

# The Shedder - Summer 2018



## Chairman's Report

Paul Sladdin, Chairman



Dear Shedders,

As 2018 rapidly draws to a close I want to begin by wishing you and your families a merry festive season and a peaceful holiday period. Although I am aware that some Sheds open on Christmas Day to support their communities, I do hope you get a break during the silly season.

In the previous Newsletter I reported that I had written to State Associations seeking a meeting to discuss concerns and I am pleased to report that these meetings took place during October and November. There was open and frank discussion on a range of issues and while differences remain there was consensus that we all have the best interests of Men's Shed in mind and that these discussions will continue.

The AMSA Annual General Meeting was held on 11 October in Newcastle and was well attended by Sheds from all States and Territories. Three new members were elected to the Board and we welcome Stuart Marshall from Victoria, Len Thomson from Queensland and Bob Jenkins from Western Australia.

With a Federal election due in early 2019, AMSA has continued to liaise with both major parties and has put forward its funding priorities so that we can continue, and build upon, our service to all Australian Sheds.

I wish to also acknowledge and thank the AMSA staff for their efforts throughout the year. As evidence of their commitment to the Men's Shed movement the AMSA was recognized by the Australian Men's Health Forum (AMHF) award for 'Significant Contribution to the Development of Male Friendly Services'. I also convey my congratulations to AMSA Staff member Gary Green for receiving the AMHF Award for 'Lifetime Contribution to Improving Men's Health and Wellbeing'.

Again, my best wishes to you all for the New Year.

Regards,

Paul Sladdin  
AMSA Chairman



# Year in Review

David Helmers, Executive Office



Dear Shedders

2018 has been a very exciting year for AMSA and the broader Men's Shed movement both here in Australia and internationally with an increased number of Men's Sheds becoming operational in new and exciting locations globally. In September the Irish Men's Shed Association hosted what is to date the largest gathering of Shedders at their 2018 Conference in Cork with over 500 delegates in attendance from Men's Sheds in Ireland, United Kingdom, Denmark and Iceland.

While keeping with the International theme this year the United States Men's Shed Association gained significant momentum with extensive media coverage including a segment on NBC Today Show covering the entirety of the United States. Former US Surgeon General for President Obama, Dr Vivek Murthy, also visited Camden Men's Shed in London UK to find out more detail from a first-hand experience just how Men's Sheds play such a significant role in the prevention of isolation.

Definitely one of the highlights of achievement was made by His Royal Highness The Duke of Sussex on the 17<sup>th</sup> of October in Dubbo NSW where, in his speech, His Highness acknowledged the good work of the Australian Men's Shed Association. This statement itself encompassed the entire Men's Shed community.

Earlier this year the Minister for Health announced the development of a Ten Year Action Plan for Men's Health. The AMSA has participated in Round Table discussions on the development of the Action Plan with numerous Men's Sheds also participating in the survey process.

We would also like to acknowledge the ongoing support of the Federal Government, in particular the funding support from the Department of Health. With this support the AMSA is able to maintain our role as a National Service Provider for Men's Sheds.

We would also like to thank our corporate partners FairDinkum Sheds, who have now provided construction assistance to over 200 new Mens' Shed projects; Uncle Toby's, Hand Heart Foundation, Exxon Mobil and SafetyQuip -with their support for the AMSA and Men's Sheds we are all able to prosper.

This year AMSA conducted the second part of the 2016 independent Evaluation on all aspects of our organization where we received high credit especially in our service delivery and administrative capacity.

Now with Christmas once again upon us it's time again to clean up the saw dust, have the Christmas party and bid each other farewell with well wishes for the festive season. This time of year also brings many challenges for many men. Besides the horror of the next credit card statements for many of us, Christmas can be a lonely time of year. Throughout the Men's Shed world I am pleased to hear that more and more Sheds are implementing welfare programs, especially though the festive season. This is true testimony of what the Men's Sheds are all about-being a place of camaraderie, a place to belong and a place to make contribution to the community. This year we simply say look after your family, yourself and your mates in the Shed. On behalf of the AMSA Staff, Liz MacDonald, Melissa White, Mark Lilly, Gary Green, Marty Leist, Stuart Torrance and Rebecca Whipper I would like to wish you all a Merry Christmas and a Happy New Year. We look forward to seeing you all back in the Sheds safely in 2019.

