



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.

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	<ul style="list-style-type: none"> • Arthritis and it's management
Information	<ul style="list-style-type: none"> • 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@arthritis Tasmania.org.au
Limitations	At the moment limited to Hobart and environs

Organisation	Arthritis South Australia
Program	<ul style="list-style-type: none"> • General arthritis awareness
Information	<ul style="list-style-type: none"> • 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@arthritis SA.org.au
Limitations	Not limited

Asthma Australia

Name of Program(s)	Asthma Assist
Program Information	Asthma First Aid 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

Beat Bladder Cancer Australia

Name of Program	Blood in your pee? See your GP - Bladder Cancer Education and Support
Program Information	<ul style="list-style-type: none"> Website – videos & booklets providing information on Symptoms, Diagnosis, Treatment, Support, Health & Wellbeing, Life after Treatment Support Services – medical, practical & emotional support services for patients, carers & families Speakers for Men's Shed meetings & conferences (for reimbursement of travel expenses)
Contact Details	info@beatbladdercanceraustralia.org.au www.beatbladdercanceraustralia.org.au
Limitations	Our on-line information & support services are available across Australia. Our face-face interactions are currently limited to Sydney and environs and Tasmania.

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 availability of our volunteer presenters.

Continence Foundation

Program Information	Education on bowel and bladder incontinence and continence issues
Contact Details	<p>Victoria Victorian Continence Resource Centre 1300 220 871 info@continencevictoria.org.au</p> <p>NSW/ACT 02 8741 5699 nsw.hpo@continence.org.au</p> <p>South Australia & Northern Territory The South Australian Continence Resource Centre 08 8266 5260 lisa.lawton@sa.gov.au</p> <p>Queensland Rae Plush 07 3723 5012 QLD.HPO@continence.org.au</p>

Western Australia

Sally Gilchrist

08 9228 7444 | WA.HPO@continence.org.au

Limitations

Some - contact your local Continence Foundation representative above

Council of the Ageing (COTA)

Program Many subjects from staying independent at home to maximising the benefits of the internet safely. Call and see what is available

Information

Contact Details

ACT

Ingrid Pepper

02 62823777 | 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

Dementia Australia

Program All topics relating to **dementia**

Information

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.

Department of Veteran Affairs (DVA)

Name of Program(s) Men's Health Peer Education (MHPE)

Program

Information

Health Promotion topics:

- Choose Health Be Active
- Eat Well Eat Smart
- Social Participation
- Getting a Good Night's Sleep

Illness Prevention topics:

- Cancer and it's prevention

Health Management topics:

- Living with chronic disease or chronic pain
- Mental Health and mental illness
- Alcohol and other drugs

- Talking with your doctor
- MHPE Magazine**-Produced twice a year and available in hardcopy and online.

Diabetes Australia (Qld)

Name of Program(s)	<i>Life! Program</i>
Program Information	<p><i>My health for life</i> program is a free behaviour change program that helps you improve your health and reduce the risk of type 2 diabetes, heart disease and stroke. <i>My health for life</i> is delivered by health professionals either as a group program or a telephone health coaching service. It is funded under Health and Wellbeing Queensland and has now seen over 9,000 people in Qld complete the program and improve their health.</p> <p>The program provides you with 6 sessions of health coaching support over 6 months. We have recently run 'men only' groups and the feedback has been extremely positive. We can work in partnership with a local Men's Shed to run with your members or tap people into a local group. All attendees have the opportunity to complete a simple health check to determine their suitability for the program. If interested we can link you with a local <i>My health for life</i> Provider in your community to find out more.</p>
Contact Details	<p>Margaret Hegarty Intervention lead</p> <p>07 35060953 margareth@diabetesqld.org.au or info@myhealthforlife.com.au</p>
Limitations	Qld only NB – for other states please contact Diabetes Aust in your state

Diabetes Australia (Victoria)

Name of Program(s)	<i>Life! Program</i>
Program Information	<p>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.</p>
Contact Details	<p>Hannah McLeod</p> <p>03 8648 1812 hmcLeod@diabetesvic.org.au OR life@diabetesvic.org.au</p> <p>https://www.lifeprogram.org.au/</p>
Limitations	Victoria only NB – for other states please contact Diabetes Aust in your state

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 Details	<p>1300 666 769</p> <p>info@gicancer.org.au</p>
Limitations	<p>Robin Mitchell/ Nicky Lancaster (Sydney area)</p> <p>CAP Members – across Australia (available with notice)</p>

Healthy Male formerly Andrology Australia

Organisation	Healthy Male
Program	Men's reproductive health
Information	
Contact Details	1300 303 878 info@healthymale.org.au www.healthymale.org.au

Kidney Health Australia^(updated Feb 2018)

Program	<ul style="list-style-type: none">• General Kidney health information
Information	<ul style="list-style-type: none">• 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

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

Prostate Cancer Foundation of Australia

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 Details	Katie Dundas 1800 220 099 ambassadors@pcfa.org.au
Limitations	130 Ambassadors across Australia, residing in all states and territories

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