



Mount Beauty & District Men's Shed Inc.

Strategic Plan

(2013/14 – 2017/18)

1. Introduction

This is the second five year plan for the Mount Beauty & District Men's Shed. The Group was formed in October 2011 and now has 67 members. The primary focus of the Plan is to establish/construct a shed. Retention and growth of membership is also very important.

The concept for the Mount Beauty & District Men's Shed is similar to the other 900 Sheds established across Australia (217 in Victoria). The average age for Sheds in Australia is 5 years. There are 120,000 Shed members nationwide. The Shed is affiliated with the Victorian Men's Shed Association and the Australian Men's Shed Association, and also receives support and guidance from Alpine Health.

The main purpose of the Shed is to support the health and well-being of men, particularly those aged over 50, who live in the Upper Kiewa Valley. The age profile from the 2011 census indicates that 26% of the local population (583) are men aged 45 and older. Many of the members have lived in the area for decades and previously worked on the Kiewa Hydro-electric Scheme or in the now defunct logging and tobacco farming industries. Mount Beauty is a remote locality and does not have many of the facilities and activities that larger centres are able to offer older men. The Shed will also provide a workshop facility for other community organizations in Mount Beauty.

Over the past decade Mt Beauty and the surrounding communities have experienced continued hardship with drought, industry demise, floods and three bushfires with the most recent having the greatest impact. The shed program provides the opportunity to assist our local men through the recovery process

The Mount Beauty & District Men's Shed currently has regular activities for members including monthly BBQ's, and health and other information sessions. The range of activities is increasing and fund raising opportunities are also being pursued.

This five year Plan (2013/14 – 2017/18) has been drafted in a similar format to that of our neighboring Sheds at Bright and Myrtleford. As Mount Beauty and District Men's Shed is in the development phase, the Plan will need to be reviewed and updated annually.

2. Mission Statement

"Mount Beauty & District Men's Shed is concerned with supporting men's health & well-being by providing men with a safe and busy environment in which they can improve their physical, mental & social health; productivity; self worth; value to the community; connectivity to friends & giving purpose to their lives".

3. Objectives

The need for this project is demonstrated and supported by the experiences of established men's sheds throughout Australia. Most older men in rural areas feel comfortable in a shed where they can socialize, use their practical skills and contribute to the community, which in turn leads to their better health and well-being.

Specific objectives for the Mount Beauty and District Men's Shed are;

- To acquire a shed
- To provide a venue for on-going social interaction among members;
- To develop a range of activities in which all members can participate;
- To develop and run programs that will contribute to better health and well-being of the members;
- To conduct a well managed and well operated community based men's shed;
- To build the sustainability of the Men's Shed;
- To undertake community development and support activities;
- To organize mentoring opportunities.

4. Key Elements

(a) Acquisition of a Site

Mount Beauty & District Men's Shed have investigated a number of possible sites that could be suitable for a shed. The Alpine Shire has nominated a site in Tennis Court Avenue, Mount Beauty as a vacant site for a shed. Water, sewerage and power services are available at the site and there is sealed access to the boundary. The Shed has had a number of meetings with Shire representatives and they fully support the construction of a shed. The Mount Beauty & District Men's Shed has in principle approval to a long term lease of the site at a nominal rental.

(b) Interim Facilities

As funding has not yet been obtained for a new shed, the use of a temporary storage shed has been arranged with the Alpine Shire. This building is being used to store equipment and materials, and is very close to the proposed main shed site.

