

NEW VMSA NEWSLETTER



Western Port Men's Shed and their handmade bird boxes.

New AMSA Board Announcement

AMSA Board Election Update

On Friday December 16th AMSA announced the results of the 2022 Board elections.

VMSA Chair, Trevor Dobbyn has been successfully elected to the AMSA Board for a term of two years.

We wish to thank the Victorian Shed Community that participated in the election process and this first important step in reuniting the states and AMSA.

The VMSA would like to thank outgoing Victorian Director Stuart Marshall for his years of dedicated service to the AMSA.



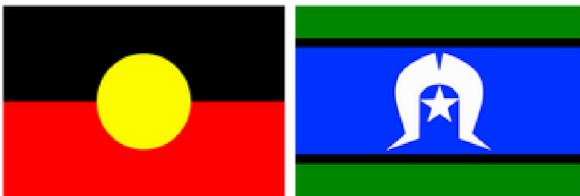
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Acknowledgement of Country

'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'.

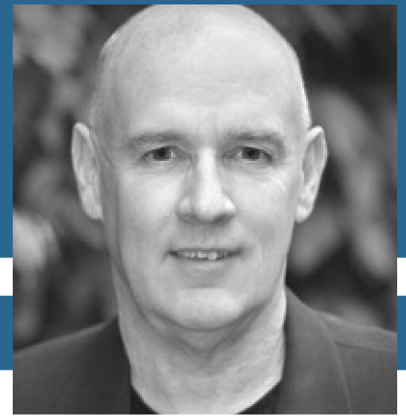


The Victorian Men's Shed Association is funded by the Victorian Government.

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CEO Report



As the year rapidly draws towards a close, I'd like to wish all the members of all our sheds and their families a very merry Xmas. It's been a busy year for the VMSA and next year will be even busier as we are already planning for bigger and better things to help strengthen and support sheds.

Whilst things were not completely normal post COVID, we have managed to produce some significant achievements without too much disruption during 2022.

With the welcome addition of two field officers, we have visited over 100 sheds this year, and this will be further enhanced by more metropolitan and regional visits in 2023.

We hosted the first in person Statewide forum for several years, which was well attended and enjoyed by the shedders, and planning for an even better event in 2023 is already in the pipeline.

With the State Government election now wrapped up, we have a reshuffle of Ministers, and we look forward to welcoming our new Minister Lizzy Blandthorn into her new role as Minister for Disability, Ageing and Carers, and Minister for Child Protection and Family Services.

I would like to thank our outgoing Minister Colin Brooks for his time in the role looking after Mens Sheds during 2022 and wish him well in his new portfolio of Minister for Multicultural Affairs and Minister for Housing.

Remember that whilst Christmas is generally happy and fun time for most people, some of your shed mates may be on their own and lonely, especially whilst the sheds are closed, so please reach out to them, and check they are doing ok, even if its just a chat over the phone.

In closing, I'd like to thank the VMSA Board and staff for their continued contribution and commitment to our great organisation. We are small team but passionate and dedicated to the improving and sustaining the Mens Shed movement.

Enjoy Christmas and the New Year celebrations, stay safe and let's make 2023 the biggest and best year in the sheds so far.

Merry Xmas

Derek O'Leary - CEO

VMMSA Chair Report



On Wednesday 7 December I attended an event at the Rupanyup Men's Shed organised by Geoff Witmitz, Manager Grampians Public Health Unit Prevention and Population Health Wimmera Southern Mallee and his staff (Krista And Lissy).

Members of the shed, their families and members of the Warracknabeal Men's Shed were also in attendance and the day was part of the Resilient Farmer Program – (Building the resilience of farming communities). The project focusses on bringing rural communities together through informal community events, mental health and wellbeing and bridging the digital divide. This opens up the world of information and services available to sheds now that many rural areas have improved connectivity to the internet. This includes education, access to health and rural support services.

Geoff Witmitz, a former longstanding VMMSA Board member spoke about the project and outlined the benefits to the Sheds including the opportunities for them to connect their shed to the world wide web through the Be Connected program. I spoke briefly about the VMMSA and thanked Geoff on behalf of our board for his great contribution to the Men's Shed movement and the VMMSA Board in Victoria over many years.

