

# Australian Men's Shed Association Newsletter

*The official publication of the  
"Australian Men's Shed Association"*



There is no relationship between the community-based "Australian Men's Sheds Association (AMSA), representing independent Community Men's Sheds, and the Company "Menshed Australia Ltd".

## **3rd National Men's Shed Conference & AGM** **Hobart 24-25 August - Wrest Point Hotel**

Because of the anticipated number of conference delegates the venue has now been changed to the **Wrest Point Hotel** in Hobart and the dates have also had to be changed to **Monday 24 August and Tuesday 25 August**. Registration will be operational from May 6 on line at our website [www.mensshed.org](http://www.mensshed.org)

The theme for the Conference is "**Where to from Here**"? focusing on Shed Management and Sustainability with a special focus on the Role of Men's Sheds in relation to Men's Health issues. A key feature of Men's Sheds is improving men's health and the key note speaker Professor John J Macdonald, a National Men's Health Ambassador will update the development of the first National Men's Health Policy. Other National Men's Health groups will be explaining their interest and what advantages they see in the Shed concept.

The idea of Men's Shed's is now being exported throughout the world and speakers from Ireland and New Zealand will explain the developments in their regions. There will be much discussion, hosted by experienced, knowledgeable leaders. (***Details of the Conference and Registration are on Page 2***)

### ***Victorian Bush Fires***

Immediately the scale of the Victorian bushfires was realized AMSA and all the Regional Associations were inundated with offers of help from many Men's Sheds. The Victorian Men's Sheds Association was in the best position to investigate and coordinate the response to this disaster and the ***report on this work is detailed on Page 6***. Fortunately they established that no Men's Sheds were destroyed.

### ***Possible Funding***

The Jobs Fund is a \$650 million Government initiative to support and create jobs and increase skills through innovative projects that build community infrastructure and increase social capital in local communities across the country. There may be opportunities for funding for Sheds. (***Details on Page 8***)

### ***AMSA Input to the National Men's Health Policy Development***

A lot of work has been done recently on the development of a National Men's Health Policy and a summary of the stages involved and the current situation is given below.

In Nov 2008 a Federal Senate Select Committee on Men's Health was established to inquire into the services for men's health and to recommend future Policy by 30 May 2009

AMSA lodged a submission with the Senate in March 2009 and this included the "Stories from the Sheds" that we requested in previous newsletters. A total of 131 submissions were made by a range of organisations.

In March a National Roundtable was held in Canberra to enable these organisations to contribute to the development of Australia's first ever National Men's Health Policy. AMSA was one of the 38 remaining Men's Service organisations selected to have the opportunity to provide input at this forum. (***See report on page 3***)

In April there was a further Senate hearing in Sydney and David Helmers, representing AMSA, was invited to give evidence on our submission enabling him to highlight some of the achievements of AMSA. (***See report on page 4***)

He felt that it was very evident from the nature of their questioning that the Senators were well informed of the contribution Sheds make to the men within their communities and to be recognised at this level of Government is a major achievement for all of us.

To contact us for all Association business:-Phone **1300 550 009** or Email [amsa@mensshed.net](mailto:amsa@mensshed.net)  
Previous Newsletters are available on the AMSA website - [www.mensshed.org](http://www.mensshed.org)

## 3rd National Men's Shed Conference & AGM Hobart 24-25 August - Wrest Point Hotel

### "Where to from here?"

Because of the anticipated number of conference delegates the venue has now been changed to the **Wrest Point Hotel** in Hobart and the dates have also had to be changed to **Monday 24 August and Tuesday 25 August**.

The theme for the 2009 National Men's Shed Conference is "**Where to from Here**"? focusing on Shed management and self sustainability. Panel discussions will investigate current sustainable developments and individual papers will explain sustainability evaluation tools and how Thriving Sheds are constantly Reinventing Themselves. A workshop will investigate new activities for Sheds and these apply to Sheds in the Planning and Start up stages as well as established facilities. A workshop will discuss the information that Councils, Sponsors and Community groups require when a Shed is planned and real life examples will cover the birth from "Concept to Reality" and aspects of Training.

A key feature of Men's Sheds is improving men's health and there will be a special focus on this role of Sheds in relation to Men's Health issues.

The key note speaker is Professor John J Macdonald, (Foundation Chair in Primary Health Care, Co-Director Men's Health Information and Resource Centre and a National Men's Health Ambassador).



Other National Men's Health groups will be explaining "Why Health organizations want to affiliate with Men's Sheds" and what advantages they see in the Shed concept. Representatives of the Aged Care and Nursing Care units will also discuss how Men's Sheds fit into their sectors and there will be a Seminar on Sheds for members with restricted abilities.



