between meals and go well with a cuppa on tea break, thanks Uncle Toby's.

There's also the possibility of Dulux supplying us with a donation of paint, so I'd like to hear from sheds as to gauge the interest before we commit to a bulk delivery.

The Bunnings Powerpass scheme has been up and running for several months now and I'm pleased to say the uptake from Shed's has been very good. The more the Powerpass is used, the better for all the sheds as it will improve our overall group discount on purchases, so I encourage you to signup if you haven't already.

With winter not far off on the horizon, get ready to dust off the warmer work gear, and make sure the shed heater is ready to go.

Keep an eye on the VMSA website for further updates, and as always feel free to give me call with any questions and concerns.

Kind regards,

Derek O'Leary – VMSA CEO

New VMSA Members

The Board of VMSA on behalf of the VMSA membership would like to welcome a new member to the VMSA Shed Community. Our newest member is:

Devon North Men's Shed at 1010 Tarra Valley Road, Devon North in Gippsland.

Chair's Report



This month I'm pleased to announce that we have appointed two new members to fill casual vacancies on the VMSA board.

We were very fortunate to receive applications from a number of highly qualified individuals and have appointed Graeme Newman, the President of the Diamond Creek Men's Shed and Max Finlayson, the Secretary of the Yackandandah Men's Shed.

Both have extensive skills and experience and have the advantage of having had responsibilities for governing their sheds.

Happily we also found roles for two other candidates who will bring their talents to bear in committee and mentoring roles.

In other news the board has continued the work of rebuilding governance strength and has developed a new board charter and a new values policy.

We are also working on several other governance and policy documents and also on a new strategic plan for the VMSA focussed on sheds and shedders.

We will keep members informed of further progress going forward.

Kind Regards

Trevor Dobbyn - VMSA Chair

Men's Shed Funding Grants

The Victorian Government's 2022-23 Men's Shed Funding Program is now open.

This program will provide up to \$870,000 in grants of up to \$80,000 for the construction or refurbishment of men's sheds across Victoria.

Applications are open now through the Department of Families, Fairness and Housing website here: <https://providers.dffh.vic.gov.au/mens-shed-program> and close by midnight on 30 June 2022.

These grants will help men's shed groups to ensure that their facility is the right environment for the participants to carry out their important community building work.

Black Dog Institute celebrates 20 years

This year the Black Dog Institute is celebrating 20 years of impact in mental health research.

Since its foundation in 2002, the Institute has expanded from treating and researching mood disorders, to developing evidence-based population mental health programs, developing new treatments for depression, and world-leading suicide prevention and early intervention strategies.

“From humble beginnings, the Black Dog Institute has been on quite an extraordinary journey of learning, discovery, and growth over the last 20 years,” says Peter Joseph AM, Chairman for the Black Dog Institute.

“The Institute is the only medical research institute in the country focusing on mental health across the lifespan. It has a remarkable culture of caring, compassion, and creativity, believing everyone deserves peace of mind. ‘Science. Compassion. Action.’ is our mantra, and drives our unique approach.

“We are indebted to our highly talented, generous, curious, and passionate staff. They inspire partners, directors, donors, fundraisers, and supporters. Together they have created a formidable reputation both nationally and globally. And the best is yet to come,” Mr Joseph says.

Professor Sam Harvey, Executive Director and Chief Scientist for Black Dog Institute says that as technology has evolved over the years, so has the Institute.

“The Institute has pioneered the development of mobile apps and digital mental health tools to help treat and prevent mental illness in the wider community, especially in schools and in the workplace.”

“Data from these tools is allowing us to understand behavioural patterns of people with anxiety, depression and those experiencing suicidality.”

“Our novel treatments such as TMS, ketamine, and neurostimulation are also helping to change the lives of people living with mental illness who have exhausted traditional models of care,” Professor Harvey says.

Professor Harvey says that one of the biggest achievements in the last 20 years has been providing hope for those experiencing mental health challenges and elevating the importance of mental health through an increase in interpersonal and public dialogue.

“By putting lived experience at the heart of everything we do, we’re giving a voice to mental health.”

“Through collaborating with people with a lived experience and following the science, we’ve been able to design evidence-based solutions that we know make a difference in the work we do with school children right through to aftercare for suicide attempts,” Professor Harvey says.

Professor Harvey highlighted that while the Black Dog Institute is celebrating turning 20, the Institute is very much focussed on its vision for the future.

“As we deal with the long tail of the pandemic, alongside the recovery from bushfires and recent floods here in Australia, there’s an even bigger need to shine the spotlight on mental health,” Harvey says.