Rupanyup Men's Shed members were kind enough to show visitors around their shed which is large and as neat as a pin. The shed was formed in 2014 and has around a dozen members who are busily engaged in a number of projects including making sparrow traps and trophies, cutting kindling and general metal work. The shed is auspiced by Rupanyup Progress Inc which has been very supportive in helping members to establish and develop it.

Warracknabeal Men's Shed Secretary Geoff Lovel and President Rod Schilling reported that the Shed was established in 2008 and that they have around 23 members who are engaged in a variety of activities including carrying out general repairs, cutting kindling, making wood toys, furniture and kids' tables in footy colours. They are currently planning to fund and install a new dust extraction system.

A very nice lunch was served and visitors were able to visit the excellent Rupanyup Museum which is next door to the Shed and is really something.

It was a great event and I want to thank the organisers and shed members alike for the invitation to attend.

Trevor Dobbyn, VMMSA Chair



If you are a Shed that is registered as a Charity for DGR status, please read on.....

Disappointingly, the ACNC has had to revoke the registration of over 550 charities in the past week because they failed over successive years to complete their annual reporting to ACNC.

Last month, more than 700 charities were notified their registration could be revoked as they had failed to submit two or more Annual Information Statements. Encouragingly 150 of those charities have either submitted their outstanding Annual Information Statements or engaged with the ACNC about an extension to avoid revocation.

“The Charity Register is a key tool for the public, donors, grant-makers, policymakers and others to check the credentials of Australia’s 60,000 registered charities. It is our job to ensure that data on the Register, that people rely on, is accurate and up to date. Transparency and good governance underpin the public confidence which the sector depends on.”

All charities registered with the ACNC must meet certain obligations to maintain registration. These include reporting to the ACNC annually, notifying certain changes and ensuring activities are in line with a charity’s stated purposes.

Charities that have been revoked can apply to be re-registered once they provide us with all of their outstanding reports. The ACNC strongly encourages all charities to keep their annual reporting up to date to avoid revocation, loss of charity tax concessions and having to re-register

If you are having issues with your ACNC registration, please contact Derek (VMSA CEO) or Geoff Gedge (VMSA Board Secretary) to assist.

Mental Health Reform

Mental health and wellbeing reform in Victoria

An update from the Deputy Secretary, Mental Health and Wellbeing



The VMSA have been an organisation that has been actively engaged with the Royal Commission into Mental Health, to provide better outcomes and resources for Victorians experiencing mental health issues.

Please find below the latest update from Katherine Whetton, Deputy Secretary for Mental Health and Wellbeing, Department of Health.

I'm really pleased to be resuming these regular updates about mental health and wellbeing reforms and our shared progress, now the government has been appointed and ministerial arrangements confirmed by the Premier.

Gabrielle Williams has been reappointed as Minister for Mental Health and Minister for Treaty and First Peoples. She also takes on responsibility for the Ambulance Services portfolio, which has important intersections with several areas of the reform program.

The Minister for Mental Health portfolio also now includes Alcohol and Other Drugs (formerly within the Minister for Health portfolio), which will open up greater opportunities for integration with mental health and for reform. We in the department are very excited about this move and look forward to our continued work with AOD partners, stakeholders and service providers.

You may have heard that the first six Local Adult and Older Adult Mental Health and Wellbeing Services are now open. These services will be known as Mental Health and Wellbeing Locals and have their own new branding and logo. You can read more about this significant milestone, as well as info about the next tranche of Locals in the updates section below.

As we edge closer to the end of another busy year, I want to thank our community of partners and stakeholders for all your efforts throughout 2022. We have made significant progress together in implementing key reforms recommended by the Royal Commission and have much to celebrate. However, we have also heard your concerns about the pace and complexity of the reform agenda and the stress this creates for a system already under pressure, due to the ongoing impact of the COVID-19 pandemic and events such as the recent flood disaster.

In response, we are reviewing our priorities for 2023 and will be working closely with you so that we have a sustainable program of reform and associated engagement activities, and to minimise demands on your time and resources.

Mental Health Reform

I'd like to acknowledge the impact of the current COVID-19 wave on services and members of the workforce. Although case numbers are said to be plateauing, the strain on the health system is likely to persist into the new year.

