



The Maitland
Community Men's Shed

Shed News

September 2026

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First Published
July 2016
Issue 123

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The Maitland
Community Men's
Shed welcomes new
members!

INSIDE THIS EDITION

Shed Report	1
Inside Our Shed	2
Tech Talk	11
Picture Gallery	12
Community Noticeboard	13
Men's Health	15

Chairman's AGM Report

Looking back over the past year, it is clear that our Shed has been a very busy place. It has been a busy, productive and rewarding year, with members involved in an impressive variety of projects, activities and community initiatives.

Our project teams have certainly kept the tools moving. Mud kitchens, tables, chairs, street libraries, picnic tables and benches have been made and delivered to Early Learning Centres and educational facilities. Members have also produced dog beds from recycled pallet timber, bread and cheese boards, side tables and many other handcrafted items. The CNC machine has also been kept busy, producing an impressive range of quality work.

The Shed is about much more than woodworking, however. Our gardens and grounds team have transformed the outdoor areas, while the IT section has upgraded and tidied its workspace. The King Clock team has continued its restoration work, and our regular euchre games and the two annual tournaments held in memory of John O'Keefe and Gary "Holy Moly" Grant, have provided plenty of friendship and enjoyment. Community involvement has remained a strong feature of the year. The project team refurbished the playground equipment previously built for our local Aspect School and

also constructed a new mud kitchen. Work was carried out on outdoor furniture for Caries Place, including specially designed picnic tables, benches and another mud kitchen.

There has also been plenty happening behind the scenes to improve our Shed. Planning sessions have resulted in better storage, reorganised work areas and significant progress in the painting room, paint storage, joinery workshop, CNC soundproofing and front office. The long-awaited garage project was finally completed.

Safety and the wellbeing of members remain important priorities. The Shed now has a new defibrillator in the main office, with the existing unit relocated upstairs so both levels are covered. Members have also enjoyed informative presentations on topics including road rules for seniors, strokes, wills, powers of attorney and enduring guardianship.

While we have farewelled some members and seen others and their families face difficult times, the support shown by members has demonstrated the genuine spirit of our Shed. That spirit continues to be one of the greatest achievements of our Shed.

The Men's Shed is about health, wellbeing, friendship and supporting one another. It is a place where men can work together, share stories, have a laugh and, above all, belong.



CLEMENTS
AIRCONDITIONING
REFRIGERATION
ELECTRICAL



Inside Our Shed - Annual General Meeting Report

Writer: John Williams - Men's Shed Reporter

The Maitland Men's Shed Inc. Annual General Meeting was held at the shed on Monday 20 August, opened by Chairman Charlie Sanders at 10.32am. Members observed a minute's silence for Maurie Price, who had sadly passed away since our last AGM and apologies were received from three members unable to attend. The minutes of the previous AGM were accepted, with no matters arising and no significant correspondence.

Chairman's Report

Charlie tabled his Annual Report, noting major developments and key projects completed over the past year. He thanked members for their ongoing commitment to the shed and to the renewal agenda, emphasising improvements in safety and efficiency.

"He thanked all members for their contributions and commitment to the shed..."

Treasurer's Report

The Treasurer's Report was tabled and unanimously accepted. While the shed's financial position remains sound, the treasurer noted a slow decline in project income over the past year. Special thanks were extended to the Treasurer for his meticulous records and to John Paul, the Resident Auditor, for confirming the shed's financial position.

"He noted a slow decline in income from projects over the previous year."

Scrutineer's Report & Board Elections

Scrutineer John Peters reported that all board positions were filled by formal nominations, meaning no election was required. The new board for 2026-2027 (until the next AGM in 2028) is:

- Chairman: Charlie Sanders
- Vice Chairman: Steve O'Brien
- Secretary: Marcus Humby
- Treasurer: Brian Coggan
- Directors: Ray Broadbent, John Rissler, Ken Smith, Andre Van De Velde and John Williams

Charlie thanked John Peters for his work as Returning Officer and acknowledged Jeff Dunn for his long service as Secretary, noting Jeff's health contributed to his decision not to renominate.