“The team at the Black Dog Institute is committed to shaping the future of mental health science and we are excited about what we will be able to achieve over the next 20 years.”

<https://www.blackdoginstitute.org.au>



**Black Dog
Institute**

Calling all sheds...



Have you updated your details lately?

We would all agree that communication is important. It is how we find out information that is of assistance to us for all sorts of reasons.

So, we are asking all Shed Management Committees to update their contact details on our website at this web address:

<https://www.vmsa.org.au/shed-contact-form/>

Your assistance is greatly appreciated. This will ensure your Shed receives the latest VMSA and other relevant information.

When you have updated your details, please send an email to editor@vmsa.org.au

Thanks very much.

Are your members aware of FAST?

Knowing what these letters mean may save a life. These are the key letters that help identify a stroke.

Learn the F.A.S.T. signs of STROKE



FACE
drooped?



ARMS
can't be raised?



SPEECH
slurred or confused?



TIME
is critical! Call 000.

If you see any of these signs
Act FAST call 000 (triple zero)



Learn more about identify the symptoms of Stroke and why time is so so important here:

<https://strokefoundation.org.au/>

The Stroke Foundation has specialist speakers that are available to talk to community groups about identifying stroke symptoms and what to do about it.

There is nothing like a referral to recommend a service or a practitioner.

We recently received this email from Ron Hamilton (Secretary), Kilmore District Men's Shed regarding a presentation by the Stroke Foundation at his Shed.

Hi Peter

We recently had a visit from the Stroke Foundation and thought that you may be interested in putting this in your newsletter, it would also be good for other sheds to inquire about having a speaker at their shed.

Kilmore District Men's Shed, would like to express appreciation for Maree's (From the STROKE FOUNDATION) inspiring presentation, which was given by her on Tuesday 26th April 2022.

Most of the members were unaware of their years of research and her ability to present the subject of STROKES in such an interesting way.

We are grateful that the STROKE FOUNDATION shared their knowledge with us. They made a lasting impression on everyone".

Regards

Ron Hamilton (Secretary)

I would like to endorse Ron's positive feedback as we had a similar experience with a speaker from the Stroke Foundation at the Whittlesea Men's Shed pre-COVID-19.

Peter Bettes



Connecting Victoria

A number of Men's Sheds have indicated that their sheds and their members have had or are having difficulty connecting to the Internet and speeds are slow. This issue has been recognised by the Victorian Government and a plan is in place to improve connectivity. Here is an extract from the '[Connecting Victoria](#)' webpage outlining the plans for 54 locations across the state.

It's never been more important to be connected – for family, community, work and safety.

The Victorian Government is fast-tracking better mobile coverage and broadband across the state through the \$550 million Connecting Victoria program.

Connecting Victoria will enable more businesses to take advantage of digital opportunities with more reliable, better value broadband in more places, including popular shopping streets and business parks.

The program will focus on getting more Victorians access to business-grade broadband and upgrading mobile coverage, improving 4G mobile coverage, helping more places become 5G ready, and improving access to safety information during bushfires and other emergencies.

Locations to receive upgrades or new infrastructure will be announced throughout this year.

Visit our [Projects page](#) for updates.

The Victorian Government will encourage the Commonwealth Government and telecommunications providers to co-invest in the delivery of new infrastructure.

Check out more details here: <https://djpr.vic.gov.au/connecting-victoria>

and here: <https://www.vmsa.org.au/wp-content/uploads/2022/04/220328-Improved-Connectivity-In-54-Locations-Across-Victoria.pdf>

Here is a map of the target locations.



Starlink Ideal for Rural and Remote Communities

An alternative option for broadband connectivity in rural and remote communities is Starlink.

Starlink is ideally suited for areas where connectivity has been unreliable or completely unavailable. People across the globe are using Starlink to gain access to education, health services and even communications support during natural disasters.

Men's Sheds and their members may consider Starlink as an option to waiting for NBN, 4G and 5G services.

More information is available on the Starlink website here: <https://www.starlink.com/>

Helping more seniors to explore Victoria

Having a holiday just got easier for older Victorians with a further 10,000 vouchers awarded as part of the popular Seniors Travel Voucher scheme.

The vouchers will be distributed to eligible seniors who have previously applied through the ballot – creating more opportunities to travel and enjoy all Victoria has to offer.

Check out the link for more details here: https://www.vmsa.org.au/wp-content/uploads/2022/04/220418-Helping-More-Seniors-Explore-Victoria_0-1.pdf

If you miss out this time, it is advisable to register so that when the special travel vouchers are released next time you will be at the front of the queue.