This will be my final email update for 2022. I hope these regular updates have provided you with a helpful overview of the work that is underway to reform Victoria's mental health and wellbeing system. We have much to look forward to in 2023 as we prepare to implement a number of key strategic reforms including the new Mental Health and Wellbeing Act, stand up new entities such as the new Mental Health and Wellbeing Commission and Youth Mental Health and Wellbeing Victoria and publish frameworks central to the new system.

Kind regards,
Katherine Whetton
Deputy Secretary
Mental Health and Wellbeing
Department of Health

Mental Health and Wellbeing Locals

The first six new Mental Health and Wellbeing Locals are now open in the local government areas of Benalla-Wangaratta-Mansfield, Brimbank, Frankston, Geelong-Queenscliffe, Latrobe, and Whittlesea. Mental Health and Wellbeing Locals provide an easy way to get treatment and support for people aged 26 years and over who are experiencing mental health challenges – including people with co-occurring alcohol and drug treatment and care needs.

Providers announced for Mental Health Statewide Trauma Service

The Victorian Government has announced the consortium to establish the Mental Health Statewide Trauma Service.

More than 150 community and sector stakeholders participated in engagement activities to support the development of the service principles included in the tender process. Participants included people with lived and living experience of trauma and their families, carers, and supporters.

Led by Phoenix Australia, the new service will bring together mental health practitioners, trauma experts, peer workers, consumers and carers with lived experience to design and deliver better outcomes for Victorians living with trauma.

[Read more about this here](#)

Sheds in the Media



Men's Shed to the rescue

By Eleanor Wilson, 11 December 2022



Lyndel Charmers, Acoonah Park Men's Shed president Maury Hall, Sheryle and Sarah Cook with the possum boxes.

For wildlife rescue organisations Locky's Legacy and Wild Incident Safe Haven (WISH), caring for Australia's cherished fauna is a round the clock job. Now, thanks to the Acoonah Park Men's Shed (APMS), a series of possum boxes will make their jobs a little easier.

APMS president Maury Hall met with WISH's Sarah and Sheryle Cooke, as well as Locky's Legacy owner Lyndel Charmers, to present them with a total of 20 boxes to aid in the rescue and rehoming of wild possums that cross their paths.

The Men's Shed members constructed a series of both ringtail possum boxes and brush-tail possum boxes, which are larger in size, from plywood donated from the Vermont Men's Shed.

"It's a really important part of our wildlife rehabilitation to be able to release them with somewhere to live, because when they're coming in from such a small age, they haven't learned from their mum how to build a drey, or how to survive out there so if you've got some form of protection, that means we can safely put them up in a tree and give them a chance," she said.

Mother-daughter duo Sheryle and Sarah Cooke have operated WISH from Berwick for four years.

"We get call-outs from Victoria Police, Wildlife Victoria, fire brigades, members of the police...I'm always getting tagged on Facebook as well." Sarah said. Sarah estimates she has rescued and cared for over 100 possums in the last year.

"We're really grateful that the Men's Shed have done this...it's really good to see that the community is behind what we're doing," Sheryle said.

Surf Coast Times

'Tuesday Shed' wraps up another year.

BY Vinnie Van Oorschot, 14th December 2022



Mentor Ray Turner with Surf Coast Secondary students Otto French, Ethan Butcher and Christian Brimmer, as they varnish the newly created bird boxes.

A long running partnership between Surf Coast Secondary and Torquay Community Men's Shed is celebrating wrapping up its tenth year.

"Tuesday Shed" as it is known, has provided projects to students that are eager to undertake practical work and receive mentoring for over a decade, most recently delivering on a Bird Box initiative to provide new homes to birds of Taylor Park on Torquay's foreshore.

Men's Shed mentor Paul Ryan has a background in woodworking and has led the construction of 20 bird boxes in Term 4 alongside the students.

"We've introduced these Year Nine students to a whole range of systems, plans and methods to put together these first-class bird boxes," Mr Ryan said.

"The students have just finished the final stages, putting the oil finish on them, now they will go to the Friends of Taylor Park and make a genuine impact on the community of Torquay."