Other Appointments & Honours

- Public Officer: Steve O'Brien (reappointed unanimously)
- Life Membership: Awarded to Ken Smith

Meeting Close

With no matters raised without notice, the meeting closed at 10.45am.



Inside Our Shed - Thank You Jeff, For Your Service.

Writer: John Williams - Men's Shed Reporter

After many years of turning up, pitching in, plugging the gaps and keeping a watchful eye on the goings on at the Shed, Jeff Dunn has decided not to renominate for his position this year.

As one of our longstanding regulars, he has been part of the Shed's story through countless projects, discussions, and spirited debates. His enthusiasm for every corner of Shed life, large or small, has meant he's always had a view, an idea, or a suggestion ready to offer. That contribution alone has shaped many conversations, prompted many opinions and kept us on our toes.

Jeff will be instrumental in assisting with the smooth transition to a front office without Jeff's presence. Jeff has had a

wide-ranging brief as secretary and he is now preparing to formally handover his responsibilities and corporate knowledge to our newly elected Secretary, Marcus Humby.

While Jeff won't be continuing in a formal role, Jeff remains a part of our community. His loyalty to the Shed and his willingness to be involved have never been in doubt, and we acknowledge the time, effort, and commitment he has contributed over the years.

We thank him sincerely for his service and look forward to seeing him around the Shed, sharing stories, offering thoughts, and continuing to be part of the group of Shedders that makes this place what it is.



September Birthdays

Bob Comber, Peter Cridland, Darryl Green, Jai Jones, John Pearson, Peter Read and Ian Wroe

Inside Our Shed - The House That Jack Built... and the Paint Shop That We Built

Writer: John Williams - Men's Shed Reporter

Many of us remember the old nursery rhyme The House That Jack Built - that wonderfully chaotic, cumulative tale used to teach kids sequencing, memory, and language.

“This is the malt that lay in the house that Jack built...” “This is the rat that ate the malt...” “This is the cat...”

And so it went, piling characters on top of one another until even the adults were confused. I still recall my poor mum's embarrassment in 1956 when I asked her why the priest all shaven and shorn had married the man all tattered and torn to the maiden all forlorn who milked the cow with the crumpled horn. Far too many unanswered questions for a four-year-old.

I mention it now because our paint shop project has unfolded in much the same cumulative fashion with one job leading to another, each depending on the last, and all of it building toward something surprisingly impressive.

Over recent months, the earth floored outdoor paint shop has undergone a complete transformation. It began with Charlie's suggestion to repurpose the lean

to near the shipping container into a proper paint shop with power and compressed air. Ken and Graham ran extra air hose so the site could be connected to the workshop compressor. Wayne proposed roofing the gap between the mower container and the lean to expand the usable floor space.

Meanwhile, Ray and Andre tackled the distant paint store clearing out old tins, sorting shelves by paint type, consolidating leftovers for responsible disposal at the recycling depot.

Then came a generous helping hand: Hilton Grugeon, donated the concrete and sent a team of concreters to lay a proper floor. With that done, the mowers and powered garden tools moved into the old paint store, and the paint supplies shifted next door to their new home. The brown shelves from the main workshop were relocated, and the old “just in case” benches now serve as sturdy workbenches in the paint shop.

Ray and Andre have barely paused for breath, building the roof extension, moving stock, and framing up the front of the lean to so it can be closed and secured.

Continued Next Page



Inside Our Shed - Continued

The final piece of the puzzle was getting power to the site. This required a trench for conduit and cable and nothing attracts shedders quite like a bit of excavation. Mick operated the Ditch Witch, digging from both ends while an enthusiastic audience offered opinions, commentary, and encouragement. Some doubted the two ends would meet; others noted the trench was “a bit wobbly.”

But meet they did perfectly and the gentle bends matched the conduit like it had been planned that way. As Ken put it, “Anyone can dig a straight trench, but a trench with a gentle curve is a thing of beauty and a work of art.”

With the trench complete, electrician Andrew laid the cable and installed lights, fans, and power points.

All that remains is to build the front door which will hopefully be done this week. Unlike the nursery rhyme, we didn't need rats, cats, dogs, cows, maids, priests, or farmers, but we certainly had our fair share of tattered and torn men helping along the way.

A heartfelt thank you to everyone who contributed ideas, muscle, humour, and

encouragement throughout this project. Like the house that Jack built, every piece depended on the one before it - and together, we've created something genuinely useful for the Shed.



ClubGrants Making a Difference

Community organisations like the Maitland Community Men's Shed rely heavily on the generosity and support of local groups to continue providing a welcoming, productive, and inclusive environment for our members. One of the most important sources of this support comes through the NSW ClubGrants scheme, and we are incredibly grateful for the ongoing assistance provided by the East Maitland Bowling Club.

ClubGrants is a community funding initiative established by registered clubs across New South Wales. Through this program, a portion of club revenue is directed back into the local community to support a wide range of not-for-profit organisations, charities, and projects. The scheme focuses on funding initiatives that improve the wellbeing of the community, with particular emphasis on welfare, social inclusion, health, and community development.

For organisations like ours, ClubGrants

plays a vital role. It enables us to maintain and improve our facilities, invest in essential equipment, and continue offering meaningful activities that support the wellbeing of our members. The benefits extend well beyond our Shed. Programs funded through ClubGrants contribute to stronger, more connected communities, supporting groups such as schools, sporting clubs, disability services, youth programs, and aged care initiatives throughout the Maitland region.

This year, we were fortunate to again receive support through the ClubGrants scheme, thanks to the East Maitland Bowling Club. The grant has allowed us to purchase a new printer for our office after our previous donated unit reached the end of its life. While it may seem like a small addition, this equipment is essential to the day-to-day running of our Shed, helping us manage communications, maintain records, produce project plans, and support our members in a variety of practical ways.

We would like to sincerely thank the East Maitland Bowling Club for their continued commitment to supporting local community organisations. Their contribution helps ensure that the Maitland Community Men's Shed can continue to provide a safe, welcoming space where members can connect, share skills, and support one another.

Community partnerships like this are the backbone of organisations such as ours, and we are proud to be part of a network that values giving back and strengthening the community for everyone.



**Remember, This Is Your Shed - Be Proud Of
It And Contribute Where You Can!**



Inside Our Shed - Jim's Helping Hands in the Community

Writer: Steve O'Brien - Shed News Editor

Our very talented workshop member, Jim Lennon, has been at it again, completing a couple of wonderful projects for people in our local community.

Jim was recently approached by an elderly lady living near the Shed who needed some assistance with the steps at the back of her home. She was finding it increasingly difficult to navigate the steps safely without something to steady herself on, particularly as a nearby Frangipani plant continually drops flowers and leaves onto the steps, making them quite slippery.

Jim was more than happy to help and set about making and installing a sturdy handrail to provide her with the support and confidence she needed.

When Jim arrived to install the handrail, he initially had trouble getting the lady who was a little deaf, to answer the front door. It soon became apparent that her doorbell wasn't working. She asked Jim if he could replace it for her and, in true Jim fashion, his response was, "Yes, no problems."

A quick trip to Bunnings resulted in a new cordless doorbell with two bells, which Jim then installed for her. One job had turned into two!

Jim also received another request, this time to make a toy box for a one-year-old



little girl to store all her treasures. Once again, this was no problem for Jim.

Using old pallet timber, Jim ran the boards through the thicknesser to dress them up and give them a fresh new appearance.

The finished timber looked so good you would never know it had once been part of a pallet. Jim's craftsmanship really shone through, with every mitred joint cut and fitted perfectly.