Regards

David Helmers  
AMSA EO

“Men don't  
talk face to  
face, they  
talk  
shoulder to  
shoulder”



# MEN'S SHEDS' LARGEST EVER DONATION SUPPORTS MEN'S HEALTH



Cairns Father's Day Appeal event

Freemasons across Queensland got behind the inaugural, annual Hand Heart Pocket Father's Day Appeal to shine a spotlight on men's mental and physical health and to raise funds for their local Men's Shed.

Launched in September to coincide with Father's Day, the appeal ran over a two-month period, replacing the annual Christmas appeal held in previous years.

Hand Heart Pocket Chief Executive Officer Gary

Mark said the level of Lodge involvement was exceptional.

"It was encouraging to see so many Lodges take to the concept. Having a Father's Day Appeal in support of a men's mental and physical health initiative aligned with our long-term strategy," Gary said.

Along with our chosen charity partner, the Australian Men's Shed Association (AMSA), Hand Heart Pocket urged Masonic Lodges to work with their local Men's Shed to organise an awareness event in a relaxed

environment. All up fifteen events were held around Queensland.

Many of the events featured guest speakers who provided information about topics related to men's health, while others had local health professionals conduct AMSA's Spanner in the Works? men's health checks, covering everything from weight to BMI, blood pressure, stability and mental health.

Following the conclusion of the appeal, the Australian Men's Shed Association was presented with a \$150,000 significant grant at the Hand Heart Pocket Year in Review event. This is the largest donation the organisation has ever received and will go towards supporting Men's Shed activities and programs across Queensland in 2019. This is on top of what was raised at the events which went directly to the local Men's Sheds.



Cheque hand over to AMSA



Brisbane event



Roma event



Barcardine event



Warwick event

## ALIGNMENT WITH OUR STRATEGY



Men's mental and physical health



Atherton event



Bundaberg event



# Shedders Big Breakfast



Thanks to our corporate supporter ExxonMobil Australia and their commitment of supporting Men's Sheds in regions of their operations. Safety Beach Dromana Men's Shed in Victoria hosted the AMSA "Shedders Big Breakfast" on 26th September 2018.

Federal Minister for Health, the Hon Greg Hunt addressed the gathering with some words of support. He also praised the work of Men's Sheds. Coincidentally it was one year to the day since Minister Hunt had officially opened the new Men's Shed facility at Safety Beach. ExxonMobil Hastings Plant Manager David McCord joined us for the morning and enjoyed a chat with many of the Shedders present.

We all know that Shedders enjoy a good get together, to have a cuppa and a chat, enjoy each other's company and share some ideas. Safety Beach Dromana Mens Shed invited Sheds within a 50km radius to come along and enjoy the exhibits and demonstrations at the "Shedders Big Breakfast" event.

Exhibitors included Total Tools, the Holden Vintage Car Club, the Ulysses Motorcycle Club, Australian Hearing, Prostate Cancer Alliance as well as demonstrations from one of our favourites, Greg Cowie from Chevington Tools doing his MetalCraft demo and the ladies from Dromana Potters turning up (literally) with their potting wheel.

As Sheds are synonymous with BBQ's and sausage sandwiches, we thought that the idea of Sheds producing their own snags might spark a bit of enthusiasm and so we invited the good people from the Green Olive vineyard to do a sausage making demonstration to compliment the exceptional feast that was put on by the local Rotary Club.

Major sponsor of AMSA FairDinkum Sheds sent along their brand ambassador Channel 10's iFish presenter Paul Worstelling, who is also a local to the area. Paul brought his 2400 Supercab Stabicraft to show off (and make us all a bit jealous). We did ask him to put on a fish gutting demonstration but he kindly declined but did supply some terrific raffle prizes to add to the long list of giveaways.