Emergency support

REMEMBER TO CALL A MATE

If your life is in danger call emergency services:

- Call Emergency Australia 000
- Beyond Blue 1300 224 636
- Lifeline 131 114
- MensLine 1300 789 978
- Suicide Call Back Service Veterans Line 1300 659 467
- Veterans Line 1800 011 046
- Open Arms – Veterans & Families Counselling | 1800 011 046
- Brother to brother 24-hour crisis line | 1800 435 799. Counselling for Aboriginal and Torres Strait Islander People
- 13Yarn | 13 92 76 A free and confidential service run by Aboriginal and Torres Strait Islander People
- Black Dog Institute (02) 9382 4530
- Head to Health <https://www.headtohealth.gov.au>
- Fantastic portfolio of resources
- Grief Line - 12-3pm 7 days: 03 9935 7400
- Pain Management Line 1300 340 357
- Sane Australia 1800 18 7263
- Mind Australia Carer Helpline 1300 554 660
- Men's Referral Service for help to avoid domestic violence: 1300 766 491

COVID-19 settings are changing – A concerned Shedder

We recently received the following email from a Shedder that expresses concerns about the latest COVID-19 Settings.

“I was a bit surprised that there was no additional information/advice attached to the recent email describing the changes in Covid restrictions announced by the State government. It seemed to suggest we could go back to pre-pandemic, ie have no precautions in place.

I shouldn't need to remind you that Men's Sheds are not typical settings; we have older than average participants (The average age in my shed is 72), many have existing health conditions and may be immuno-compromised or have partners with similar conditions. In other words, much more at risk than the general populace.

I would have expected some encouragement to maintain safe practices and to get immunised. A quick check among my fellow shedders (and I realise that this may be unrepresentative) indicated an unease about allowing unvaccinated people into our shed. The question I would ask (and I suspect I am not the only one with this query) is: Can individual sheds decline membership/admittance to those who are unvaccinated? I personally would feel very uncomfortable about attending my shed, should I be in close contact with people who were unwilling to be vaccinated”.

Our concerned shedder may not be the only bloke thinking this way, so we have included our CEO, Derek O'Leary's response, that may be helpful to other Sheddors who may be concerned.

“In answer to your question and concerns, ultimately, we as the peak body and state organisation follow the government health advice, both federal and state.

Whilst I share and appreciate your concerns, sheds set their own policies and procedures, but should be mindful of all government advice, as refusing entry may place them in a precarious legal dilemma that may be difficult to defend.

VMSA has certainly always supported the vaccination program, covid safe practices and that shedders also receive their boosters, and this is communicated on a regular basis in our newsletters, social media channels and other correspondence.

Sheds can still also strongly recommend that their participants are fully vaccinated and should encourage mask wearing when distancing can't be achieved, however the advice we have is that these should be recommendations, not mandates now as the state has now moved into a new phase of restrictions”.

See separate article on the latest COVID-19 recommendations.

We will keep our Sheds and Sheddors up to date on COVID-19 recommendations as new information is published.

As we roll out of Autumn and into Winter it is important to think about getting the latest flu shot for 2022. See separate article on page 12 regarding the latest information in getting the annual flu shot.

Significant changes to COVID settings now in force

The State Government recently announced that from 11.59pm Friday 22 April 2022:

- **Proof of vaccination status will no longer be required to attend venues** - this means Men's Sheds and Neighbourhood Houses can resume offering their services to everyone.
- **Checking into venues using the Services Victoria app will no longer be required** - venues will no longer need a Check-In Marshall or paper-based attendance records.
- Masks will no longer be required in primary schools, early childhood, hospitality and retail settings, or at events of any size.
- Close contacts will no longer have to quarantine – provided they wear a mask indoors and avoid sensitive settings. They will also need to undertake at least five negative rapid tests over the seven days that would previously have been the self-quarantine period.
- Individuals will be required to notify their workplace contacts, in addition to informing their social contacts. Workplaces won't have to individually identify and notify each potentially exposed worker.
- A number of settings will be retained, including the essential requirement to isolate for seven days following a COVID-19 diagnosis and existing two-dose and three-dose vaccination mandates for workers. **(Remember as volunteers, Sheddors are defined as workers in the eyes of the Government).**

These are just some of the announcements which were made that are of most relevance to Mens Sheds. See the media release for more details: <https://www.premier.vic.gov.au/high-vax-rate-means-most-restrictions-can-safely-ease>

This is a huge milestone, thanks to Victoria's high vaccination rate - 94.5% double dose and 67% third dose.