**info line 1300 22**

Representatives from a number of Sheds will explain how they function and carry out a range of activities from Mentoring to working with Recycling depots.

The original idea of Men's Shed's is now been exported throughout the world and speakers from Ireland and New Zealand will explain the developments in their regions. There will be much discussion, hosted by experienced, knowledgeable leaders.

The developments in AMSA since the Manly conference will be covered, together with the current situation and the background for some of the decisions that will have to be voted on at the AGM which will be held during the Conference. The experiences gained in the development of Cluster Groups will be explained by one of the earliest formed.

There will be much discussion, in a friendly atmosphere, hosted by experienced, knowledgeable leaders.

Registration will open on line from May 6 through the AMSA website [www.mensshed.org](http://www.mensshed.org)

Delegates attending the conference representing AMSA member sheds are eligible for discounts.

If you are unsure whether your Shed is registered as a member please call us on 1300 550 009.

Registration Fees	AMSA Members	Non Members
<i>Hot Web Special</i> To May 31	\$198	\$395
<i>Early Bird</i> To July 10	\$250	\$495
<i>Standard</i>	\$295	\$545

The Conference will also play host to the AMSA Annual General Meeting where the nominated Working Committee will hand over the Association to the first elected AMSA Board of Directors and the members will be required to approve the AMSA constitution. A draft version of the Constitution will shortly be available for viewing on our website and we encourage member feedback through email. All other business of the AGM should be lodged through the AMSA, State Associations and representatives prior to the 13th of August.

### **"Shedders" - What do you want at the Conference?**

When planning the Conference programme we get a lot of suggestions for subjects that would interest Shed Managers & Co-ordinators, Auspiciers/Sponsors, Local Councils and Health professionals. However, we get very few comments on what would interest the working Shed members. We would really like to know what they want to talk about or have explained. There is still time to fit extra subjects in so - **Let us know**.

## National Men's Health Policy Round table Meeting Parliament House Canberra

A National Roundtable was held on March 19 in Parliament House. This meeting was an opportunity for leading men's agencies, organisations and academics to contribute to the development of Australia's first ever National Men's Health Policy. It complemented a series of State and Territory community based National Men's Health Policy Consultative Forums which are taking place between February and May this year.



AMSA was one of 38 Men's service organisations selected to have the opportunity to provide input at this forum and we were represented by David Helmers (Executive Officer).

Professor John Macdonald (Men's Health Ambassador, Foundation Chair in Primary Health Care, Co-Director Men's Health Information and Resource Centre) and His Excellency Professor David de Kretser AC, Governor of Victoria, who is also the patron for the Victorian Men's Shed Association were both very supportive of the Men's Shed

movement highlighting the benefits of Shed projects as a preventative health measure.

The presentation agenda was:-

*Introduction and overview of the Government's aims for the National Men's Health Policy*, Minister for Health and Ageing, the Hon Nicola Roxon MP

*Panel discussion consisting of Men's Health Ambassadors*, Professor John Macdonald and Tim Matherson

*Keynote Address* His Excellency Professor David de Kretser AC, Governor of Victoria

*The Preventative Health Strategy and its implications for men* - Plenary Session Professor Paul Zimmet AO

*The National Primary Health Care Strategy* - Plenary Session Dr Tony Hobbs

*Health inequalities and their implications for Australian men* - Plenary Session Mr Colin Sindall

After each session the established groups worked on a series of questions relating to each topic prompted with feedback gathered from the Community Forums held to date. It was a long day of intense discussion and I am pleased to say the Men's Shed concept played an important role in each outcome being mentioned prominently in each.

There are still a number of Community Forums to be conducted and to date Sheds have been well represented so I would strongly encourage all who are involved in Sheds from coordinators to members to attend these forums and participate in the development of the first ever National Men's Health Policy, to voice your opinion and to highlight the achievements of every Shed.



### Woodworking Plans

Bill Pfeiffer has been retired for 20 years and has spent much of his time making wooden toys for Kindergartens, Hospitals and charitable organisations. Bill has placed his knowledge into written text with a book called "Wooden Toys 4 Kids". The book is spiral bound and printed in large font and contains step by step instructions, material list and diagrams for eight wooden toy projects. The book is available for \$18 plus 2.75 postage within Australia.

To order your copy Bill can be contacted on

### Desperately seeking ideas

I am a Committee member of a newly formed Men's Shed group in Whittlesea Vic. and we are a bit short of ideas for projects/activities that might suit our circumstances.