The event was very well attended with shedders from over 20 different Sheds participating in the day with the weather being absolutely perfect. The morning was a great show and something we hope to replicate elsewhere in 2019 .



Federal Minister for Health, Greg Hunt, AMSA Chairman Paul Sladdin & Charles Krivaci, Fair Dinkum Sheds



Marty Leist, Ken May, Minister Greg Hunt, David Helmers, David McCord, Paul Sladdin & Mr Trood



# Save the Date

## 8th National Men's Shed Gathering



The Australian Men's Shed Association 8th National Men's Shed Gathering is being held 10-12 September 2019 at Morphettville Racecourse, South Australia.

For more information or to register your interest in the event please go to:

<https://dcconferences.eventsair.com/mensshed2019/>

## Thank you Bunnings

We have received correspondence from Michael Schneider (Managing Director) who informed us that Bunnings has helped raise over \$46 million for local communities in 2018.

“As part of this support, our team members were proud to have helped raise and contribute more than \$1.5 million for AMSA Men's Sheds through over 3,000 local activities. Our ongoing support of your organisation is very important to us and we are pleased to be able to offer this assistance.”

What a fabulous effort and our thanks must go to Bunnings who have been fantastic supporters of the national Men's Shed movement and their local Sheds for many years.





# Winners are Grinners



Some of the lucky winners who filled out the Annual Men's Shed Survey and won a tool pack valued at \$1800 thanks to Total Tools.



Dover Community Workshop



Streaky Bay Men's Shed



Temora Shed 4 Men



Kyneton Men's Shed



Gateway Valhalla Men's Shed



Cardwell Men's Shed



Dalyellup Men's Shed

## International Shed News- US Men's Sheds

On 25 November 2018 the NBC Today Show broadcasted from the Men's Shed in Travers City Michigan. To view the programme click on the link :

<https://www.today.com/video/how-one-man-is-trying-to-foster-friendships-among-retired-men-1380575299819>

## Former US Surgeon General Visits Men's Shed



The Gents at Camden Town Shed (London) were fortunate to get a visit from The former US Surgeon General Dr Murthy .

Dr.Verek Murthy, the 19th Surgeon-General of the USA, spent 90 minutes with the Shed enquiring about the health benefits of Men's Sheds.



# Ready, Steady....Go! Children rev up for fun with their go-karts



Oliver Horley & Eddie Holmes

The Canning Men's Shed in WA has helped to construct two go-karts for a brand new out of school hours care program called c-Verse at the City of Melville's Blue Gum Community Centre in Melville.

Members Ron Croager and Alistair Bain visited One Tree's c-Verse service to talk to children about DIY and tools. They then decided to build two go-karts and painted them in bright colours. The focus was on safety, as a circular saw, hammers and drills were used to build them. Safety is one of the top priorities with One Tree having its own colourful mascot called S.A.M (Safety Always Matters).

They've been a huge hit since they were built with the children having race-offs on the basketball court. Many have gone home and asked their parents to make go-karts

The current Vice President and founder of the Canning Men's Shed, Eddie Holmes was keen to inspect the go-karts. At 92 years old, Eddie is one of the oldest Men's Shed members in Australia. He established the Canning Men's Shed eleven years ago. It's hoped the Men's Shed can get more involved with future projects at c-Verse

## Labrador—Cherbourg connection

After contacting the Cherbourg Men's Shed recently it came to our attention that the Shed, with 40 members, struggled to get materials to work with. Men's Shed Labrador is in the fortunate position that we receive a significant supply of waste material from Riviera Marine. We agreed that we would take a load of timber out to our fellow Shedders. We again made contact with the Shed to tell them what we proposed, and that since we were coming out was there anything else they needed? Well, they sent an A4 page list of needs. Between Labrador, Oxenford, Ashmore, Tamborine and the Veteran's Support Sheds we were able to make up two ute loads of equipment and two trailer loads of timber.