Once assembled, he gave the toy box a coat of sealant, completing a piece that any child would be proud to own.

Two more projects completed by a true craftsman who is always willing to lend his skills to help members of our community. Well done, Jim. Your willingness to help others and the quality of your workmanship are a real credit to you and to our Shed.



Inside Our Shed - From Scrap Timber to a Beautiful Box

Writer: Steve O'Brien - Shed News Editor

It's always great to see the creativity and skill of our Shed members put to good use and this project is a perfect example.

One of our members recently rescued some pieces of scrap timber that were destined for the bin. Not wanting to see good timber go to waste, he put his woodworking skills to work and transformed the offcuts into a beautifully crafted box.

What makes this box particularly impressive is that there isn't a nail, screw or drop of glue holding it together.

Instead, the box has been constructed using traditional woodworking joinery, with carefully cut interlocking joints that provide strength through precision and friction.

Even more impressive, the joints weren't cut using a specialised machine. Our member used a router fitted with a spiral bit to create the joints. The result is an extremely strong and secure box and you would never guess that it isn't nailed or screwed together.

This is a great example of what can be achieved when skill, patience and a little imagination are combined. Rather than seeing scrap timber as something to throw away, our member saw an opportunity to create something useful and attractive.

His next goal is to turn more of these discarded timber pieces into jewellery boxes and other small projects, helping to reduce the amount of usable timber that ends up in the bin.



Just a Little Joke

A distraught senior citizen phoned his doctor's office.

"Is it true," he wanted to know, "that the medication you prescribed has to be taken for the rest of my life?"

"Yes, I'm afraid so," the doctor told him. There was a moment of silence before the elderly guy replied, "I'm wondering, then, just how serious is my condition because this prescription is marked - 'NO REPEATS.'"



Shed Member Profile - Ray Broadbent

Writer: John Williams - Men's Shed Reporter

Member profiles used to be a regular feature in our newsletter. Profiles have always been voluntary, and some members understandably feel a little shy about seeing their story in print. For newer members especially, sharing a profile can be an act of trust and a way of building confidence.

Let's be honest, very few of us want to be the centre of attention. But these profiles help us understand each other better and strengthen the sense of community that makes our Shed what it is.

A recent look through our profile folder revealed that one member had quietly slipped through the cracks: Ray Broadbent. This month, we put that right.

Ray has been a member of the Shed for nearly four years and is undoubtedly one of our busiest contributors. Born in Murwillumbah in the Tweed Valley, Ray grew up in a region rich in Bundjalung culture - the town's name means "home of many possums". Fittingly, his primary school sports house was Possum House. Murwillumbah is also known as the birthplace of Doug Anthony (Gough Whitlam's "friend"), home to a Hare Krishna Ashram, and today is a thriving North Coast centre supported by sugar cane and tourism.

Ray attended Tweed South Public School and Tweed River High School before leaving in 1973. His first "holiday job" was as a builder's labourer, and soon after he began teacher training at Northern Rivers College. His early teaching career took him from Mt Druitt to Newtown and Inner Sydney, before he finally arrived at Tregear Public School (one of the largest primary schools in the Southern Hemisphere - in 1977).

I had been working at Tregear since 1973 when Ray arrived. Back then he was known as "Sugar Ray" (everyone seemed to have a



nickname). As a young teacher, Ray struck the perfect balance of humour, authority and childlike enthusiasm, making him a popular and influential figure among his students. I left Tregear in 1979 and lost touch with him until 44 years later, when I joined our Shed and recognised a familiar face across the room. Since then, we've enjoyed revisiting some of our old "war stories".

Ray spent 20 years with the Department of Education before leaving when a compassionate transfer to the North Coast was denied following his wife's promotion. His working life has also included driving a Norco delivery truck and fruit picking during college holidays, sandblasting, educating with Life Education, and later co-owning a shutter and blind company. He has two adult children and retired from full-time work in 2019.

