

Newsletter

November 2018

The Victorian Men's Shed Association is the Oldest Shed Support Organisation in the World

Emailed to a Representative of every Men's Shed in Victoria. Please print out a copy and distribute to members of your Shed.

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VMSA EXECUTIVE OFFICER REPORT

2017-2018 has been another banner year in the VMSA and its services to sheds. The Victorian State Government continues to recognise the critical work done by the VMSA. DHHS Minister Jenny Mikakos has strongly supported sheds throughout the year especially with the Strengthening Men's Sheds Grants which saw 23 sheds funded in late 2017. The Victorian Government also recognised that there is a clear need for research into the community impact of Men's Sheds which would be used strategically to support sheds state-wide. Part of this initiative was the funding of a Field Officer to undertake important research on Men's Sheds and provide direct support to Victorian Men's Sheds.

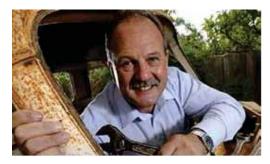
2018 is the 20th year of my involvement in sheds. When I started with sheds there were 5 in Victoria, there is now more than 325. It has been an extraordinary journey for me and especially the Men's Shed movement. We have seen a wonderful community group grow and spread across the world. The natural changes within all communities have been significant in both a positive and negative manner. Men's Sheds have been a grass roots led explosion of positive community outcomes. Sheds are great centres of social inclusion and community development, they not only achieve discrete health outcomes within their own organisation but foster well-being and better health outcomes in their communities.

During the year, the Victorian Men's Shed Association moved into its new offices at 173 – 175 Ordish Road, Dandenong South. The facility boasts office space, meeting space, and a well-equipped training area. We are fortunate to have good storage area for the tools, equipment, and resources we distribute to sheds. This year we would especially like to thank our partners Ozito, SIA Abrasives, and the many other donors of 'goodies' that sheds have received free of charge. I would like to single out the Joe White Bequest for their generous ongoing donations which has allowed us to purchase and distribute more than 60 defibrillators over the last 4 years. This year also saw us deliver training initiatives in Governance and Occupation Health and Safety in Workshops, and Mens Mental Health and Well-being both regionally and at our training facility in Dandenong South.

The VMSA and other State associations have sourced a quality but well priced insurance product for all sheds, Gallagher formerly OAMPS Insurance, they have developed a fantastic product with regional customer support services across the State. Visit our website <u>www.vmsa.org.au</u> for further details.

There have been many sheds opened during the year bringing communities together and making new friends but making new friends sometimes leads to saying goodbye to old ones. Throughout the year sheds have unfortunately had to bid farewell to fellow shedders who have passed onto the great shed in the sky. I personally have lost many friends this year and offer my condolences to all who have lost a shedder in their life.

Ric Blackburn VMSA Executive Officer



VMSA PRESIDENT'S REPORT

Membership:

Some Sheds may have received an e-mail from another organisation advising that their membership of that organisation was free. Sheds have recently expressed their concern to the VMSA and asked whether they have to belong to two organisations when they have only paid membership to the VMSA and it is confusing them. It is up to each Shed to decide whether they wish to be a member of the other organisation and the VMSA or just the VMSA. Membership is only \$55.

A report on the Four States.

The VMSA is continuing its conversations with the State Associations of Western Australia, Tasmania and Queensland. There has been a report that the Four States propose to set up a company limited by guarantee known as "Men's Sheds Australia" to be the new National Association representing the Four State Associations. The VMSA has some serious concerns about this proposal and is continuing to work through this proposal with the other three State Associations. The VMSA sees its members as belonging to the VMSA and the VMSA being a member of a National Association. All member Sheds of the State Association would then know that their State Association is a member of a new National Association.

It should be recognised that each State is different in its relationship with their State Government. The Victorian Government's bipartisan approach to funding and assisting Sheds through the generous grants, its close relationship with the VMSA and the work of its Department of Health and Human Services staff is the bench mark for all States and Territories around Australia. The VMSA is trying to assist other States in providing some resources and data to assist those State in trying to have similar relationships and funding arrangements to that of Victoria.