On Tuesday last, 10 members of Men's Shed Labrador set off on the 5 hour journey out to Cherbourg. What we found was a not very big Shed with not very much gear with President Wayne and Uncle Norm there to greet us. When we started unloading, the grin on Wayne's face just grew and grew and stayed there all day. Cherbourg is an Aboriginal community and is reported to be the most underprivileged community in the country. Not knowing much about Cherbourg we arrived in the town which presents as a pretty town, very neat and tidy and a great sense of pride. After lunch at the Shed we visited their museum and gained a better understanding of the history of Cherbourg.

What struck us most about this exercise is that 5 Sheds got together to help out a fellow Shed and I strongly believe that a Men's Shed friendship has been forged from just one simple phone call.

Len Thomson- Men's Shed Labrador





# Prince Harry

A speech by The Duke of Sussex at a Picnic in the Park in Dubbo, published 17 October 2018 (Extract)

Thank you to the Mayor of Dubbo Councillor Shields, the Honourable Mr Grant, distinguished guests, and to you all for welcoming me and my wife so warmly today. And thank you to the Tubbagah people from the Wiradjuri Nation for welcoming us to their country.

Initiatives and support services such as the Australian Men's Shed Association, the Royal Flying Doctor Service which we visited this morning, and Headspace are working hard to help those who are struggling.

Your culture of "mateship" and reputation for looking out for each other ensures that when people are ready to ask for help, they will be heard.

Hardship also brings out the best in people and we have been impressed and inspired by the stories of farming communities, and the wider Australian community, rallying to support each other through this time.

The full speech can be found here: <https://mensshed.org/wp-content/uploads/2014/10/A-speech-by-The-Duke-of-Sussex-at-a-Picnic-in-the-Park-in-Dubbo.pdf>

## Grants

Foundation for Rural and Regional Renewal (FRRR)'s Tackling Tough Times Together rolling grants program to help support communities affected by drought.

Community groups and not-for-profit organisations can apply for grants of up to \$150,000 for projects that directly address the needs of drought affected communities, and that aim to help build strong and adaptable communities.

Applications are open now.

[https://www.frrr.org.au/grants/tackling\\_tough\\_times\\_together.php](https://www.frrr.org.au/grants/tackling_tough_times_together.php)



An Australian Government Initiative  
Stay Smart Online

Watch out for fake SMS text messages pretending to be from Medicare. These are phishing messages that encourage you to click through to a website and provide personal information to claim a rebate.

### How do I stay safe?

SMS continues to be a popular method for criminals hoping to trick you into handing over your money or personal information.

- Do not click on links in emails or text messages claiming to be from myGov or Medicare. myGov will never send you a text, email or attachment with hyperlinks or web addresses.
- Don't open messages if you don't know the sender or if you're not expecting them.
- Be suspicious of messages that aren't addressed directly to you or don't use your correct name.
- Login to your official myGov account by typing the web address [my.gov.au](https://my.gov.au) into your browser to check your inbox for any legitimate emails from Medicare. Check that <https://> appears at the beginning of the address bar when you land on the site.
- You can also contact Medicare separately to check if they have sent the message.

If you are concerned that your personal information has been compromised and misused, you can contact Australia's national identity and cyber support service, [IDCare](#), or use their free [Cyber First Aid Kit](#).

For more information call 1300 292 371 or <https://www.staysmartonline.gov.au>



# A Few of the 2018 Events AMSA Attended



Grawin Glengarry Men's Health Forum



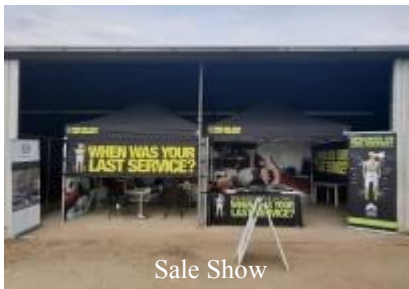
Ardrossan Men's Shed Opening



The Glen International Men's Day Yarn Up



Mental Health First Aid Course



Sale Show



Huonville Men's Shed Opening



Ipswich Men's Shed (HHP)



Strathalbyn Woodshed Opening



Callide Valley Men's Shed Opening



Atherton Men's Shed (HHP)



