

From: **Spanner In The Works** no-reply@malehealth.org.au
Subject: Spanner in the Works? 19th July 2017 Newsletter
Date: 19 July 2017 at 3:18 pm
To: paullhuillier@bigpond.com



SPANNER IN THE WORKS?®



**Spanner in the Works? 19th July 2017
Newsletter**

www.malehealth.org.au



Share, talk & discover at the



Cabot's 7th National Men's Shed Conference

29 September – 1 October 2017

Mantra on View Hotel | Surfer Paradise, Queensland

Find out more at dcconferences.com.au/mensshed2017

Conference website <https://www.dcconferences.com.au/mensshed2017/home>
Early Bird closes 1st August 2017


From humble beginnings, the 7th National Australian Men's Shed Association Conference recognises the evolution of the Men's Shed movement with a focus on grassroots shed operations and sustainability – to support the continued growth and success of your shed.

The 2017 Conference, themed Onwards and Upwards, will include traditional

content about establishing Men's Sheds, as well as a particular focus on operational matters including governance, financial management and best practices. Experienced shedders, professional service providers and the highly skilled AMSA team will present the conference streams.

The interactive sessions will encourage delegates to come together to share their lessons, talk in depth about experiences and discover ways to grow the success of their shed and the shed movement.

Delegates will have the opportunity to mix business with pleasure through an exciting social program. Without giving too much away too soon, the conference dinner is unlike anything AMSA have done before and is an experience not to be missed. Make sure to add your name to the expression of interest list to keep up-to-date with the latest conference news.



Hearing Loss? Australian Hearing has some great devices that might be useful for the shed or the home.



Devices include:

- Alarm clock – adjustable and extra loud
- Portable indoor and outdoor doorbell – loudness adjustable and strobe light
- Doorbell and Phone Alerting System – alerts when either the phone rings or the doorbell is pushed

For further information phone Australian Hearing on 1300 412 512 or go to their website

<https://www.hearing.com.au>







Awareness Survey Lower Limb Healthcare

Accessing accurate, trustworthy information about your health and healthcare options can be difficult, particularly when it comes to pain and injury in your legs and feet. Researchers from Macquarie University, Sydney University and Australian National University believe that this process can be made simpler. That's why we are asking for 10 minutes of your time to respond to an online survey. Tell us how you like to access information about your health and who you trust getting information from, so we can work together to improve your control over your health. This survey is open to anyone over 18 years of age who currently lives in Australia. You can find us at <https://tinyurl.com/lowerlimbsurvey> or on Facebook @yourleghealth

Community Kitchens
Frankston Men's Shed VIC



Recipe Book

The Frankston Men's Shed VIC has been involved in the Community Kitchen Project for some time now. They have now produced their own recipe book. This recipe book includes some of the recipes that the Frankston Men's Shed Community Kitchen have tried, tested and recommend.



Go to <http://communitykitchens.org.au/wp-content/uploads/2017/06/FMS-recipe-book-2017.-FINAL.pdf>

Other Recipe Books also available from the Community Kitchens project are available for download at <http://communitykitchens.org.au/recipes/> Some are especially suitable for cooking for one or two people.



COPD: Recognise the symptoms
Stay well and out of hospital this winter

Have the CHAT

LUNG FOUNDATION AUSTRALIA
When you can't breathe... nothing else matters

Find out more lungfoundation.com.au/have-the-chat

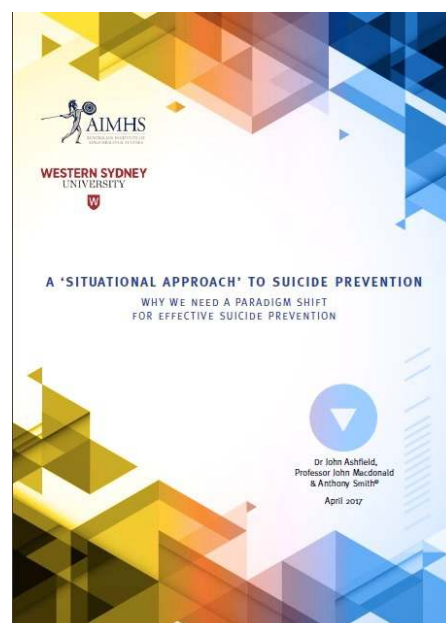
Chronic Obstructive Pulmonary Disease

- COPD is the second leading cause of preventable hospitalisation in Australia.
- Each exacerbation does long-term damage. In people hospitalised due to COPD, the risk of death may be greater than a heart attack.
- A delay of 24 hours or more in seeking treatment for an exacerbation doubles the chance of hospital admission.

For further information please visit www.lungfoundation.com.au/have-the-chat or freecall 1800 654 301

Male Suicide Prevention Resources

“A situational approach to male suicide prevention” is a new resource that has been put together through collaboration between the Australian Institute of Male Health Studies and Western Sydney University. This is a useful document to help understand suicide where mental illness may not be a factor. What are the situations in a man's life that are contributing to him thinking that suicide is the answer? Go to: http://malesuicidepreventionaustralia.com.au/wp-content/uploads/2017/04/Situational-Approach-Document_web.pdf





Men can leak too! Incontinence - No laughing matter!

Loss of bladder or bowel control is not something to laugh off as normal or inevitable. 30% of people affected by urinary incontinence are older males. While there are certain medical conditions and surgeries that increase the risk of incontinence, for the majority of the population, incontinence is preventable and treatable.

Apart from prostate disease or surgery, the big culprits for men are:

1. Being overweight or lifting heavy weights

Carrying extra body weight, or consistently lifting heavy weights can strain the pelvic floor muscles if they're not in good condition. Keep your body in the healthy weight range (***losing just 5 to 10% of body weight reduces urinary incontinence by around 70%***)

2. Constipation

Regularly straining on the toilet has the same effect on the pelvic floor as being overweight. Have a balanced diet that includes at least 30 grams of fibre daily, regular exercise and adequate fluid intake. If you do suffer from chronic constipation, see your doctor.

3. Drinking too much or too little

Not drinking enough fluids can cause leakage because concentrated urine irritates the bladder, which causes it to want to expel its contents. Conversely, drinking too much – particularly alcohol – puts men at a greater risk of accidental leakage. Drink enough to satisfy your thirst. You'll know you're drinking the right amount by the colour of your urine, which should be pale lemon.

4. Ageing

As we age the muscles and nerves that control our bladder and bowel function become less compliant and responsive. Exercise, including pelvic floor exercises, will strengthen and tone the pelvic floor muscles, which are important in preventing accidental leakage

For more information phone the National Continence Helpline (1800 33 00 66), a free and confidential service staffed by continence nurse advisors who provide

free and confidential service started by continence nurse advisors who provide advice, referrals and resources to consumers and health professionals (interpreter service available on 13 14 50). Further information is available at <http://www.continence.org.au>

Continence Fdn Health Promotion Officers are available to deliver information sessions about bladder, bowel and pelvic floor health to your Men's Shed or Community Group. Contact:

NSW/ACT: Erin Donnelly – Ph: 02 8741 5699 cfahpo.nsw@gmail.com

VIC/TAS: Jessica Watts – Ph: 03 9816 8266 jessica.watts@continencevictoria.org.au

QLD: Rae Plush – Ph: 07 3723 5012 qld.hpo@continence.org.au

SA/NT: Lisa Lawton – Ph: 08 8266 5260 lisa.lawton@sa.gov.au

WA: Sally Gilchrist – Ph: 08 9228 7444 wa.hpo@continence.org.au




Research - are you man between 40 and 80?

Researchers at Monash University want to learn from men in the community about how to improve management of prostate cancer. Men who have not been diagnosed with prostate cancer are invited to volunteer for an interview about how prostate cancer can be diagnosed sooner and how GPs can contribute to treatment.



- All participants will be reimbursed in recognition of their contribution to the research.
- The confidential interview will be by telephone at a time convenient for you.
- It will take from 10 minutes to an hour, depending on what you want to say.

For more information please contact Rasa 03 9903 0437 or rasa.ruseckaite@monash.edu





"Together we can stop male suicide" National Male Suicide Prevention Conference 2017

When - Wednesday 9th & Thursday 10th November 2017

Where - Holiday Inn, 18-40 Anderson St, Parramatta NSW

BOOK TICKETS TODAY

Tickets to the conference are available via Men's Health Services

<https://www.menshealthservices.com.au>

Ridiculously Early Bird (Before 31st July): \$397 for both days or \$199 per day

Early Bird (Before 30th September): \$447 for both days or \$224 per day

Full Price (from 1st October onwards): \$497 for both days or \$250 per day

CONFERENCE WEBSITE <https://stopmalesuicide.com/national-conference>

Glen Poole at StopMaleSuicide@gmail.com

Health & Wellbeing Education Sessions

Is your Men's Shed or community group interested in some health education sessions? RDNS has speakers available to deliver sessions on:

"Positive Ageing, Healthy Brain, Healthy Body"



/ "Nutrition" / "Master your mind" / "Keeping your skin healthy" / "CPR and defibrillation basics" / "Bladder Health" / "Falls Prevention".

Available in Brisbane, Gold Coast, Port Macquarie, Newcastle, NSW Central Coast, Sydney, Wollongong, Melbourne, Geelong, Hobart, Launceston and Adelaide.

For more information contact:

communications@rdns.com.au or
www.rdnshomecare.com.au/community or
1300 665 444



COPYRIGHT

While Spanner in the Works and the Australian Men's Shed Association encourage the use of this information to be included in other newsletters and publications please respect our copyright by acknowledging the source of the information.

SPANNER IN THE WORKS?®

A Men's Health initiative by the
Australian Men's Shed Association

GET IN TOUCH

Email: info@malehealth.org.au



Australian Men's Shed Association
SHOULDER TO SHOULDER