Funding

The VMSA has had some exciting news, The State Government has made available \$150,000 to fund the continuing work of the VMSA Field Officer role for the 2018/2019 financial year. This money is in addition to the funds that the VMSA currently receives to support the Executive Officer and the VMSA operations. This money will enable the VMSA to cover the rent of its new offices, (only \$6,000pa), and obtain new office equipment and to upgrade its website and assist in other essential expenses. The VMSA is very grateful to the Victorian Government for this grant to enable it to continue in increasing its services to the Men's Sheds across Victoria. The VMSA is also very appreciative of all of its stakeholders for their support in tools, equipment, services and in their financial contributions.

The VMSA is also preparing submissions to the State Government and to all parties for increasing the grants for new Sheds and the refurbishment of Sheds and for more Field Officers.

At recent Gatherings the matter of Sheds contributing to the VMSA to assist with renting premises and or other expenses due to the membership contribution being only \$50 plus GST and whether the VMSA could afford this. VMSA Committee is most grateful to those who made this recommendation, but consequently it made the decision not to pursue this recommendation. The VMSA is well aware from its recent surveys that many Sheds, particularly in rural areas cross the State, have difficulty in contributing to any extra funding to the VMSA.

VMSA PRESIDENT'S REPORT CONT.

Considering having an opening of your new Shed or the Refurbishment of your Shed?

Have you received a grant over the past four years from the Victorian Dept. of Health and Human Services for your new Shed or the Refurbishment of your Shed and your Shed has not had an opening as yet?

Below are some useful guidelines to assist Sheds and when the Shed is contemplating having an opening of either their new Shed or the refurbishment of their Shed when the Shed has received a grant from the Victorian Dept. of Health and Human Services.

- Tentatively arrange several dates that are convenient with the Shed and check to ensure that they are outside the State Govt. Parliamentary sitting days.
- Make contact with the VMSA and the Minister for Family and Children's Services to see if the Minister or her representative would be available on one those dates. (It is accepted protocol and it is mentioned in your contract with the State Government Grant that the Minister or his or her representative would participate in opening the New Shed or Refurbishment. As well this is a bipartisan agreement with all parties).
- If the date and time are agreed upon, confirm immediately in writing with the VMSA and the Minister.
- Prepare your invitations with a brief agenda of proceedings and send these to the appropriate guests, contractors and stakeholders and if you wish to other Sheds in your area with a return date to confirm your numbers.
- Consider other members of Parliament and your local Councillors and the Mayor and representatives from the local DHHS team and the VMSA.
- It is up to the Shed to decide how many speakers there should be participating.
- Tentatively arrange for the numbers you expect for your refreshments and once you have confirmed numbers advise your caterers.
- Ensure you have seating and a safe area for the guests you expect to move around in.
- If you wish have a guest book for the Minister and other dignitaries to sign. Some Sheds have plaques, plant trees, whilst others do not worry about such items.
- Prepare a media statement about the opening and advise the local print media and the local TV Stations as well as the Melbourne media.
- Send any photos or articles to the VMSA as such information is great for our records and data collection and use in submissions to the State Government or other stakeholders. As well possibly putting such information on our Facebook page or in the VMSA Newsletter.

Lindsay Oates Victorian Men's Shed Association State President 2017-18

MAFFRA MEN'S SHED: THE JOURNEY SO FAR

The Maffra Men's Shed was conceived in early 2017 and pursued with genuine enthusiasm by 3 dedicated men who envisioned a place in where older and/or disadvantaged men from the community could meet regularly and enjoy.

Hence, the Group's Mission Statement, "Socialise and work together to progress the health, well-being and social inclusion of older and/or disadvantaged men through fellowship and support in a community environment". The Maffra Men's Shed Inc is a not-for-profit group of volunteers.

On 22 June 2017, following a survey, supported generously by business houses and other establishments in the town, a well-attended meeting was held in Maffra to gauge public interest in supporting 'the three musketeers' in this endeavour. A rousing show of support by 40-odd attendees led to about 20 members meeting regularly at George Gray Centre and Maffra Community House.

An Executive/Steering Committee was formed later in the year; and through the efforts of the group, the Maffra Men's Shed got incorporation, and affiliation with the Victorian Men's Shed Association.

Importantly, a relationship was established with 'Gippsland Water'. This relationship has gone from strength to strength. It culminated in the Maffra Men's Shed Inc becoming Licensee Tenants at 'Gippsland Water's' 19 Gibney Street, Maffra premises.

The group meets on every Tuesday and Thursday between 9 am and 12:30 pm. It 'toolsdown' at 10 am for some refreshments and a discussion – about any and everything.

To become a Volunteer Member, an (pro-rata) annual membership fee of \$50 applies. Most of this money goes towards covering the cost of obligatory insurance commitments and a \$5 attendance fee applies each time a volunteer comes along. This money covers the cost of morning tea and other consumables, and a sausage sizzle barbeque held at mid-day on the first Thursday every month.

The group has successfully run two 'Bunnings' Barbeques and has raised (some) operating funds through it's 'Kindling Wood' project, street barbeques in Maffra and individual projects that have 'come along' from the Maffra Community.



Commemorative Garden at Maffra Men's Shed – 19 Gibney Street, Maffra

MAFFRA MEN'S SHED INVITES ONE AND ALL

The group has benefitted from generous donations of money, timber and, woodworking machinery and equipment. It especially thrives on the enthusiasm of the volunteers.

The group, through the extraordinary dedication and commitment of one of its volunteers, secured a grant for establishing a garden at 19 Gibney Street, to commemorate the Centenary of the WW-I Armistice which occurs on November 11, 2018; and to acknowledge the involvement of Australian Service Personnel in WW-I and, subsequent conflicts. Due to the unwavering support of members, the garden is now complete (see the picture below).



Maffra Men's Shed Volunteers, George Ralph and Graham Faravoni

At the time of reporting, 'poppy' and 'forget-me-not seeds' had been planted. Unfortunately, we seem to have missed the germination season and will not have a 'show' by 11 November. As a compromise, it is intended to plant vegetables. Any results of this endeavour will be donated to the needy in our community.

Further, funding applications have been submitted. These funds, if granted, will be used to cover the costs of additional storage, installation of a dust extraction facility and for the purchase of additional woodworking machinery and equipment.

While the group continues to be generously supported by 'Gippsland Water', it does not have a major ongoing financial supporter. It is a small group of volunteers and for the meantime, is limited in the scope of work it can accommodate. This said, membership and attendance, is of concern and paramount importance. It would like more men to support, become actively involved in the activities.

Perhaps on a negative note, it could be said that, if the men of Maffra and district for whom this venture was established and who supported the concept, don't come along and support the venture, then there is a likelihood that the Shed, will go the way previous attempts have! Please don't 'leave it up to others' guys, get involved. There is a fair bit at stake here!

In an effort to encourage men to join, the attendance fee was reduced from \$5 per day to \$5 per week starting October 2018.

The group extends an invitation to all men from the Maffra and district community, who might need, or have an interest in, what the group does, to come along and join in the activities.

DIAMOND CREEK SHED: A NOVEL INITIATIVE



In response to increasing ladder-related falls in the community, the Diamond Creek Men's Shed has come up with a novel solution, the Keeping Men Grounded project.

Every year in Victoria, over 2,600 people are hospitalised as a result of falling from a ladder at home. Of these, approximately three quarters are men, often sustaining bone fractures, head and spinal injuries. About 9 older men (aged 75-84 years) die each year due to falling off a ladder while doing home maintenance.

The Keeping Men Grounded project provides an alternative means for completing household tasks, which normally require ladders. The project focuses on providing gutter cleaning equipment and other high-reach tools, to enable men to complete tasks safely. They also provide a gutter cleaning service.

The Diamond Creek Men's Shed also launched the Ladder Safety Matters, a community awareness campaign in October 2016, and has turned it into an annual community safety message. This campaign includes 3 video case studies of men who suffered life-long injuries due to ladder fall. One of them is Mick Hall, a member of the Diamond Creek Men's Shed; he was treated at the Austin Hospital.

To support Mick and to prevent further ladder falls in the community, the Diamond Creek Men's Shed is working with the Victorian Men's Shed Association to enable other Men's Sheds in Victoria to emulate the Keeping Men Grounded project.

Members can also provide talks to local community groups to raise awareness about ladder safety. If you know of a community group that would like a ladder safety talk please contact the Diamond Creek Men's Shed via email or call Leigh on 0400 009 041.

For more information about the Ladder Safety Matters campaign, including videos and resources please visit the Better Health Channel.

THE FIRST AFL BLIND LEAGUE IS HERE!



Over the past 12 months, AFL Victoria in partnership with VicHealth have been developing an adapted version of Australian Rules football for Victorians with blindness and low vision.

All thanks to their tireless efforts the first AFL Blind League is ready to kick off on 10 November 2018.

The League welcomes both male and female participants aged 14 years and above. They may or may not have any previous sporting experience. Many of the players who took part in the trial had not played football ever before. So, come on down and give it a try. See what you can achieve.

The game has been adapted so everyone can compete and feel safe. Some of the adaptations include:

- The game is played indoors and there are six players per team.
- The players will be able to hear the footy as it has a siren sound inside a bright yellow ball.
- To help the players know where the goals are there is a Bluetooth speaker installed that is turned on when the ball goes inside the 50-metre line. This will tell the players if they are in offense or defense.
- Goals also have contrast colours and lights.
- B1 and B2 players (players with the lowest field of vision) will be paid a mark if they are going for the ball and it hits their upper body.
- B1 players' (who have no vision) goals are worth 12 points.
- There is touch tackling. This is where you touch the player with the ball and they have three seconds to correctly dispose of the ball before it is paid holding the ball.

The games will be held on -

Round 1. Saturday, 10 November 2018

BE A PART OF THE FIRST AFL BLIND LEAGUE

Round 2. Saturday, 24 November 2018 Round 3. Saturday, 08 December 2018 The skill training will be held on two Saturdays - 17 November and 1 December 2018. Venue for both the game and skill training is -Tullamarine Action Indoor Sport, 2/10 Carrick Drive Tullamarine.3043 The 902 bus stops out the front of the venue.

Players involved in the testing days have described AFL Blind as -

"A great way to get active and play a sport that seemed impossible."

"AFL BLIND is a great sport that gives blind and low vision of all abilities to connect, socialise, be part of a team, stay or get fit, in a fun and friendly but competitive environment."

"AFL blind for me brings back so many memories of playing football fully sighted. Although it's not exactly the same as AFL, it is something every blind person should try."

If you are interested in participating as either a volunteer or a player please contact Tim Nield from AFL Victoria at <u>tim.nield@afl.com.au</u>

To read more about AFL Blind visit <u>our Facebook page</u> or <u>watch this clip on ABC</u> for a sneakpeak.

We look forward to seeing you there!

SHEDDERS GET AWARDED FOR THEIR SERVICE



Dear Victoria Men's Sheds Association,

As you may be aware, one of your volunteers, Ian Cunliffe, was recently nominated in the 2018 Victorian Premier's Volunteer Champions Awards.

After judging and assessment of the 175 nominations, we are delighted to let you know that they have been selected as one of this year's awardees.

They have been recognised in the Service category for:

"After a significant career as a solicitor and senior public servant, lan now uses his considerable experience to provide free legal advice and representation for public housing residents. For more than eight years, he has helped hundreds of people including new migrants (many who have English as a second or third language) deal with the complex Australian legal system."

They were honoured alongside their fellow awardees in a formal ceremony at Government House September 2018.

IN PICS: SHEDDERS WHO WORKED TIRELESSLY



Ian Cunliffe and Hamdi Ali, supporters of Carlton Men's Shed, seen with the Honourable Governor, Linda Dessau AC



Bruce Pennicott from also won the Victorian Premier's Volunteer Champions Award. He's seen with the Honourable Governor, Linda Dessau AC, and Honourable Minister for Health and Human Services, Jenny Mikakos.

MORE AWARDS COMING SHEDDERS' WAY!

Mornington Peninsula Shire Mayor's Senior Achiever Award Winner



John has been integral to the establishment and development of the Men's Shed movement on the Mornington Peninsula. In the initial days, John financed a Men's Shed on his own property; worked for 5 years to secure sufficient funding, site and plans for a purpose-built shed. He also volunteered his time and expertise to assist in the establishment or revival of other Men's Sheds on the peninsula.

John is an Executive Committee member and Field Representative for Victorian Men's Shed Association and a valued member of the Committee of Management for the Somerville Community House.

Intergenerational Opportunities Award Winners

The Peninsula North Men's Shed was established in 2018 in Somerville. It brings men together in the Baxter, Somerville and Tyabb areas. Coming together and engaging in activities reduces isolation and improves their health. At present, there are 68 members.

The Peninsula North Men's Shed works on inter-generational projects with students like constructing a mural wall and viewing deck at the Yamarrala Wetlands with Somerville VCAL students; building a mobile chicken coop; and working on various projects with home-schooled students.



The Peninsula North Men's Shed wins the "Promotion of Intergenerational Opportunities" award from the Honourable Mayor of Mornington Peninsula Shire Councillor, Bryan Payne

MEANWHILE IN OTHER SHEDS



Honourable Minister for Health and Human Services, Jenny Mikakos, becomes the Honorary Member of Kyneton Men's Shed Inc; seen with John Mitchell, Chairman of the Shed





PRACE receives bicycles for Refugees donated by Mount Gambier and Heywood sheds

SHEDS IN PICTURES



Belgrave Mud Kitchen



Belgrave Mud Kitchen

VMSA ANNUAL GENERAL MEETING

The Annual General Meeting of the Association will be held on 30th November 2018.at the Benalla Lakeside Community Centre. The VMSA gathering that will commence at 10.00am with the Annual General Meeting following on after lunch. Each shed that is a financial member of the Association is entitled to appoint a delegate who will vote on behalf of that shed at the Annual General Meeting. Sheds are requested to complete the Notification of Delegate form which is attached and send it to the VMSA Secretary 7 days prior to the meeting. This will be by close of business on Friday 23rd November.

The business of the meeting will be to:

- Confirm minutes of the previous Annual General Meeting.
- To receive and consider
 - the annual report from the Committee on the activities of the Association during the preceding financial year.
 - o the financial statements of the Association for the preceding financial year submitted by the Committee.
 - o special motions; See attached documents
- Elect three (3) delegates to the Association Committee.
- To determine the amount of the annual subscription. Recommendation annual subscription to be \$50.00 plus GST

Nominations are called for three (3) committee members to be elected to the Victorian Men's Shed Association committee for a period of three (3) years and are entitled to serve two (2) terms.

Applicants must be -

- Over the age of 18
- Financial members of the nominating shed
- Legally able to hold the position
- The nominating shed must also be a financial member of the VMSA and entitled to vote at a general meeting.

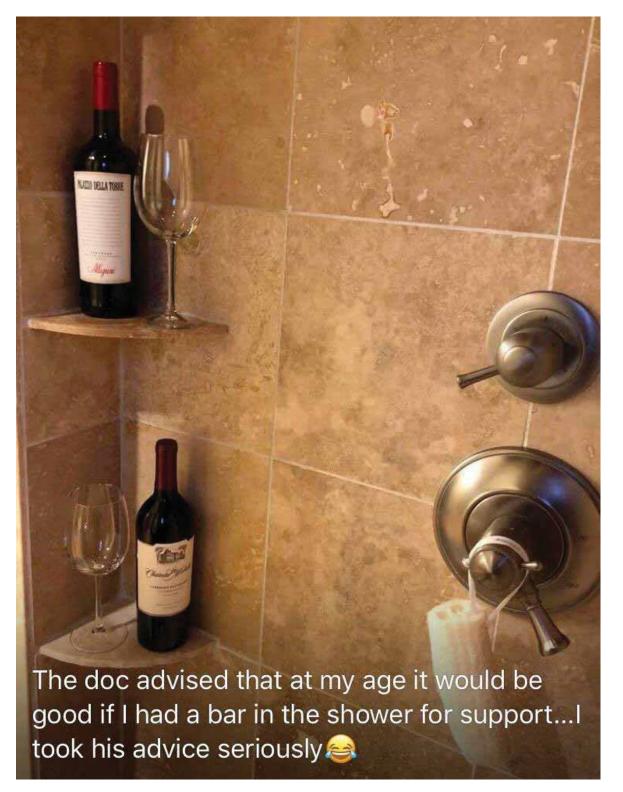
Nominations must be in writing and received by the Secretary by close of business on **Friday the 16th of November 2018** Nominees are requested to complete a candidate profile for distribution the members

There is a casual vacancy to be filled by the Committee after the AGM.

A member shed may appoint another member shed as a proxy to vote and speak on their behalf at the Annual General Meeting. The appointment of the proxy needs to be in writing and signed by any two of President, Secretary or Treasurer of the member shed making the appointment. The shed appointing the proxy may give specific directions as to how the proxy is to vote on their behalf, otherwise the shed with the proxy may vote on behalf of the other shed any way they see fit. This proxy form must be in the hands of the chairman of the AGM prior to the commencement of the meeting or must be received by the Association by COB 27th November if sent by post or electronically.