Cairns Men's Shed (HHP)



Mt Pleasant Shed Opening



Leadership Program Redland Bay



Men's Shed Week  
Menshed Wagga Wagga



Coolum Men's Shed Opening



NSW Zone 12 Gathering



RUOK? Conversation Convoy



Henty Field Day



# A Few of the Sheds visited in 2018



Wynnum Manly Men's Shed



Exeter Men's Shed



Bunbury Men's Shed



Manilla Men's Shed



Wangaratta Men's Shed



Mareeba Men's Shed



Marlin Coast Men's Shed



Ulverstone Men's Shed



Waratah Men's Shed



Innisfail & District Men's Shed



Kingaroy Men's Shed



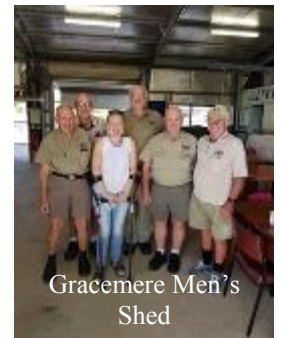
Kuranda Men's Shed



The House of Rusty Club



Kentish Men's Shed



Gracemere Men's Shed



Coonamble Men's Shed



Ravenhoe Men's Shed



Longford Men's Shed



Kandos Rylstone Men's Shed



Yarrabah Men's Shed



Coonabarabran Men's Shed



Port Sorell Men's Shed



Berry Men's Shed



Dalyellup Seasons Men's Shed



Chinchilla Men's Shed



Oakey Men's Shed



# Leschenault Men's Shed visit WA



I recently had the pleasure of an invitation to the Leschenault Men's Shed Sundowner event, which I happily accepted.

The Leschenault Shed is a hive of activity, with woodwork, metal work and plenty of social opportunity for its members.

Kate Bufton greeted me at the door with a big smile and I was immediately made to feel like a very welcome guest.

While in the Bunbury region Bob Jenkins (AMSA WA Director) and myself took the opportunity to visit a few Men's Sheds:

Bunbury Men's Shed, Busselton Men's Shed, The Cowaramup Bull Shed and Dalyellup Seasons Men's Shed.

All the Sheds were very welcoming and happy to show us the wonderful things happening in their Sheds. There were plenty of questions for us too, and I would like to share some of those with you.

*Q. Can Sheds be a member of both the National and State bodies?*

A. Yes, Sheds can be a member of both or one or even none. AMSA encourages Sheds to be a member of both their State and National bodies as they can get benefits from both.

*Q. If our Shed doesn't have the AMSA insurance package can we still be a member?*

A. Yes, the insurance package was designed for Sheds, but it is not a requirement of membership.

*Q. Can non AMSA Sheds apply for the NSDP grants administered by AMSA?*

A. Yes, the NSDP grants are open to all Sheds, regardless of any affiliations.

Overall, I had a fantastic time in WA and was sorry to miss a few sheds that I had planned to visit but missed due to flight cancellations. We will make every effort to catch up again in 2019.

Mel White- AMSA Membership & Insurance Manager

## Productive & Prospering: The Kincumber Men's Shed and the Community Service Program

Kincumber Men's Shed and the Community Service program have enjoyed a mutually beneficial and productive relationship for the past six years, with both organisations sharing a common goal - to give back to the community.

The Kincumber Men's Shed was established over ten years ago and has been welcoming workers from the Community Service scheme for six years to help work in their garden and around the shed. The Men's shed is a buzzing hive of activity and provides them with an opportunity to be part of this productive environment and benefit from mentoring and being surrounded by positive role models.



Alan Sparkes, a Men's Shed community member, is extremely happy with the program. "We've had several men help out on and off over the years, using their talents to improve the shed. They've all done a great job"

The community service program is focused on finding meaningful work placements that enable opportunities for both men and women to positively give back to the community. A community service participant created an memorial well in the garden of the shed for to remember valued shed members. Should any other Men's Sheds wish to participate in the Community Service program please contact your nearest Community Corrections office.

Gosford Community Corrections- Community Service program.