© Shed Design

Preliminary design of the main shed has been drafted (refer appendix 2). It is to be 24 m x 9 m, steel framed, colorbond clad, single storey building with roller door and personal door access. The detail of the internal layout is being developed but works areas (steel & carpentry), storeroom, toilet/bathroom, kitchen and meeting room will be required. Internal lining of some parts of the shed is envisaged. Given the high profile location of the proposed site it is expected that some feature/façade would be preferred to soften the "shed" appearance of the main building. Mount Beauty and District Men's Shed will seek to incorporate energy and water saving initiatives in the main building. The estimated cost of the first stage of the main building is;

- Main structure, including concrete floor \$67,200
- Service connections (sewerage, water, power) \$11,981

• Other including, drainage, site works,	\$5,500
• Partitions, fitout	\$11,414
Sub-total	\$96,095
Contingencies (10%)	\$9,610
Total	\$105,705 (say \$106,000)

(d) Program Schedule

The program has a medium level of uncertainty because the proposed capital works are not fully funded at this stage. A grant from the State Government will be sought in the near future and other funds are being accumulated by fundraising and donations from local organisations.

The Mount Beauty & District Men's Shed plan is to proceed with the works in accordance with the following schedule (subject to success with the grant application);

- 2013/14 Construction of the main shed, including part fitout
- 2014/15 Install partitions, furniture and equipment
- 2015/16 Landscaping and fencing
- 2016/17 Install more equipment
- 2017/18 Install solar panels and other energy saving features

(e) Expenditure Budget (Capital & Operating)

The following budget estimates indicate the capital and operating costs associated with the sheds (interim & main). Operating expenditure includes insurance, water rates, site & building maintenance, power, telecommunications, lease rental, events & activities, and administration costs.

Year	Capital Expenditure	Operating Expenditure
2013/14	\$106,000	\$3,000
2014/15	\$3,000	\$9,500
2015/16	\$2,000	\$9,800
2016/17	\$1,000	\$10,100
2017/18	\$4,000	\$10,400
Totals	\$116,000	\$42,800

(f) *Funding Opportunities*

To continue as a sustainable organization the Mount Beauty & District Men's Shed needs to generate ongoing revenue to at least cover the annual operating costs. In regard to the sizable capital funds required to deliver the plan, a substantial grant will be needed to supplement the Shed's fundraising and in kind contribution to the project.

The Shed will be active in seeking funds from all three tiers of Government. It is recognized that because of the rapid growth in the number of Men's Sheds across Australia, there will be strong competition for funding.

In earlier discussions the Alpine Shire indicated that they may be able to assist with some initial funding to get the building program started. The Shed will also source funds from philanthropic organisations such as *The Foundation for Rural & Regional Renewal*, from residents and businesses via donations, membership fees, fees for maintenance services and general fundraising.

5. Outcomes

Men's sheds have been particularly successful in attracting older men including those that have proved difficult to engage through conventional health, employment, education and training initiatives. The Upper Kiewa Valley with its large demographic of elderly men is no different to other parts of Australia. There are a number older men in the community who are facing issues associated with significant change, including ageing, health, retirement, isolation, unemployment, disability and separation. The shed facility will provide the venue to share those life experiences in a more relaxed environment.

The development and local management of a Shed in Mount Beauty is expected to provide the following outcomes:

For the Men

- A place to be yourself and do what you want, when you want, how you want;
- Pursue hobbies, pastimes and interests;
- Meet other men to whom you can relate to;
- Ideas exchange;
- A place to learn;
- A place to teach;
- Someone who will listen and not judge;
- Someone who understands;
- Talk shoulder to shoulder;
- Find mateship, camaraderie and fellowship.

For the Community

- Utilising skills that may have been hidden and unused;
- Construction of community projects that may have been unaffordable;
- Some of the problems that older men suffer can be addressed and referred;
- Develop mentor programs for youth and school aged children.

6. Community Support

The Mount Beauty & District Men's Shed has received very good support from many organizations and businesses to date. This has been in the form of donations, a loan of facilities/equipment, promotion, etc. A number of these organisations have written letters of support, including how they see the Men's Shed working productively with them. Supporters include;

- Alpine Health
- Alpine Shire
- UKV Lions
- Rotary Club of Mt Beauty
- Senior Citizens Club
- U3A
- Alpine Radio
- Probus
- A.L.P.S. (Local women's group)
- RSL
- Golf Club
- AGL (Kiewa Hydro-electricity Scheme owners)
- Mt Beauty Medical Centre
- Mt Beauty Supermarket
- Mt Beauty Hardware & Drapery
- Bendigo Bank
- Mt Beauty Sawmill
- Schools

7. Membership

The Mount Beauty and District Men's Shed has 65 members. The target is to increase this to 100 members by the end of 2013/14.

Most members are individual but there are some local businesses and the two main service clubs (Lions & Rotary) that have also joined.

8. Proposed Programs & Activities

Sheds conduct *three main categories of activity*:

- Personal projects;
- Shed improvement projects;
- Community involvement projects.

Members will be invited to become involved in any or all of these according to their own capability or interest. Alternatively they can just come to the shed and have a chat with friendly guys as they go about their tasks or share a bit of company, either over a cuppa or working on a project.

Good health is based on many factors including feeling good about yourself, being productive and valuable to your community, connecting to friends and maintaining an active body and an active mind.

Becoming a member of a Men's Shed gives a man that safe and busy environment where he can find many of these things in an atmosphere of old-fashioned mateship. And, importantly, there is no pressure. Men can just come and have a yarn and a

cuppa if that is all they're looking for.

Members of Men's Sheds come from all walks of life - the bond that unites them is that they are men with time on their hands and they would like something meaningful to do with that time.

Some examples of activities conducted at Men's Sheds around the country are: general woodwork and carpentry, basic welding, toy making, maintenance of tools and your home machinery, use of computers, trips, metalwork, card and board games, cooking, BBQ's, voluntary community projects, information sessions on men's health, restoring furniture and toys, guest speakers, growing vegetables, Shed planning and improvements and of course good company and fellowship.

Mount Beauty and District Men's Shed has conducted the following activities to date;

- *Monthly BBQ's* – opportunities for members to socialise, to keep members updated on Shed developments and to show members that the committee is very proactive in acquiring a Shed;
- *Health sessions* (Spanner in the Works & activities associated with Health Week);
- *Mobile Phone Usage for Seniors workshops* conducted by VMSA and sponsored by Telstra;
- *Dederang Primary School mentoring.*

9. SWOT Analyses (refer to Appendix 1)

10. Shed Design (refer to Appendix 2)

11. Action Plan (refer to Appendix 3)

Appendix 1 - SWOT Analyses

As part of the planning process, the Mount Beauty & District Men's Shed undertook a SWOT analyses. The output was recorded and summarised below;

Strengths

- Enthusiastic & proactive committee
- Good membership numbers
- Variety of skills & experience amongst members
- Well supported by Alpine Health
- Positive relationship with the Alpine Shire
- Site in a good location
- Holding a stock of tools and materials
- Proactive in sourcing funding opportunities

Weaknesses

- Limited funds & income at present
- Limited activities possible
- Limitations because of the age of members

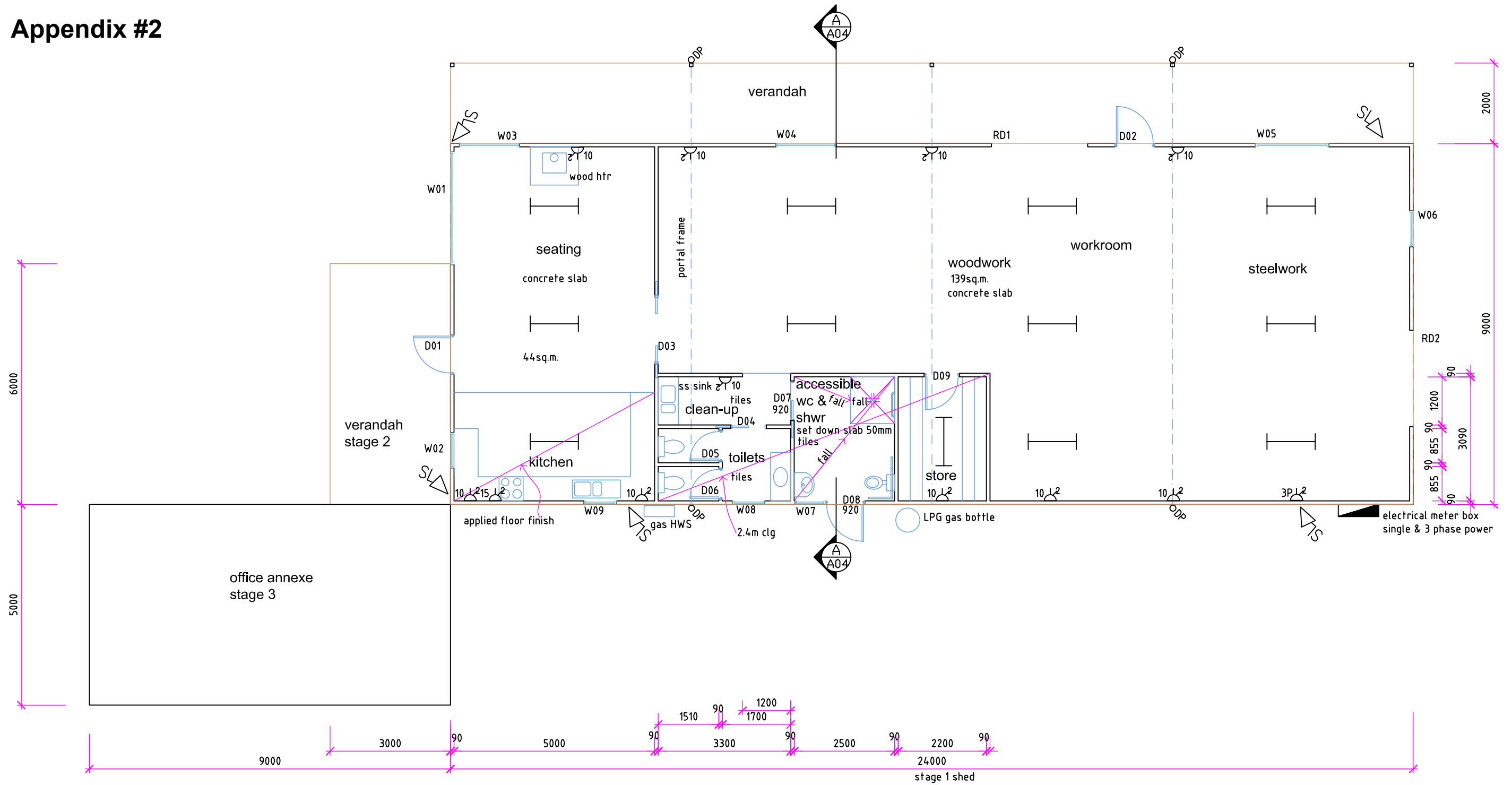
Opportunities

- May obtain a more assistance from the Shire
- Loans/gifts from benefactors possible
- Grants from Governments, Banks may be available
- Support from Rotary, Lions, U3A, Senior Citizens, etc
- A range of fund raising ventures
- Large potential membership in the community

Threats

- Shire support could disappear
- Competition/overlap by NHC, U3A, etc
- Opposition to the Group's activities
- Funding shortfalls
- Loss of members
- Unable to acquire funds for shed
- Lack of member support for fundraising & other activities

Appendix #2

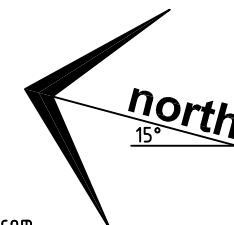


ELECTRICAL LEGEND:

- ON-CEILING LIGHT FITTING
- FLUOR.TUBE,600L
- SPOTLIGHT, EXTERNAL
- EXHAUST FAN
- SMOKE DETECTOR
- DOUBLE GPO 10amp
- DOUBLE GPO 15amp
- DOUBLE GPO 3 phase
- LIGHT SWITCH
- 2-WAY LIGHT SWITCH
- SWITCHBOARD



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Floor plan
 Mt Beauty & District Men's Shed
 Tennis Court Avenue
 Mt Beauty

1:100@A3
 23.04.14
 1317

A03

Appendix #3

Mount Beauty & District Men's Shed Inc.