Students were also taught how to properly use hazardous equipment such as bandsaws, drills, and sanding machines under the watchful eyes of Men's Shed members.

Surf Coast Secondary College education support teacher Katrina Simpson has been supporting Tuesday Shed since the program's inception ten years ago, outlining how important early exposure to projects such as these can have on high school students.

"Some of these kids might not look like they're paying attention but let me assure you they can recite the processes we undertake word for word," Ms Simpson said.

"This group has completed everything to an immaculate finish, and it really shows on the bird boxes.

"What these students have done is something to be really proud of."

In tandem to Tuesday Shed, Ms Simpson also mentors groups of female students as part of the Torquay Women's Shed.

A cubby fundraiser.

Elsie Lange, 6th December 2022



Max Allan and Doug Markham from the Gisborne Men's Shed with the specially-designed cubby

It's the Australian toddler's dream – a light-filled weatherboard cubby, with double doors, a little window and a tin roof – and it's being raffled off by the Gisborne Men's Shed to raise money for the Gisborne Community Care Foodbank.

Specially designed and hand-crafted by the shed's in-house carpenters, led by Max Allen, this is the third year a cubby has been donated to the cause.

They aim to raise at least \$5000 to continue providing support to those in need.

Doug Markham from the Men's Shed said the initiative was about giving back to the community, while providing opportunities for a great project within the shed itself.

"It [also] gains recognition for what Men's Sheds can do for men," he said.

"It's a benefit for men here from a mental health perspective and it creates great camaraderie between the members."

Food bank secretary and marketing coordinator Julie Ireland said working with the Men's Shed had been fantastic, who have now raised more than \$13,000 for the charity in the last two years.

"The cubby is amazing, the detail is incredible," Ms Ireland said.

"It's got a table and chairs with it and a black board. It's got double doors, so people can use it as a garden shed as well... the craftsmanship is beautiful, they take such care."

Every \$5 raffle ticket bought is another chance to win, with the draw is taking place on Monday, December 19 at 11am at the Gisborne Men's Shed.

Ms Ireland said not only was the cubby a fabulous win, but raised the profile of the shed, who are "there to help if men need somewhere to go and people to talk to".

Upwey community groups collaborate for garden project

By Parker McKenzie, 6th December 2022



Making use of local woodworking skills.

Two community groups have collaborated on a project for the Upwey Community Garden, making use of local woodworking skills.

The Upwey Men's Shed was contacted by The Upwey Community Group to create two benches for the garden, delivering the gift to the community despite having no permanent home of their own.

President of Upwey Men's Shed Gerran Wright said a member of the group constructed the benches at his own home.

"A couple of other guys visited him, including me, to help assemble," he said.

"We did an initial model that they liked and we've made improvements to that and constructed the two benches." The Men's Shed raised \$250,000 through grants and fundraising efforts to for the construction of a permanent home within the Upwey community but has been unable to find a suitable or available location for the past three years after several proposed sights were knocked back.

Mr Peterson said the Men's Shed would be able to do much more work for the local community if they had a place to call their own.

"Upwey revolves around community connection, it's a great community and lots of people contribute to it," he said. "If anyone has a way or any ideas to help the Upwey Men's Shed, we would love to hear them."

The Men's Shed continues to meet on Mondays and Wednesdays at the Upwey Township Hall for coffee and chat sessions but would like a home of their own to support future projects for the community.

Mr Wright said the people continue to support the organisation and he is hopeful 2023 will be the year they find a permanent home.

"It's difficult when individual members are doing the work themselves and we all have limited space to accommodate projects in our own garages or sheds," he said.

Project Place

We are working towards launching [Project Place](#) on the VMSA Website.