David Mudge State Secretary Mobile: 0469 748 657 Email: sec@vmsa.org

ON A LIGHTER NOTE



UPCOMING EVENTS

Victorian Men's Shed Association's Annual General Meeting



Day & Time: 10 am Friday, 30 November 2018 **Venue:** Benalla Lakeside Community Centre

Northeast Cluster Meeting

8th November 2018, 10 am Thursday

Corryong Men's Shed Inc

VENUE: 2 Strzelecki Way Corryong

When coming into town from the west turn left Mackay St (at the end of the divided road) then left at swimming pool then along on the right-hand side past Rotary/Lions Sheds.

From the east travel through town and turn right at Mackay St (the beginning of the divided road)

South and West Gippsland Cluster Muster.

8th November 10 am- Lunch 12.30 Activities after Lunch

VENUE: Lang Lang Memorial Hall

135 McDonald's Track

RSVP By Friday 2nd of November Barbara Look

VMSA FACEBOOK

The VMSA has received a number of gueries and requests to find an avenue that sheds can easily list and advertise surplus items they have that they wish to donate to other sheds, or to promote activities that the shed are involved in - such as market days, or fundraisers.

The VMSA has recently created and trialled a Facebook page, this is now available to all sheds and shedders to join, and to place your ads and info on.

Please note this is not the avenue if you wish to sell your surplus good, it is only if you want to donate the goods.

There are plenty of sites available such as eBay or Gumtree if you are looking to sell an item, The Facebook page is VMSA - Public Notices, you can search for it or go to https://www.facebook.com/groups/376075325824722/

Happy posting.

Membership Enquiries

Please contact the VMSA Secretary on sec@vmsa.org.au DROUGHT RELIEF

Sausages for farmers

CONTINUING a tradition, a Bu

CONTINUING a tradition, a Buannings sau-sage sizile in Wonthaggi last week raised vital funds, this time for farmers. And aside from the generous donations by people entering the warehouse to get last min-ute Fathers' Day gifts, the barbecue encour-aged conversations around the struggles of farmers. The wet winter's day didn't deter people-ment lining in the two is one of the structures.

The barbecue was organised by the inver-loch Men's Shed, with volunteers manning the marquee and donations bucket.

After learning the money was going to Gippsland farmers, one woman dropped in a 820 note.

Volunteer Julian Sellers said 100 per cent of the money rateed would go towards the Gippsland Drought Relief fund. "All of the money goes to the farmers," he

"All of the money goes to the farmers," he said on Friday. "A lot of it's going down to East Gippsland, "A present drought," where there's enough ratic green drought, where there's enough ratic to make the ground look green – but it's not enough to keep growing." He said most farmers just want to get off their property for a week so they can take a step back and take a breath. "You can't sell your good stock, because then It's gane – that's your breeding lines. "We don't appreciate what the drought is

As gone - that s your preceding innes. We don't appreciate whiat the drought is down here, we've had so much rain. "Part of Men's Shed is looking after menis health, and it's the most importain thing, whether it's through depression or anxiety, or "That's why the Federal Government

whether it's through depression or anorty, of "This wouldn't have happened without the support of Bunnings, they supplied the bar-becue and the staff have been absolutely fantastic.

Monash MP Russell Broadbeni said the fundraiser is sending a message to farmers across Australia.



Invertoch Men's Shed volunteers standing with Mou left), Brian Williams, Julian Sellers, Mal Dunn, Joh nash MP Russell Broadbent (third from in Dale and Cam Walker, mm103618

aving a sausage. "That's why the Federal Government re-

spouse has been as it is - with nearly \$1.5 hil-

RIGHT: John Dale of the Invertoch Men's Shed encouraged people to drop a coin, or a note, into the 'Bucks for bales' buckst, with help from Brian Williams (left), mm113618



FUTURE NEWSLETTERS

This Newsletter is being emailed to the Contact Person at each of the sheds on the VMSA database. We are limited in our ability to send the Newsletter to every shedder and so we ask that as the CONTACT PERSON for your shed please print and display the Newsletter.

If you have something to share with other sheds, write a short article (photos are handy) and send to the Executive Officer <u>vmsa@vmsa.org.au</u>

Victorian Men's Shed Association acknowledges the support of the Victorian Government.



Disclaimer

This newsletter is for general information only. The views expressed in this newsletter are not necessarily those of VMSA Committee. Reasonable measures have been taken to ensure that the material contained in this Newsletter is correct. However, there is no responsibility for the accuracy or the completeness of the material.

LIST OF VMSA COMMITTEE CONTACTS:

OFFICE BEARERS

President	Lindsay Oates	<u>pres@vmsa.org.a</u>	Mirboo North Shed
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