Need assistance? Statewide information can be found on the Coronavirus Victoria website here:

<https://www.coronavirus.vic.gov.au>.

In line with Government advice, the VMSA strongly advises all Sheddors to get all vaccinations for which they are eligible.

It's time to get the Flu Shot!

It is time to book in to get the Flu Shot. Supplies are readily available from your GP or Pharmacist.

Sheddors are a more vulnerable cohort than the rest of the population, so we encourage all Sheddors to get vaccinated.

- Influenza (sometimes called 'the flu') is a highly contagious virus that causes widespread illness every year.
- Immunisation and practising prevention measures are the best ways we can protect against the flu and reduce the number of influenza infections and deaths.
- Yearly flu immunisation is recommended for everyone aged 6 months and over.
- Some people are more at risk of complications from the flu and are eligible for free vaccination.
- People who work or live with people who are at risk of serious complications should also be immunised to avoid spreading the flu.
- The flu vaccine cannot give you influenza because it does not contain any live virus.
- You can receive your flu vaccine and your COVID-19 vaccine on the same day.

Remember to help contain the flu virus follow these simple guidelines:

- **Get vaccinated**
- **Stay home if you are sick**
- **Wash hands regularly and sanitiser**
- **Keep a safe distance, and**
- **Choose to wear a mask if you wish to protect others and yourself**

Gosh, the same guidelines as COVID-19!

You can read more on the Victorian Government website here: <https://www.betterhealth.vic.gov.au/health/healthyliving/flu-influenza-immunisation#bhc-content>

And on the Federal Government Website here: <https://www.health.gov.au/health-topics/immunisation/vaccines/influenza-flu-vaccine>

COVID vaccination booster shots for seniors

Online forum

5th May 11.00am



Are you a senior Victorian considering whether to have a COVID booster, or know someone who is? Health Issues Centre is providing a free online forum on COVID booster shots for seniors on 5 May 2022. The online forum will:

- provide participants with useful, reliable information on COVID vaccine booster shots
- feature presentations by trusted experts, including Dr Catherine Bennett, Chair in Epidemiology at Deakin University
- provide participants with the opportunity to ask the experts questions about boosters

People can register here to attend online: <https://www.eventbrite.com.au/e/covid-boosters-for-seniors-why-are-they-necessary-online-event-tickets-324480167917?aff=partners>

Forum details

When: Thursday 5 May 2022

Time: 11am-12pm AEST

Where: Online (zoom link to be provided closer to the event) or in person at selected locations

Speakers: Dr Catherine Bennett, Chair in Epidemiology, School of Health and Social Development, Deakin University

Cost: The forum is free of charge

Registration: register here: <https://www.eventbrite.com.au/e/covid-boosters-for-seniors-why-are-they-necessary-online-event-tickets-324480167917?aff=partners>

This forum is made possible with funding from the Department of Families, Fairness and Housing.

For those unable to connect online

Some local councils and municipal libraries are enabling seniors to participate through locally hosted screenings of the forum.

Currently we have availability at (more venues may be added):

- **Bairnsdale** – Bairnsdale Library – 22 Service Street, Bairnsdale Vic 3875
- **Broadmeadows** – Hume Global Learning Centre Broadmeadows – First Floor Lounge in the Library – 1093 Pascoe Vale Rd, Broadmeadows VIC 3047
- **Craigieburn** – Hume Global Learning Centre Craigieburn 75-95 Central Park Ave, Craigieburn VIC 3064
- **Lakes Entrance Service Centre** – 18 Mechanics Street, Lakes Entrance Vic 3909
- **Orbost** – Orbost Service Centre – 1 Ruskin Street, Orbost Vic 3888
- **Sunbury** – Hume Global Learning Centre Sunbury – 44 Macedon St, Sunbury VIC 3429



LifeConnect

Suicide prevention and support after suicide

LifeConnect is a good example of the local organisations that are in our communities to help with mental health and well-being and suicide prevention.

LifeConnect provides community-focused suicide prevention service. All LifeConnect services are free available to people living or working in the following LGA's: Banyule, Boroondara, Knox, Nillumbik, Manningham, Maroondah Mitchell (partial), Monash, Murrindindi (partial), Whitehorse, Whittlesea, Yarra Ranges.