Action Plan – October 2013/14 to 2017/18

Item	Recommended Action	Responsibility	Year*					~Cost
			1	2	3	4	5	
Master Plan & Action Plan								
1	<i>Master Plan</i> to include: mission statement, objectives, key elements (site plan, shed design, program schedule, costs and funding possibilities, outcomes, community support, membership and proposed, programs, activities & services. This <i>Action Plan</i> sets out the stages of Shed development necessary to achieve a Men's Shed in the UKV.	Ian Howley (convenor), John Hunt & Dick Puttyfoot,	√ 30/8/13 2 nd revised Plan					N/A
The Shed...								
2	Obtain <i>Alpine Shire</i> funding to refurbish an old <u>storage shed</u> .	P L'Huillier & others	√					Up to \$2,500
3	Refurbishment of old Shed completed.	Shed members	√ 23/7/13					~\$1,550
4	Obtain a lease for the Alpine Shire/AGL site— preferred site is next to the Mt Beauty Neighbourhood Centre.	Ian Howley (Sec.)	√ 31/8/13					Nominal rental
5	Finalise site plan & Shed design including costing's.	D Puttyfoot, Ian Howley & Helen Mathews (<i>Architect</i>)	√ 31/8/13					N/A
6	Apply for Shed funding through the Victorian Human Services ' <i>Strengthening Men's Sheds Program 2013</i> '.	Ian Howley & the working group.	√ 6/9/13					N/A
7	Obtain Alpine Shire approval of plans plus the necessary planning permits.	Ian Howley	√ 31/8/13					N/A
8	If funding application successful order Shed materials in anticipation of stating construction in early 2014.	Ian Howley (Project Manager)	April '14					N/A
9	Stage 1 — Construction to 'lock-up' stage & fitout	Ian Howley (Project Manager)	Complete by 30/06/14					\$67,200
10	Stage 2 — Install partions, futniture, kitchen, toilet, office & meeting area and the final connection to essential services.	Ian Howley (Project Manager)	Complete by 30/06/14					\$23,395
11	Stage 3 —Other works to prepare shed for service.	Ian Howley (Project Manager)	Complete by 30/06/14					\$5,500
12	<i>Contingencies</i> (10%) of Stage 1-3 costs of \$90,095							\$9,610
13	Stage 4 — Install more partitions, furniture and equipment.	Ian Howley (Project Manager)	---	Complete by 30/06/15				To be costed
14	Stage 5 – Landscape and fencing.	Ian Howley (Project Manager)	---	---	Complete by 30/06/16			To be costed
15	Stage 6 – Install more equipment	Ian Howley (Project Manager)	---	---	----	Complete by 30/06/17		To be costed

16	Stage 7 — Install solar panels & other energy saving features.	Ian Howley (Project Manager)	---	---	---	---	2017/18	To be costed
17	Estimated Total Shed Costs (Stages 1-3)							\$105,705
	Donations of Equipment & Materials							
18	Continue to source items & storage of same in & around Mt Beauty in anticipation of a Shed being built in the future.	CoM	On-going					N/A
19	Develop an <u>Asset Register</u> for the above items.	P L'Huillier, D Puttyfoot & G Caulfield	On-going					N/A

- Year #1 — 2013/14 (1 Jul. to 30 Jun.)
- Year #2 — 2014/15 (1 Jul. to 30 Jun.)
- Year #3 — 2015/16 (1 Jul. to 30 Jun.)
- Year #4 — 2016/17 (1 Jul. to 30 Jun.)
- Year #5 — 2017/18 (1 Jul to 30 Jun.)

- X — not successful/not completed
- N/A — Not Applicable
- ✓ — Completed

- VMSA — Victorian Men's Shed Association Inc
- AMSA — Australian Men's Shed Association Inc.
- CoM — Committee of Management