



Mount Beauty & District Men's Shed Inc.

Strategic Plan

(2014/15 – 2018/19)

1. Introduction

This is the third five year plan for the Mount Beauty & District Men's Shed. The Group was formed in October 2011 and now has more than 70 members. The primary focus of the Plan is the completion of construction of our new shed. Retention and growth of membership is also very important.

The concept for the Mount Beauty & District Men's Shed is similar to the more than 1000 Sheds established across Australia. The average age for Sheds in Australia is 6 years. There are an estimated 175,000 Shed members nationwide. The Shed is affiliated with the Australian Men's Shed Association and the Victorian 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 for example in September 2014 we arranged a contract with the Bogong Outdoor Education Centre to build 31 bunks.

This five year Plan (2014/15 – 2018/19) has been drafted in a similar format to our previous Plans. As Mount Beauty and District Men's Shed is in the development phase, the Plan will need to be reviewed and updated annually, with a major review planned for next year (2015/16).

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) Construction of the New Shed

Mount Beauty & District Men's Shed commenced the construction of a new shed in June 2014, at 2 Tennis Court Avenue, Mount Beauty. The shed is 24 metres x 9 metres with a verandah, three access doors, two roller doors and colorbond cladding. It will have a kitchen and meeting/recreation room at the northern end, a male toilet, a disabled/female toilet and bathroom, and a storeroom. Work areas for woodwork and steelwork will utilize the majority of the floor area.

The estimated cost of the new shed is \$101,000 with \$18,000 of this provided in in-kind support. The cash component is provided by a grant of \$60,000 from Victorian Department of Human Services, a grant of \$7,800 from the Alpine Shire, income \$6,200 from the building of bunks for the Bogong Outdoor Education Centre, a donation of \$5,000 from the Playscape Group of Mount Beauty, and other donations from organisations and individuals.

(b) Storage Facilities

A storage shed, near the tennis courts, has been made available to us by the Alpine Shire to store materials and equipment. Conditions of use are included in a Memorandum of Understanding which does not define the period of use.

(c) Program of Work

The construction of the new 24 metres x 9 metres steel shed is regarded as Stage 1 of development of the site at 2 Tennis Court Avenue. The planning Permit, issued by the Alpine Shire, provides for a second stage comprising of a smaller building to the north west of the main shed. The Permit terminates on 13th May 2018.

The five year capital works program is;

- 2014/15 – Complete construction of the main shed
- 2015/16 - Landscaping and fencing
 - Install solar panels
- 2016/17 – Install more equipment
- 2017/18 – Construct the second stage building
- 2018/19 – Rationalise storage facilities.

(d) Expenditure Budget (Capital & Operating)

The following budget estimates indicate the capital and operating costs associated with the sheds (interim & main). *Operating expenditure* includes insurance & AMSA affiliation fee based on 50 members (\$1,200), water & sewerage rates (\$700), site & building maintenance (\$1000), power (\$1000), telecommunications (\$400), lease rental (\$1), events & activities (\$400), and administration costs (\$1000).

Year	Capital Expenditure	Operating Expenditure
2014/15	\$81,000	\$3,000
2015/16	\$8,000	\$6,900
2016/17	\$3,000	\$6,900
2017/18	\$40,000	\$6,900
2018/19	\$3,000	\$6,900
Totals	\$135,000	\$30,600

Note that \$2000 was spent on capital works in 2013/14.

(e) 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, grants will be sought to supplement the Shed’s fundraising and in kind contribution to the projects.

The Shed will also seek 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.

A challenge is to have reasonably secure income sources to cover the annual operating costs. Membership fees of \$25 will need to increase for 2015/16 as this just covers our insurance premium/member with nothing in reserve. More activities that can provide revenue every year are to be sought e.g. Football/Netball gate raffles, erecting and dismantling street Christmas decorations and community projects like the Bogong OEC bunk building project.

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 – 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 Club
- UKV Lions Ladies
- Rotary Club of Mt Beauty
- Mount Beauty Senior Citizens Club
- U3A
- Alpine Radio 96.5 FM
- Probus Club of Mount beauty

- A.L.P.S. (Local women's group)
- RSL
- Mount Beauty Golf Club
- AGL (Kiewa Hydro-electricity Scheme owners)
- Mt Beauty Medical Centre
- Mt Beauty Supermarket
- Mt Beauty Hardware & Drapery
- Mount Beauty Country Club
- Birkebeiner Nordic Ski Club
- Mount Beauty Soccer Club
- Bendigo Bank
- Mt Beauty Sawmill
- Schools

7. Membership

The Mount Beauty and District Men's Shed has 50 members as at November 2014. The target is to increase this to 75 members by the end of 2014/15. 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 to 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 2011 - 2012;

- *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.*

There are some future commitments associated with the support that the Shed has received. These include the ongoing maintenance of the playground area and the conduct of a Handyperson's course for women.