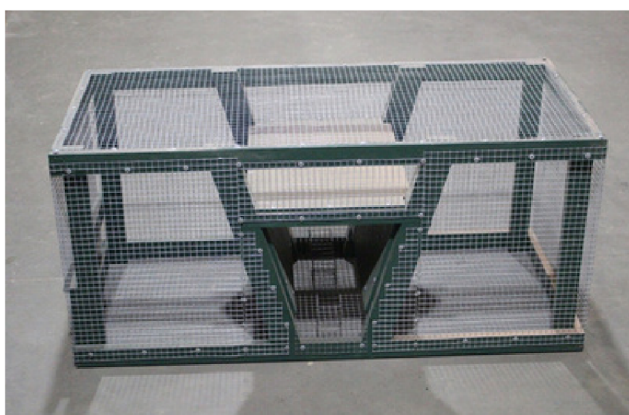
This will be a collaborative page and a way to enable all shed's to share their ideas and current or past projects. This will also offer a way to give advice to other sheds, share, and unite.

For any projects, big or small, or out of the box ideas that you would like to share on our newest webpage, please send through some photos/descriptions of items that your Shed has made to:

newsletter@vmsa.org.au

Don't forget to send through your project plans and workshop drawings to us!

Below is an example from Rupanup Men's Shed of the things we would love to see!



Happy Holidays



Merry
CHRISTMAS



From all Members of the VMSA Board and Staff, we want to wish our Shedder's a wonderful Christmas and a safe and Happy New Year.

Our Dandenong office will be closed from Friday the 23rd of December and reopen Monday the 9th of January.

We look forward to seeing you all again in the new year.



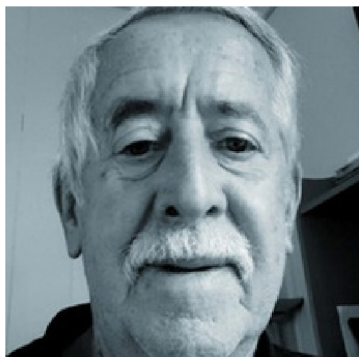
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Colin Prowd
Vice Chair
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Peter Broomhead
Committee/Board
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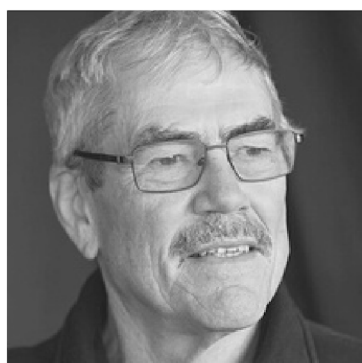
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Important organisations that are there to help in difficult times

REMEMBER TO CALL A MATE

Beyond Blue 1300 224 636

Lifeline 131 114

MensLine 1300 789 978

Suicide Call Back Service 1300 659 467

Veterans Line 1800 011 046

Black Dog Institute (02) 9382 4530

Head to Health:

<https://www.headtohealth.gov.au>

Grief Line 12-3pm 7 days 03 9935 7400

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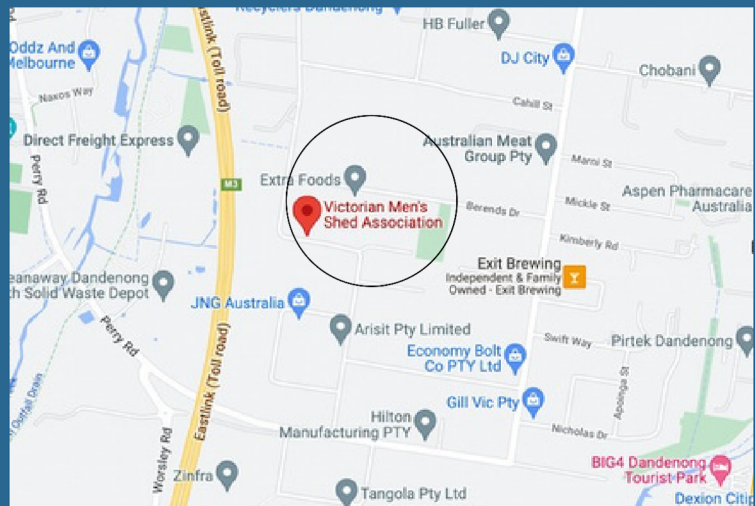


Darren Scicluna
Regional Coordinator
0402 522 325

We are here to support you.
The VMSA Office is open Tuesday,
Wednesday, & Thursdays 9-5



Hayley Jones
Communications Officer
0422 883 019



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Our CEO, Board Members and Staff are always willing to help our shed members. Please do not hesitate to contact us.

Thanks to our sponsors for their ongoing support:

