



Australian Men's Shed Association
SHOULDER TO SHOULDER

Men's Health Events

Health Speakers & Info Contact Guide

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

Andrology Australia

Program Men's **reproductive health**

Information

Contact Details 1300 303 878

info@andrologyaustralia.org

www.andrologyaustralia.org

Arthritis Australia

Organisation **Arthritis Queensland**

Program Take Charge of Arthritis

Information 6 Week Self-Management Courses

Full details - <https://www.arthritis.org.au/our-services/self-management-courses/>

Cost - \$30.00

Contact Details 1800 011 041

James Bayliss (Health Promotions Officer)

james@arthritis.org.au

Paula Herlihen (Health Educator)

paula@arthritis.org.au

Limitations Brisbane area only

Organisation **Arthritis Western Australia**

Program Arthritis/Exercise/Tai Chi/Yoga

Information Donation \$50.00 to cover speakers costs, petrol etc

Contact Details Kirsty Inglis

08 9388 2199

Kirstyi@arthritiswa.org.au

Limitations Extended Metro Perth and some rural area South West

Organisation **Arthritis NSW**

Program

- Arthritis and it's management

Information

- Osteoporosis and it's management

- Exercise and physical activity

- Medicines and pain management, shoulder pain and falls prevention

\$60 per session. Negotiated discount for multiple sessions

Contact Details Ingrid Player

Arthritis NSW reception

02 9857 3300

info@arthritisnsw.org.au

Limitations 2 hour radius of Sydney

Organisation **Arthritis Tasmania**

Program Arthritis, Osteoporosis, Bone Health etc

Information Approx \$50 per session

Contact Details Jane Hope

03 6228 4824

info@arthritistasmania.org.au

Limitations At the moment limited to Hobart and environs



Organisation	Arthritis South Australia
Program Information	<ul style="list-style-type: none">• General arthritis awareness• Specific arthritis: Gout, Osteoarthritis, Rheumatoid arthritis , JI Arthritis etc• Adapting activities• 1 hour talks are donation if possible otherwise participant gold coin• 'Take charge of pain' courses• Take charge of Rheumatoid Arthritis• Take charge of Osteoarthritis• Take charge of Inflammatory Arthritis (Ankylosing Spondylitis & Psoriatic Arthritis)• \$40 for the course but free to members• Membership with Arthritis SA is \$40 or \$25 concession.
Contact Details	Health Services Team 08 8379 5711 info@arthritissa.org.au
Limitations	Not limited

Organisation	Asthma Australia
Name of Program(s)	Asthma Assist Asthma First Aid
Program Information	1800 Asthma Helpline and COACH asthma self-management support program – telephone based asthma education available free of charge - (GOVT funded) There are other training sessions available fee for service
Contact Details	Ring the Asthma Foundation's 1800 ASTHMA (1800 278 462) Helpline or visit www.asthmaaustralia.org.au
Limitations	Telephone based asthma education is available across Australia

Organisation	Black Dog Institute
Name of Program(s)	Breaking Down Depression and Building Resilience
Program Information	Free 30 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 Details	Olivia De Pomeroy – Delivery Network & Customer Service Officer community@blackdog.org.au 02 9382 9277
Limitations	We have presenters based in QLD, NSW, VIC, ACT, TAS, WA. Our ability to provide a presentation is subject to our volunteer presenters availability.



Organisation

Continence Foundation

Program	Education on bowel and bladder incontinence and continence issues
Information	
Contact Details	Victoria Victorian Continence Resource Centre 1300 220 871 info@continencevictoria.org.au NSW/ACT 02 8741 5699 nsw.hpo@continence.org.au South Australia & Northern Territory The South Australian Continence Resource Centre 08 8266 5260 lisa.lawton@sa.gov.au Queensland Rae Plush 07 3723 5012 QLD.HPO@continence.org.au Western Australia Sally Gilchrist 08 9228 7444 WA.HPO@continence.org.au
Limitations	Some - contact your local Continence Foundation representative above

Organisation

Council of the Ageing (COTA)

Program	Many subjects from staying independent at home to maximising the benefits of
Information	the internet safely. Call and see what is available
Contact Details	ACT Ingrid Pepper 02 6282 3777 communityed@cotaact.org.au Northern Territory 08 8941 1004 Queensland Dr Andrea Petriwskyj andrea.petriwskyj@cotaqld.org.au South Australia Desmond Ford cotasa@cotasa.org.au Tasmania 03 6231 3265 Keree Rose kereer@cotatas.org.au Annette Horsler annetteh@cotatas.org.au Western Australia Bob Ziegler 08 9472 0104 Victoria 1300 13 50 90 askcota@cotavic.org.au
Limitations	Contact your State COTA contact above



Organisation

Dementia Australia

Program Information	All topics relating to dementia Programs to NFP community groups usually delivered free. Other education type programs may cost and costs vary depending on State
Contact Details	National Dementia Helpline 1800 100 500 To register your interest in Healthy Brain Ageing and Dementia awareness talks and information stands for events.

Organisation

Department of Veteran Affairs (DVA)

Name of Program(s) Program Information	Men's Health Peer Education (MHPE) 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 MHPE Magazine <ul style="list-style-type: none">• Produced twice a year and available in hardcopy and online.
Contact Details	Refer to the DVA website for State/Territory contact information www.dva.gov.au/mhpe.htm

Organisation

Diabetes Australia (Victoria)

Name of Program(s) Program Information	<i>Life!</i> Program The Life! program is a free Victorian lifestyle modification program that helps you reduce your risk of type 2 diabetes, heart disease and stroke. Run by expert health professionals, the program is delivered as a group course or a telephone health coaching service. The Life! program provides free prevention sessions on how to live a more healthy and active life. The presentation can be held at the group's usual meeting place and will provide participants with ideas and tips on how to improve their health and wellbeing. All attendees have the opportunity to complete a simple health check questionnaire to determine their risk of developing type 2 diabetes. High risk, eligible attendees will have the chance to participate in a Life! group course or Telephone Health Coaching.
Contact Details	Hannah McLeod 03 8648 1812 hmcleod@diabetesvic.org.au OR life@diabetesvic.org.au https://www.lifeprogram.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

- Gastro Intestinal (GI) cancer awareness
- GI related health issues
- Health and diet for overall healthy lifestyle can be added

Contact Details 1300 666 769
info@gicancer.org.au

Limitations Robin Mitchell/ Nicky Lancaster (Sydney area)
CAP Members – across Australia (available with notice)

Organisation **Kidney Health Australia** (updated Feb 2018)

Program Information

- 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 Details info@kidney.org.au
Call 1800 454 363

Limitations Metropolitan areas as well as regional and remote areas upon request

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 Details NRS Helpdesk on 1800 555 660
or email helpdesk@relayservice.com.au

Limitations All Australian states and territories covered

Organisation **Prostate Cancer Foundation of Australia**

Name of Program(s) Ambassador Presentations (usually 20 mins - flexible)

Program Information

- Prostate Cancer awareness
- Prostate related health issues
- Health and diet for overall healthy lifestyle can be added

Contact Details Katie Dundas
1800 220 099
ambassadors@pcfa.org.au

Limitations 130 Ambassadors across Australia, residing in all states and territories



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Organisation

Stroke Foundation

Name of Program(s)	'Strokesafe' Education Program
Program Information	Information about Stroke No charge
Contact Details	Call 1300 194 196 OR email strokesafe@strokefoundation.com.au for the contact in your state
Limitations	156 voluntary ambassadors that are available in all Capital Cities and some regional areas