Ray says he "likes to be busy and enjoys making stuff" and anyone who has spent time in the Shed knows this is no exaggeration. He has produced industrial quantities of dog beds from recycled pallets, refurbished the toilets, reorganised the paint stocks, and led the redevelopment of the new paint room. Ray always aims to fit in, help others, and contribute meaningfully. As an active member and Board Member, he has fulfilled those aims with dedication and good humour.

Over many editions of our newsletter, we've celebrated the thriving Euchre group that occupies the quiet room whenever the urge strikes. Membership may ebb and flow, but the core crew reliably organises the annual competitions honouring two legendary Euchre tragics: John O'Keefe and Gary Grant.

This month saw the participant lists drawn, teams assembled, and the quiet room transformed into the centre of Shed strategy, triumph, and colourful Anglo-Saxon commentary. On Monday 17 August, the day of the Annual Euchre Challenge arrived, with a 9.00 am start.

This year I made the leap from envious onlooker to nervous starter. I hadn't played Euchre since 1971 or 1972 - so long ago the details have dissolved into the mist.

Charlie acted as MC, announcing the teams and the draw, and play began more or less on time. The rest of the morning passed in a blur; I had to concentrate so hard. I distinctly remember that we had a great time. In fact, I was so distracted by the game that I've had to base this month's report on comments from a reliable source not authorised to speak publicly.

Memorable Moments

- After a break, one player (name withheld for privacy) didn't return for the restart. A muffled voice and knocking soon came from the toilet door - it had jammed. This was met with calls of "Come in!" One wag suggested he must have had a crap hand. Another broke into You gotta know when to hold 'em, Know when to fold 'em... Someone even offered to pass the next hand under the door. Eventually his partner opened the door from the outside and play resumed.

- Ken bravely announcing to all that he had been euchred.
- One team whispered their scores so quietly after each round that no one could hear them, until they realised they might be the first at the other end of the list. They had 6 points after 7 rounds.

Charlie did a terrific job as scorekeeper, despite the high level of distractibility shown by many during score collection. Meanwhile, Graham and Jeff toiled at the barbecue and produced a top-notch sausage sizzle.

It was a morning of laughter, a welcome break from deadlines and tasks, and a chance to practise the special Shed dialect used to describe the opposition's ancestry and the quality of our own card hands.

Results

Everyone was a winner... however, the official tournament placings were:

- 1st: Ray Broadbent & Juri Bowa
- 2nd: Tom Norton & Andre Van Der Velde
- 3rd: Zac Shorter & Ken Smith

See you all at the next tournament.



Many of our members are finding that the digital world is changing quickly and not always in ways that feel comfortable or easy to keep up with. From online security concerns to the move toward cashless services, it's understandable that some of these changes can feel challenging. The good news is that with a bit of knowledge and support, you can stay safe and make the most of today's technology.

Security and Scams - What to Watch For

A large number of older Australians are concerned about keeping their personal information safe online and for good reason. Scams are becoming more common and more convincing, especially with new technology being used to create very realistic emails, messages, and even voice or video impersonations.

Some of our members may have already experienced suspicious emails or text messages, and unfortunately, some have been caught out. These scams often look genuine, so it's important to take a moment before clicking links, sharing information, or responding.

Helpful tips:

- Be cautious of unexpected messages asking for personal details or money
- Check the sender carefully - scammers often mimic trusted organisations
- When in doubt, don't click - contact the organisation directly instead
- Ask someone you trust if you're unsure

Building Confidence with Technology

Not everyone has had the same opportunity to learn about digital devices, and that's perfectly okay. Many older Australians feel unsure about using the internet safely, and that lack of confidence can make everyday tasks feel more difficult than they need to be. For some members, navigating apps and websites can be challenging.

What can help:

- Take things step by step - there's no need to rush
- Attend Tech Talk sessions to build your skills in a relaxed setting
- Practice regularly—confidence grows with use

Living with a Cashless and Digital World

We're also seeing more services move away from face-to-face support and cash payments. Banks, government services, and businesses are increasingly using online systems and automated processes. While this can be convenient for some, it can also make things harder for those who prefer personal service.