To enquire about or to book a workshop, please call us on 1300 052 059 or email: lifecconnect@neaminational.org.au

Find out more about LifeConnect here: <https://www.neaminational.org.au/our-services/suicide-prevention/lifecconnect/>

Small Business Digital Adaptation Program

Is your shed thinking about getting?

- a new website:
- upgrading an existing website or:
- getting a small business accounting package like XERO or MYOB to keep track of the finances of your shed.

A new Victorian Government program called 'Small Business Digital Adaption Program', may help with funding.

\$5 million in rebates is available in the latest round of the successful Small Business Digital Adaptation Program.

The program has so far supported more than 10,000 Victorian businesses to build their digital presence, streamline services and reach new customers.

Small businesses can apply for \$1,200 rebates to access a range of digital tools to make improvements to websites, online marketing, project management and stocktake systems and cash flow services.

More info here: <https://business.vic.gov.au/grants-and-programs/small-business-digital-adaptation-program>

Social Prescribing

What is it? And what role can Men's Sheds play?

What is Social Prescribing?

Social prescribing, also sometimes known as community referral, is a means of enabling health professionals to refer people to a range of local, non-clinical services. The referrals generally, but not exclusively, come from professionals working in primary care settings, for example, GPs or practice nurses.

Recognising that people's health and wellbeing are determined mostly by a range of social economic and environmental factors, social prescribing seeks to address people's needs in a holistic way. It also aims to support individuals to take greater control of their own health.

Schemes delivering social prescribing can involve a range of activities that are typically provided by voluntary and community sector organisations. Examples include volunteering, arts activities, group learning, gardening, befriending, cookery, healthy eating advice and a range of sports.

And of course, Men's Sheds.

Social prescribing is designed to support people with a wide range of social, emotional or practical needs, and many schemes are **focused on improving mental health and physical wellbeing**. Those who could benefit from social prescribing schemes include people with mild or long-term mental health problems, **people with complex needs, people who are socially isolated and those with multiple long-term conditions** who frequently attend either primary or secondary health care.

What Role Can Men's Sheds Play?

While the term Social Prescribing is a relatively new term, Men's Sheds have been fulfilling this role unofficially for as long as there have been Men's Sheds.

With the implementation of the recommendations of the Royal Commission into Mental Health Victorian Men's Sheds can begin to play a more active role. Recommendation 15 is all about "Supporting good mental health and wellbeing in local communities".

What is Being Done?

Social prescribing trials will commence in six Local Adult and Older Adult Mental Health and Wellbeing Services from July 2022.

Locations include Latrobe Valley, Benalla, Frankston, Geelong, Brimbank and Whittlesea.

The VMSA encourages Men's Sheds in these LGA's to get involved in the local implementation, as Men's Sheds are ideally placed to be venues for Social Prescribing, as Men's Sheds share a common mission with the aims of Social Prescribing:

"To improve men's physical and mental health, and to give men the opportunity to have a purpose in life".

See the full story by clicking this link: <https://www.health.vic.gov.au/mental-health-reform/recommendation-15>

Victoria Police need your help



Victoria Police has released its first annual community sentiment survey to help align service delivery to the community's needs. The recently launched Neighbourhood Policing Framework, prioritises listening, understanding, and responding to local community safety concerns. The survey provides one way for Victoria Police to know about the community's safety concerns, engagement preferences, and experiences of police.

The survey can be accessed via the [Engage Victoria website](#). It will be open until 31 May 2022.

Further information can be found here: [Victoria Police's Neighbourhood Policing](#)

Please share this information across your networks.

Victorian Veterans to have their say

Victorian veterans and veterans in Men's Sheds, are encouraged to make their voices heard and ensure their experiences remain at the heart of the Andrews Labor Government's veteran support services.

Minister for Veterans Shaun Leane has asked the Victorian Veterans Council to commission the third Veterans Sector Study, an assessment of the needs and priorities of veterans and their families, as well as the ex-service and community organisations that support them.

The research will focus on a range of issues, including housing, mental health, employment, education and the impact of the pandemic on the veteran sector.

Veterans, their families and ex-service and other community organisations can contribute to the study until 8 May by completing an online survey or participating in one of the in-person consultations being held across the state, including in regional hubs such as Ballarat, Bendigo, Warrnambool and Mildura.

The study's findings will inform future government support for the veteran community. This is the third time the Victorian Veterans Council has run the research project, following previous studies in 2008 and 2015. The council's oversight ensures the study provides an independent assessment of the needs of veterans.