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

- Now have a shed
- 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

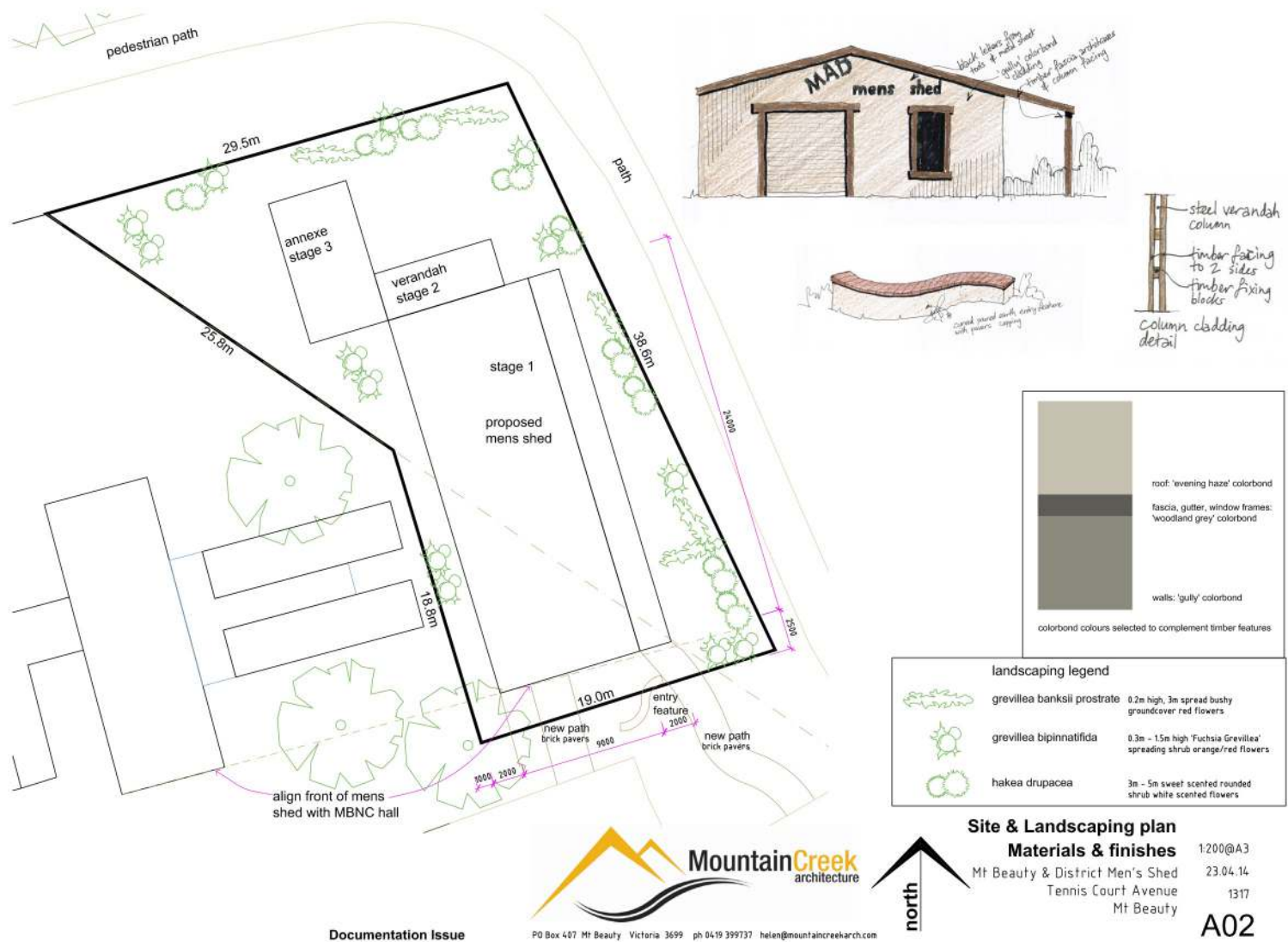
- Limited funds & uncertain future income
- Limited activities possible
- Limitations because of the age of members

Opportunities

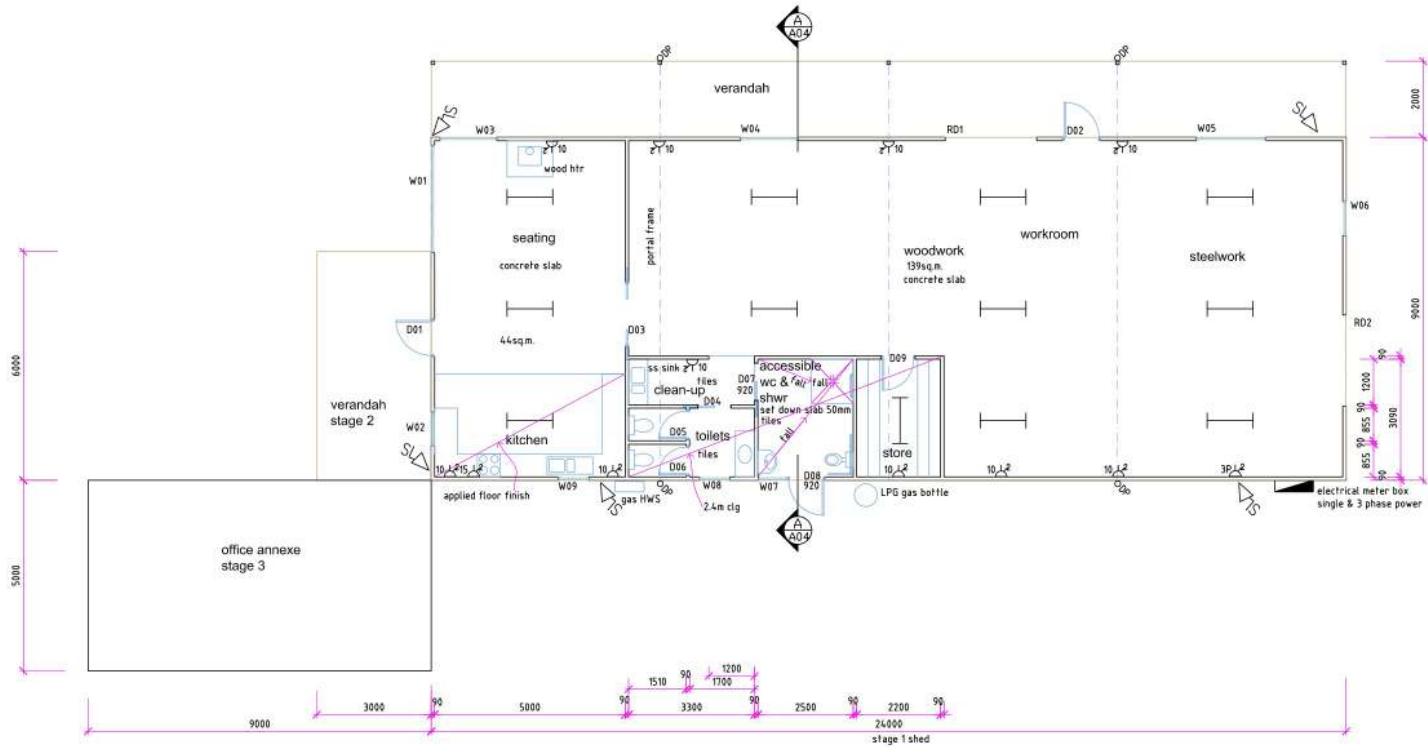
- May obtain a more assistance from the Shire
- Loans/gifts from benefactors possible
- Grants from Governments, Banks may be available
- Support from Rotary, Lions, U3A, Senior Citizens etc
- A range of fund raising ventures
- Large potential membership in the community
- Hold joint activities with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

Threats

Appendix 2 – Shed Design



Documentation Issue PO Box 407 Mt Beauty Victoria 3699 ph 0419 399737 helen@mountaincreekarch.com



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

Documentation Issue



Floor plan 1:100@A3
 Mt Beauty & District Men's Shed 23.04.14
 Tennis Court Avenue 1317
 Mt Beauty

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, Paul L'Huillier	√ 30/8/13 2 nd revised Plan	√ 15/11/14 3 rd 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.)	X 31/8/13	√ 15/3/14				Nominal rental
5	Finalise site plan & Shed design including costing's.	D Puttyfoot, Ian Howley & Helen Mathews (<i>Architect</i>)	X 31/8/13	√ 31/4/14				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	√ 1/1/14				N/A
7	Obtain Alpine Shire approval of plans plus the necessary planning permits.	Ian Howley	X 31/8/13	√ 1/3/14				N/A
8	If funding application successful arrange with contractor to start construction by June 2014.	Ian Howley (Project Manager)	----	√ 1/3/14				N/A
9	Stage 1 – Construction to 'lock-up' stage & fitout	Ian Howley (Project Manager)	X by 30/06/14	√ 31/10/14				\$67,200
10	Stage 2 – Install partions, futniture, kitchen, toilet, office & meeting area and the final connection to essential services.	Ian Howley (Project Manager)	X by 30/06/14	by 31/3/15				\$23,395
11	Stage 3 –Other works to prepare shed for service.	Ian Howley (Project Manager)	X by 30/06/14	---	by 30/06/16			\$5,500
12	<i>Contingencies (10%) of Stage 1-3 costs of \$90,095</i>							\$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	---	---	----	Complete by		To be

		Manager)				30/06/17		costed
16	Stage 7 — Install solar panels & other energy saving features (applied for funding Nov 2014)	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 until Shed is completed.	CoM		On-going				N/A
19	Develop an <i>Asset Register</i> 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.)

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

Key

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