

Handy tools to help you Stay Connected with your Shed Mates

[Australian Mens Shed Association](#) 30 March 2020



During physical isolation, staying socially connected is vitally important. ***But the Shed is closed! So now what?***

Don't let physical isolation lead to social isolation. We're lucky to live in a world with the technology to help us maintain social connectedness.

Men's Sheds have always had a justifiable reputation for providing a meeting place, companionship and engaging men, particularly those who are socially isolated. But, due to COVID 19, we are now being directed to socially isolate.

Men's Sheds across Australia have closed and now is the time to be extremely diligent in ensuring that our

shedders remain connected and that we look after each other.

Please remember that some shedders live alone and will need support. Others may not have transport and will rely on others to assist in maintaining household supplies or maybe vital appointments.

- Keep communicating
- Stay connected
- Look out for each other

The AMSA Shed Online

Well, you're here – so you know what it's all about!

Email

Some Shed Committees are emailing members on a regular basis- just touching base with a short note, maybe some contact details for local services, details on who to contact if they need anything.

Communication Tree

A communication or telephone tree can be a very useful communication tool to stay connected, disseminate information, messages or welfare checks to a large number of people in a very short period of time.

- Compile a list – names, addresses and phone

numbers- of people who are willing to participate in the "tree"

- You can maintain contact with a large number of people within a short period of time.

The Buddy System

This strategy is being implemented by many Sheds. The Committee has put out a call for 'volunteer' members who are willing to contact other members of the Shed over the coming weeks to see make sure they are ok and/or wanting some assistance in some way.

Each 'volunteer' is provided with 6-7 names to contact. All members are informed that they will be contacted and it is a way of ensuring everyone is OK and coping well in the circumstances.

Facebook

Encourage members to connect with Facebook:

- [Australian Men's Shed Association](#)
- Your Shed
- Other Sheds

Read the posts, contribute, stay in touch.

Don't have a Facebook page? Visit the [Facebook Help Centre](#) to find out how to set up an account.

Shed Newsletter

Send out a regular newsletter to all members. Include things like:

- Include a member profile
- Interesting articles
- Some light-hearted items
- Important contact details for services

Remote Conferencing Services

For those who are IT savvy, remote conferencing services such as Zoom provide an opportunity to 'meet' in groups online, chat, meetings.

- Allocated a virtual room
- Have a virtual cuppa/chat/dinner

Shedders who live alone or are vulnerable

- Check whether they require groceries, prescriptions filled
- If they do not have transport, do they need to attend appointments? Go to the bank?
- Do they want some reading material?
- Call and have a chat

Download this resource from the AMSA website at mensshed.org/stay-connected-at-the-amsa-shed-online.

We're still open. For assistance or support you can also contact AMSA on 1300 550 009 or at amsa@mensshed.net.