Check out the full story here: <https://www.vmsa.org.au/wp-content/uploads/2022/04/220402-Victorian-Veterans-To-Have-Their-Say.pdf>

Sheds in the News

SHEPPARTON News

Nov 25 2020

Murchison Men's Shed back where it belongs



Murchison Men's Shed members Dennis McCullagh, Bob Maitland and Frank Mattea are thrilled to be back in the shed after a nine-month hiatus.

It was a long, nine-month wait but after a thorough clean the Murchison's Men Shed is back ... in the shed.

COVID-19 restrictions forced the closure of the members' meeting weekly at the shed behind Murchison Neighbourhood House on Impey St; however, with restrictions having been eased, Wednesday, November 25 was the first real opportunity for members to return.

Murchison Men's Shed president Dennis McCullagh said last week a few members helped clear away the cobwebs and dust from the facility after it had been virtually abandoned for nine months.

Mr McCullagh said the Men's Shed provided a safe haven for mental health and a way to combat loneliness.

"We actually had two days where we met at my place before the second wave hit, then we got closed down again," he said.

"It was pretty hard not to meet, but our members were pretty good because they all kept in touch.

"The shed is basically for men's health. We try to look after each other and it's a place where they can talk.

"They don't need to come and build anything or have any skills; people are more than welcome to come along for a cuppa and a chat.

"We haven't got a lot of space but we're always happy to welcome new members."

Mr McCullagh said the Murchison Men's Shed was hoping to relocate to a bigger shed in the future.

The Murchison Men's Shed members meet on Wednesdays between 11 am and 2 pm.

CIRCULATING IN THE
VICTORIAN MALLEE

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Ouyen and District Men's Shed News

It has been a busy time in the Ouyen and District Men's Shed recently with the blokes making the most of some donated steel by turning it into Garden Art to be used in their Easter raffle.

The fire pit, metal flower and windmill are all created using metal donated to the group from work being completed on the Murray Basin Rail Project and includes 'rail dogs' and plates and other bits and bobs.

The metal art was completed in time for the men's shed annual Easter raffle, which was drawn in the week before.

Nathan Grayling was the lucky winner of the fire pit with Neth Hinton and Donna Gregg taking home the garden art, Jackson Plant received the beer while George Strickland won a lovely box of Easter Eggs.

The men continue to meet each Tuesday in their Rowe Street shed and welcome any new members.



• John, Jim and Lionel with their Easter Raffle prizes including their garden art.

National recognition for Tallygaroopna

By Deanne Jeffers

April 20, 2022

WHEN Tallygaroopna Men's Shed were announced the winners of an Innovation Award at the 2022 National Men's Shed Gathering, not everyone could point out Tallygaroopna on a map, or even pronounce the name of the small town, but they all recognised the incredible work the Men's Shed group there had been doing.

FOR 40 years, Shepparton Riding for Disabled Association (RDA) have run horse-riding lessons for those living with

a disability. Operating out of a leased paddock, RDA had built some basic amenities to run programs, however, having no disabled toilet facilities has been an issue.

"RDA have run these programs without proper bathrooms, and they've run the programs the best they can. Having suitable facilities is the decent thing to do and because they're portable, RDA aren't limited to this one site," said Tallygaroopna Men's Shed secretary, Richard Lilley.

"It was decided that if RDA could raise \$17,000 for the materials, we would build the toilet block for no charge."

They were successful in raising funds from the Freemasons Foundation Victoria. The toilet block was built and was later transported to RDA. The project, which began May 2020, has involved all members of the Men's Shed and the RDA committee

and Mr Lilley says it has been a project of much pride for group members.

"Our Men's Shed has three members who are volunteers with RDA, Brian Thompson, Frank Steen, and Russell McDonald," he said.

Tallygaroopna Men's Shed president, Don Baldwin said, "We're all very proud of what we've achieved, and how we've worked together.

"The project has been helped by the skills our members have and their giving up their time. Butch has been a plumber for more than 50 years, he's semi-retired now but he has generously done all the plumbing, which was a huge effort!"

The completed project has been valued at \$30,000 and includes two standard toilets, a disabled toilet, a wash basin foyer, and a storeroom.



UNITED BY SERVICE... Tallygaroopna Men's Shed group. In the front row is treasurer Richard Lilley and president Don Baldwin holding the trophy, Pat Pelligrino, and Rod Taylor. In the second row is Gerald Barnard-Brown, Garry Murphy, John Tielen, Richard Folwell, Butch Law, Chris Guthrie, Ian Waite, and Neville Moss. In the back row is Pat Ellis, Lindsay Muston, John Bush, Ken Connell, Frank Steen, Paul Neal, Russell Mc Donald, Brian Thompson. Photo: Deanne Jeffers.

