

Jim's Story

Non Melanoma Skin Cancer

Tamworth Omni Recreational Men's Shed

The Sun in Coonamble helped the small plants to grow
The family worked the soil under its bright hot glow
Just 5, I did deliveries with dirt in my boot
No hat was ever needed, we didn't have the loot

The horse and cart it took us to
People's homes and shops
We delivered almost everything
And the sun it never stopped

I'd see it softly sinking
Into the western sky
But no hat was ever called upon
To shade my tired eye

Age 11, sent to Manly, a sugar bag for my clothes
The Royal Far West network said a change would help us grow
They had the best intentions but little did they know
The change alive inside of me, it's not just me that grows

The rays beat down each sunny day
As we enjoyed the beach
No hat had I to stop the burn
The tanning oil out of reach

At 13, adventure, what every boy could want
We had it in abundance, with mates and our dogs we'd hunt
Wild pigs, their suckers worth it to fight the heat and sun
We didn't let a little burn affect our loads of fun

The boars were the ones to watch, they'd cut you if they could
So up the tree we'd go, with splintered bits of wood
Now safe from down below, I made a little sigh
No hat to protect me then, the thought now makes me cry

1942, my first real job had I
For a friend I'd make deliveries from morn till dark the sky
I took the same work ethic, my life had taught me well
No hat was ever needed, as far as I could tell

In 1957 a change of heart had I
I became a life insurance consultant
The country folk were my customers, I'd help them if I could
I didn't feel the UV radiate right through my very hood

I played some local cricket and tennis when I could,
The rays of vitamin D I knew would do me good
That was some great achievement, if felt so right to me
But no hat for my protection, that wasn't good for me.

Now, many years and surgeries
Long down a weary track
My skin has been peeled right back you know
My looks I'll not get them back, a blow

At 94, I think I should've worn a hat
It's no good me looking back like that
So I need to share the word
Protect your skin however you can — or pretend you never heard.



How much difference does social distancing and wearing a mask make? **Good question.**

The main benefit of wearing a mask is to protect others. If the person wearing the mask is unknowingly infected, wearing a mask will reduce the chances of them passing the virus on to others.

Some states and territories have issued directions about wearing face masks in public and other specific settings. This is based on the local situation. It is important that you keep up to date with recommendations and directions that apply [nationally](#), and in your [state or territory](#), and ensure that these are followed at your workplace.

safeworkaustralia.gov.au/covid-19-information-workplaces/industry-information/office/masks



Have you, or someone close to you, recently been diagnosed with **Bladder Cancer**? Support is not far away.

Would you like to connect with other bladder cancer patients/carers?

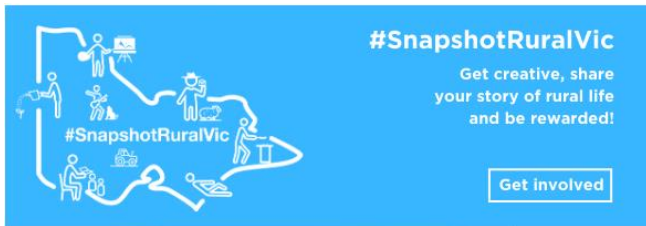
The Bladder Cancer Support Group is a safe space, where both men and women diagnosed with bladder cancer and their carers/families can come together regularly to share their feelings and experiences in a supportive environment.

Each month features an expert who will provide their professional insights in a facilitated, interactive group discussion.

Last Tuesday of every month | 7.30pm - 9pm AEST (via Zoom).

Register: www.beatbladdercanceraustralia.org.au/support-groups

Email: support@beatbladdercanceraustralia.org.au



Reduce the risk of accidental **Poisoning**

Poisoning can occur when a person ingests, inhales or has skin contact with household, agricultural and industrial chemicals or gas. Not only are Shedders, farmers and agricultural workers at risk but also children or children visiting Sheds and farms. Poisoning to stock, (sheep, cattle) and domestic pets, can also occur when exposed to waste such as broken

vehicle batteries, chemical containers, snail and other vermin baits and general rubbish.

Reduce the risk of accidental poisoning by:

- Reading the instructions carefully on how to store, apply and the safety precautions required before using chemicals
- Keep and maintain an up to date written register of chemical and hazardous substances on the farm and in the Shed.
- Wear appropriate Australian Standard levels of personal protective equipment when using chemicals and make sure areas are well ventilated
- Lock all chemicals and used chemical containers in appropriate storage facilities and out of reach of children, stock and pets
- Dispose of waste such as vehicle/truck batteries, or sump oils at appropriate refuse and recycling station
- Dispose of agricultural containers through [Drum muster centres](#)
- Used chemical or expired chemicals can go through [Chem Clear](#) or phone **1800 008 182**
- **Also remember to keep medications in a safe place.**

If you think someone has been poisoned, or has an unexplained illness, do not wait for further symptoms to develop.

Ring the National Poisons Information Centre on 13 11 26 immediately.

This is a 24 hour, 7 days a week service.

Do not try to make the person vomit, it may cause more injuries. Always call triple zero (000) in an emergency and have your address and location ready.

Article from the National Centre for Farm Health

For more information farmerhealth.org.au/page/health-centre/poisoning





Improve walkability. Improve your heart health.

It is well documented that exercising for 150 minutes per week has many health benefits for Men and is linked to significant reduced risk of heart disease and other chronic diseases, as well as reduced risk of cognitive impairment, contributes to improved sexual performance, aids weight loss, and lowers the chance of prostate cancer.

For most men, walking is an easy way to start and maintain an active lifestyle. It is free, has low risk of injury, can be done practically anywhere and doesn't require special skills, instruction or equipment - but walking does require an environment that supports walking!

To help improve walkability and make more communities across Australia healthier and happier the Heart Foundation have released an improved [Community Walkability Checklist](#) to help Australians audit walkability in their community. Walkability describes factors within the environment that make it convenient, comfortable and safe to walk;

research shows:

- People living in walkable neighbourhoods are on average 3kg lighter than those in non-walkable neighbourhoods.
- People who live in suburbs where 95% of homes are within 400m of a public open space are over three times more likely to do moderate-to-vigorous physical activity than those who do not have access.

Every bit of walking counts and is a step away from heart disease. Something men shouldn't ignore as heart disease was the leading cause of death for Australian males in 2019. So guys put your shoes on, download a copy of the [Community](#)

[Walkability Checklist](#) and rate your walking route today to identify what improvements are needed to support you and your community to walk their way to better health.

Return a completed checklist to the Heart Foundation before 30 November 2020 to go into the draw to win one of ten \$100 Visa gift cards. Full terms and conditions at walking.heartfoundation.org.au/cwc.



Health events this **September**

1 Sep to 30 Sep International Prostate Cancer Awareness Month

prostate.org.au/get-checked

10 Sep World Suicide Prevention Day lifeline.org.au/

10 Sep RU OK Day RUOK.ORG.AU

12 Sep World First Aid Day St John Ambulance Australia

21 Sep to 25 Sep Headache and Migraine week Headache & Migraine Australia

29 Sep World Heart Day Heart Foundation