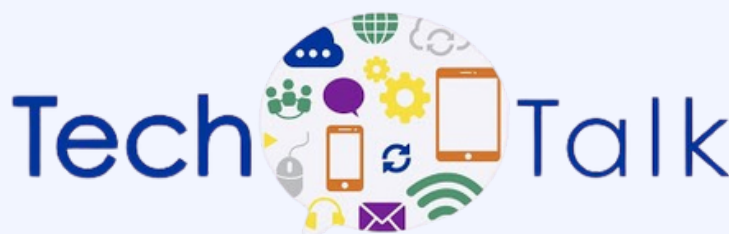
In regional areas, internet access can also be unreliable, adding another layer of frustration when trying to use online services like banking or telehealth.

Practical suggestions:

- Keep some cash on hand where possible for flexibility
- Learn how to use basic online banking safely
- Plan ahead for appointments or services that require internet access
- Let service providers know when you need extra assistance

We're Here to Help

You're not alone in facing these challenges. At the Shed, we're here to support one another. Our Tech Talk sessions are designed to be friendly, practical, and easy to follow where no question is too small. By learning together and sharing experiences, we can all become more confident and stay safer in today's digital world.



Last Months Picture Gallery



September Community Noticeboard

Toranafest 2026 - A Weekend of Classic Cars and Community Spirit

Car lovers, history buffs, and anyone who appreciates a great day out should mark their calendars for Toranafest 2026, taking place on the weekend of 19–20 September 2026 at Maitland Park in Maitland.

Hosted by the Hunter Valley Torana Club, Toranafest has grown into one of Australia's most iconic gatherings of Holden Torana's. This year's event is particularly special, celebrating 50 years since the famous 1976 Bathurst race, where Torana's dominated the field with a remarkable top seven finish.

The weekend promises something for everyone. Saturday traditionally features a cruise for registered entrants, offering participants the chance to get their cars out on the road together and enjoy the camaraderie that makes this event so popular.

Sunday is the main attraction, with the Show 'n' Shine at Maitland Park open to the public. Visitors can wander among rows of beautifully presented Torana's original, restored, and modified, each with its own story and character.

Beyond the cars, Toranafest is very much a community event. There will be food stalls,

trade displays, and plenty of opportunities to meet fellow enthusiasts and swap stories. The event also supports worthy causes, including Ronald McDonald House Newcastle and local animal rescue groups, highlighting the generous spirit behind the gathering.

Previous Toranafests have drawn hundreds of vehicles from across Australia, creating an impressive display of automotive history and craftsmanship. Whether you're a lifelong Holden fan or simply enjoy a relaxed day out surrounded by classic cars, Toranafest offers a welcoming and family-friendly atmosphere.

For Shed members, this could be a great opportunity to organise a group visit, share a day together, and perhaps even draw some inspiration for projects back in the workshop. Events like this remind us how much enjoyment can come from working with our hands, preserving history, and connecting with others who share similar passions.

So, if you're free that weekend, consider heading over to Maitland. You might just find yourself inspired by the shine of chrome, the rumble of engines, and the stories behind these much-loved Australian classics.



Free Art Sundays at Maitland Regional Art Gallery

For those looking to enjoy a relaxed, creative outing in the Hunter region, the Free Art Sundays held at Maitland Regional Art Gallery (MRAG) offer a wonderful opportunity for people of all ages and abilities to explore their artistic side.

Held regularly, these sessions are designed to be welcoming, inclusive, and best of all it's completely free. Whether you are an experienced artist or someone who hasn't picked up a paintbrush in years, Free Art Sundays provide a friendly environment to simply have a go. The sessions often run alongside current exhibitions, giving participants inspiration from the gallery's diverse collection before creating their own works.