The Border Mail

Wodonga Men's Shed recognised in national award



APRIL 2 2022



Caroline Tung

RECOGNISED: Wodonga Men's Shed won Shed of the Year. Vice-president Leigh Casey, assistant treasurer John Schmidt and Secretary Mick McInerney.

Wodonga Men's Shed has been awarded "Shed of the Year" by the Australian Men's Shed Association at the Shedder's Ball held in Albury's Commercial Club.

Picture: Ash Smith

Check out the Wodonga Men's Shed website here: <https://wodongamensshed.com.au/>

Stories from the Sheds

Introducing to Trafalgar Men's Shed

Hello to all Shedders where ever you maybe. This letter will serve to introduce the Trafalgar Men's Shed as this is our first VMSA newsletter.

Trafalgar is in the West Gippsland District 115 kilometres east of Melbourne. Our shed commenced in 2007 with 7 members under the auspices of the local Rotary Club and in 2009 we became the Trafalgar Men's Shed Incorporated. In October 2015 we received a grant of \$60,000.00 from the Victorian State Government to build a new shed. As most shedders would know you cannot build a Men's shed for that amount but it was the cornerstone of which our new shed is built on.

Our previous shed was in McGregor Park next to the town swimming pool which we leased from the Baw Baw Shire for \$1.00 per year otherwise known as peppercorn rent. This allowed us to get established as our overheads were practically non-existent. The Bendigo Bank sponsorship programme gave us funds to buy tools and donations from other businesses and members of the community were very helpful. We need to mention Bob Trill here (now deceased) a founding member and the first secretary of the shed. Bob made all of his tools available to the shed so the blokes could get stuck into projects together and enjoy each other's company from the outset. A special man remembered with respect.

Our new shed is built on Uniting Church land in Trafalgar and this is an interesting tale about being well connected in the community. The president and treasurer of the shed at the time we received the new shed grant namely Eric Johnson and John Aldrich

(founding members) respectively also held the same office on the Uniting Church of Trafalgar committee. Eric & John led the way and after all the paper work was done permission was granted by the Uniting Church to build on their land. Overheads can be a concern for clubs and organisations as fund raising can be spasmodic at best but by being able to build on Church land, we are exempt from land and water rates. We have also installed a solar system after receiving a grant from the Bendigo Bank and the Latrobe Valley Authority which has greatly reduced our power bills. Lower overheads help keep the membership fees lower so we all benefit.

Back to the present; we have a 30m x 14m shed with a kitchen/dining room a metal work shop and a large woodwork room we also have the internet available and of course computers and printers and plenty of characters/members to fill up the spaces. There is always plenty to do, people come to the shed and ask if we can repair, make or get a quote for a job almost daily. We also raise funds by doing sausage sizzles at Bunnings in Warragul and this has been the best fund-raising partnership you could imagine. We did our first sausage sizzle at Bunnings in 2014 so we are in our 8th year and looking forward to a many more in the future.

We consider our shed a community resource a place where men can come and join a conversation or work side by side on a project and exchange ideas in a safe friendly environment and best of all to have a good laugh.

Kind Regards to All
Ron Fletcher



Photos clockwise from top left: Lunchtime in the new shed, portait of Frank Gridley by Graeme Beary, motor bike trailer built for a member's son, wall to ceiling bookcases built for a local couple, the old and new completed shed.

Stories from the Sheds 2

Congratulations to these Victorian Sheds for awards achieved at the National Men's Shed Awards.

Wodonga Men's Shed for "Shed of the Year"

Wodonga Men's Shed won "Shed of the Year". See brief story in 'Sheds in the News P20.

Gisborne Men's Shed for "Community"

Gisborne Men's Shed exemplifies a Men's Shed with a strong focus on Community, and that is why they won the AMSA award for Community at the 9Th National Men's Shed Conference.

Here is a link to their website on the Benetas website: <https://www.benetas.com.au/health-care/macedon-ranges-health/mens-shed>

Tallygaroopna Men's Shed for "Innovation"

The Tallygaroopna Men's Shed won the National Men's Shed Award for innovation at the recent AMSA National Men's Shed Conference.

See 'Sheds in the News' P19.

Here is a link to their Facebook page: <https://www.facebook.com/Tallygaroopna-Mens-Shed-105496314965661/>

The Wonthaggi Woodcrafters

Check out the great content from the Wonthaggi Woodcrafters. The fellas at Wonthaggi Woodcrafters have been very busy getting ready for their Easter shop. They had over 600 items on show for sale over Easter and the two weeks of the School Holidays. What a great effort.

