

Guest Health Speakers at your Shed.

Many Men's and Community Sheds have regular or occasional guest speakers at their shed covering a variety of subjects including health. The following is a list of Health Organisation "Peak Bodies" (the experts in their field) who have programs running that can provide a guest speaker on a health topic(s) for you. Although this is not a comprehensive list, all of these organisations have been supportive of Men's Sheds in some way.

You might like to also contact your local Health Service who may also be able to provide guest speakers on health matters.

Organisation:	Asthma Australia
Name of Program(s):	Asthma - living well with asthma Asthma First Aid
Program Information:	Live well with asthma - education sessions are free of charge - (GOVT funded) There are other training sessions available fee for service
Contact person/phone/website:	Ring the Asthma Foundation's Community Support Program coordinator 1800 ASTHMA (1800 278 462)
Limitations:	Live well with asthma sessions are available across Australia
Organisation:	Prostate Cancer Foundation
Name of Program(s):	Ambassador Presentations (usually 20 mins - flexible)
Program Information:	<ul style="list-style-type: none"> • Prostate Cancer awareness • Prostate related health issues • Health and diet for overall healthy lifestyle can be added
Contact person/phone/website:	Katie Dundas 1800 220 099 ambassadors@pcfa.org.au
Limitations:	130 Ambassadors across Australia, residing in all states and territories
Organisation:	Melanoma Patients Australia (MPA)
Name of Program(s):	Danger Sun Overhead Education Program (free session) Skin Cancer Awareness
Program Information:	<ul style="list-style-type: none"> • Information on melanoma (skin cancer) prevention, early detection and management • MPA provides support, advocacy, awareness and information to melanoma patients, their families, carers and friends
Contact person/phone/website:	MPA head office 07 3721 1770 info@melanomapatients.org.au
Limitations:	National organisation but call/email for further information re availability

Continenence Foundation	
Organisation:	Continenence Foundation
Program Information:	Education on bowel and bladder incontinence and continence issues
Contact person/phone/website:	Victoria Victorian Continence Resource Centre 03 9816 8266 jessica.watts@continenence.org.au
Contact person/phone/website:	NSW/ACT 02 8741 5699 Cfahpo.nsw@gmail.com
Contact person/phone/website:	South Australia & Northern Territory The South Australian Continence Resource Centre 08 8266 5260 lisa.lawton@sa.gov.au
Contact person/phone/website:	Queensland Rae Plush 07 3723 5012 QLD.HPO@continenence.org.au
Contact person/phone/website:	Western Australia Sally Gilchrist 08 9228 7444 WA.HPO@continenence.org.au
Limitations:	Some - contact your local Continenence Foundation representative above
Arthritis Australia	
Organisation:	Arthritis Queensland
Program Information:	General overview of arthritis and management Cost - \$30.00
Contact person/phone/website:	Lynne Newcombe - Health Educator info@arthritis.org.au
Limitations:	Brisbane area only
Arthritis Western Australia	
Organisation:	Arthritis Western Australia
Program Information:	Arthritis/Exercise/Tai Chi/Yoga Donation \$50.00 to cover speakers costs petrol etc
Contact person/phone/website:	Kirsty Inglis 08 9388 2199 Kirstyi@argthitiswa.org.au
Limitations:	Extended Metro Perth and some rural area South West
Arthritis NSW	
Organisation:	Arthritis NSW
Program Information:	<ul style="list-style-type: none"> • Arthritis and it's management • Osteoporosis and it's management • Exercise and physical activity

	<ul style="list-style-type: none"> Medicines and pain management, shoulder pain and falls prevention \$60 per session. Negotiated discount for multiple sessions
Contact person/phone/website:	Arthritis NSW reception - Ingrid Player 02 9857 3300 info@arthritissw.org.au
Limitations:	2 hour radius of Sydney
Arthritis Tasmania	
Organisation:	Arthritis Tasmania
Program Information:	Arthritis, Osteoporosis, Bone Health etc Approx \$50 per session
Contact person/phone/website:	Jane Hope 03 6228 4824 info@arthritistasmania.org.au
Limitations:	At the moment limited to Hobart and environs
Arthritis South Australia	
Organisation:	Arthritis South Australia
Program Information:	<ul style="list-style-type: none"> General arthritis awareness 'Take charge of pain' courses Specific arthritis: Gout, Osteoarthritis, Rheumatoid arthritis , JI Arthritis etc Adapting activities Cost - \$30 for the course but free to members (\$25 concession for membership). 1 hour talks are donation if possible otherwise gold coin
Contact person/phone/website:	Leanne Lienert 08 8379 5711 info@arthritissa.org.au
Limitations:	Not limited
Department of Veteran Affairs (DVA)	
Organisation:	Department of Veteran Affairs (DVA)
Name of Program(s):	Men's Health Peer Education (MHPE)
Program Information:	Health Promotion topics: <ul style="list-style-type: none"> Choose Health Be Active Eat Well Eat Smart Social Participation Getting a Good Night's Sleep. Illness Prevention topics: <ul style="list-style-type: none"> Cancer and it's prevention Health Management topics: <ul style="list-style-type: none"> Living with chronic disease or chronic pain Mental Health and mental illness Alcohol and other drugs Talking with your doctor
Contact person/phone/website:	QLD - Nikki Wood 07 5630 0203 MHPEQLD@dva.gov.au WA - Jumae Atkinson 08 9366 8355 Jumae.Atkinson@dva.gov.au VIC - Kerry Jay 03 9284 6199 MHPEVIC@dva.gov.au NT - Janice Trezise 08 8935 1415 MHPENT@dva.gov.au