A typical session might include guided activities such as drawing, painting, collage, or simple craft projects. Materials are supplied, and gallery staff or volunteers are on hand to offer gentle guidance and encouragement. There is no pressure to produce a masterpiece, just an invitation to enjoy the process of making something with your hands.

What makes these Sundays particularly special is the strong sense of community they foster. Families, friends, and individuals come together in a shared space where conversation flows easily and creativity becomes a common language. It's not unusual to see grandparents working alongside grandchildren, or first-time visitors chatting with regular attendees while comparing their creations.

For members of our Shed, Free Art

Sundays can be a great outing. They provide a chance to:

- Try something different in a supportive setting
- Do something with the grandkids
- Socialise with others in the broader community
- Enjoy a relaxed day out without any cost

The gallery itself is well worth a visit, with a wide range of exhibitions showcasing local, national, and international artists. Combining a visit to the exhibitions with a hands-on art session makes for a fulfilling and enjoyable experience.

If you're looking for a simple, enjoyable way to spend a Sunday, why not consider a trip to MRAG? You might discover a hidden talent, or at the very least, enjoy a good chat and a creative afternoon.

For more information, session times, and upcoming exhibitions, keep an eye on the gallery's website or give them a call on 49349859 or drop them an email, artgallery@maitland.nsw.gov.au before planning your visit.

When: September 6 from 10am - 12:00pm



As we age, keeping our physical health in top gear is just as important as maintaining any machine in the shed. Our immune systems naturally lose a bit of their fighting power over time, making us more vulnerable to severe bugs.

Fortunately, the Australian Government's **National Immunisation Program (NIP)** fully funds several essential vaccines for older Australians. This means you can stay protected without spending a cent. Here is a breakdown of what you are eligible for and why it matters.

Annual Influenza (The Flu Shot)

- Who gets it free: All Australians aged 65 and older, and all Aboriginal and Torres Strait Islander adults.
- The Schedule: Every year before winter sets in.

Why it matters: The flu is a severe respiratory disease that can cause major cardiac and respiratory complications in older adults. Seniors receive an "enhanced" high-dose vaccine designed specifically to trigger a stronger immune response than standard seasonal flu shots.

Respiratory Syncytial Virus (RSV)

- Who gets it free: All Australians aged 75 and older, and Aboriginal and Torres Strait Islander people aged 60 and older.
- The Schedule: Available as a single dose.
- Why it matters: Previously costing nearly \$300 privately, this highly contagious respiratory virus is now a funded public health priority. It provides robust, multi-winter protection against severe lung infections, especially critical for blokes planning grey nomad travels, cruises, or spending time in crowded spaces.

Shingles (Herpes Zoster)

- Who gets it free: All adults aged 65 and older, and Aboriginal and Torres Strait Islander people aged 50 and older.
- The Schedule: A two-dose course of the highly effective Shingrix vaccine.
- Why it matters: Shingles is a reactivation of the chickenpox virus that causes a painful, blistering rash. For seniors, it can result in debilitating, long-lasting nerve pain that lasts for months or even years.

Pneumococcal Disease

- Who gets it free: Non-Indigenous adults aged 70 and older, and Aboriginal and Torres Strait Islander adults aged 50 and older.
- The Schedule: A single dose of the Prevenar 13 vaccine (unless you have specific underlying medical conditions requiring extra doses).
- Why it matters: This safeguards against severe bacterial infections that cause pneumonia, blood poisoning (sepsis), and meningitis.

How to Roll Up Your Sleeve

Getting these shots is straightforward. You can access your free NIP vaccines through your local General Practitioner (GP), most participating community pharmacies or local health clinics.

While the vaccine itself is 100% free under the government program, keep in mind that your GP clinic may charge a standard consultation fee to see the doctor. Many pharmacies can administer these directly, sometimes charging a minor internal administration fee, so it is worth asking ahead.

Next time you are chatting at the Shed, ask your mates if they are up to date. Book an appointment with your doctor or pharmacist to keep your health running smoothly.