Click the link here to read the full newsletter with great laughs, and useful information. <http://www.wonthaggiwoodcrafters.com.au/documents/newsletter100.pdf>

Point Nepean Men's Shed

The Point Nepean Men's Shed has some interesting reading on their website and projects that any shed could duplicate. Read more here: <https://www.sorrentoms.mpmsn.com.au/community/>

Newletters from the Sheds

Akoonah Park Men's Shed

<https://www.vmsa.org.au/wp-content/uploads/2022/04/Akoonah-Park-Mens-Shed-April-2022-Newsletter.pdf>

Midlan Men's Shed

<https://www.vmsa.org.au/wp-content/uploads/2022/04/Midland-Mens-Shed-News-125.pdf>

The Wonthaggi Woodcrafters

<https://www.vmsa.org.au/wp-content/uploads/2022/04/WoodiesNewsletter041822.pdf>

Point Nepean Men's Shed 'Mobile Workshop' 2022



In 2019, the PNMSA sought to create a 'Mobile Workshop' to enable us to take on more of the construction/maintenance tasks that have been requested by local community groups and schools and for vulnerable people in our community.

With the help of the Bendigo Bank and the RACV, the PNMSA purchased the 'Mobile Workshop' and equipment to support home maintenance, gardening and general handyman requests. The existing fit out of the vehicle is designed to accommodate the variety of tools and equipment we needed to support our community requests.

A strong operational partnership has been formed between the PNMSA and the local schools and community groups, cementing our involvement in managing an increasing number of requests for help.



Having a 'Mobile Workshop' enables us to travel to and operate at the various sites with all tools and material close at hand. The 'Mobile Workshop' really helped in the restoration of gardens and the amphitheatre at the local primary school.

The 'Mobile Workshop' is available to all members to use to support an approved PNMSA project or activity. This includes a 'Help-a-Mate' system where a member needs a little help for a home project. The 'Mobile Workshop' will be seen at each approved project.

The 'Mobile Workshop' was also very useful when supporting the Bushfire Appeal for tools and equipment. A number of trips were made collecting donated tools and dropping them off at a designated distribution point.



In 2021, we were fortunate to have won a competition through VicRoads with a prize of personalized plates. The members requested 'HELPU' as it fitted nicely with our response to most requests for help, 'Yes, We Can'.



We take safety seriously. There are the regular safety items on board – helmets, goggles, ear protection and a range of high visibility vests of various sizes. Accidents are unforeseeable, but on board, there are first aid kits and an automated defibrillator (which I'm pleased to say we have not had to use).

Due to the number and variety of the tasks being asked of the PNMSA, it will involve a greater number of our members, ensuring they feel an integral part of the Point Nepean Men's Shed. As well as exercising their own skills, they will be able to work alongside 'more qualified' members and seize the opportunity to develop new skills.

Just for Laughs



**OLD AGE COMES AT A BAD TIME!
WHEN YOU FINALLY KNOW EVERYTHING,
YOU START TO FORGET EVERYTHING YOU KNOW.**

My kid made the mistake of telling me I was being overdramatic so I just changed the wifi password. We'll see who's overdramatic in about 5 minutes.

i just cleared out some space in the freezer sounds much more productive than i just polished off another pint of ice cream.



Our Board



Trevor Dobbyn
President
0408 121 934



Barbara Look
Vice President
0413 475 552



Peter Bettes
Secretary
0417 031 213



Geoff Brooks
Treasurer
0407 486 953



Tom Rolls
Committee/Board
0490 290 597



Peter Broomhead
Committee/Board
0405 058 319



Colin Prowd
Committee/Board
0490 290 597

Our CEO and members of the Board are always willing to help our member sheds.
Do not hesitate to contact us.

**Don't forget these important organisations that are there to help in these difficult times.
REMEMBER TO CALL A MATE.**

Beyond Blue	1300 224 636	Grief Line - 12-3pm 7 days:	03 9935 7400
Lifeline	131 114	Pain Management Line	1300 340 357
MensLine	1300 789 978	Sane Australia	1800 18 7263
Suicide Call Back Service Veterans Line	1300 659 467	Mind Australia Carer Helpline	1300 554 660
Veterans Line	1800 011 046	Men's Referral Service for help to avoid domestic violence:	1300 766 491
Black Dog Institute	(02) 9382 4530		

Head to Health <https://www.headtohealth.gov.au>
Fantastic portfolio of resources

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