	<p>SA - Margie Gutteridge 08 8290 0375 MHPESA@dva.gov.au TAS - David Stevens 03 6221 6711 MHPETAS@dva.gov.au NSW/ACT - Naomi Blundell 02 9213 7661 MHPENSW@dva.gov.au More info - www.dva.gov.au/mhpe.htm</p>
Limitations:	
Organisation:	Stroke Foundation
Name of Program(s):	'Strokesafe' Education Program
Program Information:	Information about Stroke No charge
Contact person/phone/website:	Call 1300 194 196 OR email strokesafeseminar@strokefoundation.com.au for the contact in your state
Limitations:	156 voluntary ambassadors that are available in all Capital Cities and some regional areas
Organisation:	Kidney Health Australia
Program Information:	<ul style="list-style-type: none"> • General Kidney health information • Education around the link between Heart Disease, Diabetes and Kidney Disease Free service - in-kind donation to Kidney Health Australia welcome
Contact person/phone/website:	WA - Colette Lappin 08 6160 9500 Colette.lappin@kidney.org.au Metro WA, some services provided to regional and rural WA upon request Qld, NSW, VIC, Tas, SA - Call 1800 454 363
Limitations:	Metropolitan areas as well as regional and remote areas upon request
Organisation:	Andrology Australia
Program Information:	Men's reproductive health
Contact person/phone/website:	Wendy Thomas 03 9902 4821 wendy.thomas@monash.edu www.andrologyaustralia.org
Limitations:	
Organisation:	Alzheimer's Australia
Program Information:	All topics relating to dementia Costs vary depending on State/region
Contact person/phone/website:	National Dementia Helpline - 1800 100 500 State Contacts for education sessions: ACT - 02 6255 0722 SA - 08 8372 2100 NSW - 02 9805 0100 TAS - 02 62791100 NT - 08 8948 5228

	VIC - 03 9815 7800 QLD - 07 3895 8200 WA - 08 9388 2800
Limitations:	
Organisation:	Council of the Ageing (COTA)
Program Information:	Many subjects from staying independent at home to maximising the benefits of the internet safely. Call and see what is available
Contact person/phone/website:	NSW – Chris Smith 02 9286 3868 spec@cotansw.com.au ACT – Paul Flint 02 6282 3777 NT – Robyn Lesley 08 8941 1004 QLD - Mark Tucker-Evans – 07 3316 2999 SA – Rosetta Rosa 08 8232 0422 TAS – Sue Leitch 03 6231 3265 VIC – Sue Hendy 03 9654 4443 WA – Ken Marston 08 9321 2707
Limitations:	Contact your State COTA contact above
Organisation:	Diabetes Australia (Victoria) <i>NB – for other states please contact Diabetes Aust in your state</i>
Name of Program(s):	Diabetes Australia – Victoria provides free presentations on how to prevent type 2 diabetes to community groups in Victoria
Program Information:	The FREE prevention session runs for approximately 45 minutes and covers the following: <ul style="list-style-type: none"> • What is diabetes? • Free type 2 diabetes risk assessment • Tips to reduce your risk and make lifestyle changes
Contact person/phone/website:	Sarah Bowman(03) 8648 1868 sbowman@diabetesvic.org.au
Limitations:	Victoria only <i>NB – for other states please contact Diabetes Aust in your state</i>
Organisation:	GI (Gastro Intestinal) Cancer Institute
Name of Program(s):	Ambassador Presentations (usually 10 to 15 mins – flexible)
Program Information:	<ul style="list-style-type: none"> • Gastro Intestinal (GI) cancer awareness • GI related health issues • Health and diet for overall healthy lifestyle can be added
Contact person/phone/website:	Erin Brookes 1300 666 769 erin@gicancer.org.au
Limitations:	Robin Mitchell/ Nicky Lancaster (Sydney area) CAP Members – across Australia (available with notice)

Black Dog Institute	
Organisation:	Black Dog Institute
Name of Program(s):	Breaking Down Depression and Building Resilience
Program Information:	Free 60 minute presentation covering signs, symptoms and causes of mood disorders, when and where to seek help, and how to build resilience. Delivered by a trained volunteer with a lived experience of either depression or bi-polar disorder. (No costs except where significant travel is required by the presenter.)
Contact person/phone/website:	Shannon Nolan – Project Manager – Community and Youth Education community@blackdog.org.au 02 93829290
Limitations:	We have presenters based in QLD, NSW, VIC, ACT, TAS, WA. This year we will be running additional training in several regional areas. Please contact for more information.
National Relay Service	
Organisation:	National Relay Service
Name of Program(s):	Information/awareness sessions, group Training
Program Information:	The NRS is a phone service in Australia for people who are deaf or have a hearing and/or speech impairment. They can provide free on-site information and awareness sessions, and can also facilitate group training sessions in how to make and receive calls through the NRS.
Contact person/phone/website:	NRS Helpdesk on 1800 555 660 or go to http://relayservice.gov.au/contact/
Limitations:	All Australian states and territories covered