Our permanent home (shed) is at least 6 months away, in the meantime we have the use of a building approx. 4M X 8M. We would welcome ideas that other groups have found work well in limited space. If you do have any ideas, particularly ones that have proved popular, your input would be greatly appreciated.

**Peter Kean** Email:- [aholeycow@gmail.com](mailto:aholeycow@gmail.com)

## Senators learn about Men's Sheds

On the 13th of November 2008 a Senate Select Committee on Men's Health comprising Senator Bernardi (*Chair*), Senators Cash, Lundy, Sterle, Troeth and Williams was established. This was to inquire into, and report by 30 May 2009, issues related to the availability & effectiveness of education, support and services for men's health including:-

1. The level of Commonwealth, State and other funding addressing men's health, particularly prostate cancer, testicular cancer, and depression,
2. The adequacy of existing education and awareness campaigns regarding men's health for both men and the wider community,
3. Prevailing attitudes of men towards their own health and sense of wellbeing and how these are affecting men's health in general,
4. The extent, funding and adequacy for treatment services and general support programs for men's health in metropolitan, rural, regional and remote areas.

AMSA lodged a submission with the Senate in March 2009 and this, along with the 131 other submissions, can be viewed at [www.aph.gov.au/Senate/committee/menshealth\\_ctte/submissions/submissions.htm](http://www.aph.gov.au/Senate/committee/menshealth_ctte/submissions/submissions.htm)

On the 7th of April AMSA Executive Officer, David Helmers was invited to give evidence on the AMSA submission at the Senate Hearing in Sydney. David had the opportunity to highlight some of the achievements of AMSA in his presentation before being questioned.

### Achievements of AMSA over the past 12 months

With the establishment of our network and introduction of a 1300 number dealing specifically with Men's Shed issues AMSA has been directly involved with the Development of over 100 sheds in the last 12 months leading to:-

- The distribution of the "Setting up a Men's Shed" Manual, Plans of Management for Sheds and other information gave estimated savings per shed of \$50,000 in human resources, resulting in a total \$5million saving to the Federal and State governments.
- Although undocumented, but strongly arguable, within every Shed you will hear stories of how that Shed through provision of peer support saved someone from suicide or from depression, resulting in human saving of thousands of men with the financial saving on the existing Health network unknown.
- Ongoing support through State and regional Cluster branches of the Association
- AMSA is currently formalising partnerships for referrals and service delivery with Beyondblue, Menssline and the Royal College of General Practitioners.
- Production and circulation of National Newsletter
- Conducted two National Men's Shed conferences with the third scheduled for August 2009 in Hobart.
- AMSA is the entry point to the National Shed network
- AMSA has the ability to cascade information and programs down through State/Cluster groups and then individual projects within communities
- AMSA has the capacity to develop important relationships with corporate and business partners, peak bodies such as *Beyondblue* and Menssline
- AMSA Assists small community shed projects who do not have the capacity to develop these relationships
- The AMSA newsletter has also facilitated the conduct of surveys

All of this has been **achieved through a FaHCSIA grant of \$50,000** and the support of Catholic Care Newcastle.

Many other submissions made to the Senate referred to Men's Sheds in great detail. The importance of Men's Shed Projects was emphasised in submissions made to the committee by Lara Giddings Deputy Premier of Tasmania and Minister for Health, The Department of Health and Ageing, Foundation 49, Beyondblue, Relationships Australia, Northern Territory Department of Health and Families, National Rural Health alliance and The Central Australian Aboriginal Congress. These submissions made considerable mention of Men's Shed projects in effectively dealing with Depression and Suicide as well as providing a platform for the delivery of other men's health orientated programs in a male friendly environment. All of these submissions can be viewed in detail on the web page listed.

It was very evident from the nature of their questioning that the Senators were well informed of the contribution Sheds make to the men within their communities. The future of Sheds is now looking stronger than ever and to be recognised at this level of Government is a major achievement for all of us.

## ***NSW Men's Shed Association***

The first meeting of the NSW branch of AMSA will be held in Mid July, the date and venue shall be circulated to all the NSW sheds and Cluster groups prior to the meeting. The Association has been registered and a model rules constitution accepted in the interim. We are currently trying to secure the venue which hopefully will include free dormitory style accommodation and camping for those who have to travel greater distances.

The NSWMSA along with VMSA, QLDMSA, TMSA, WAMSA will become founding members of AMSA and will own one share of the organisation. Anyone who wishes to be of assistance in the development of the NSWMSA please contact us on 1300 550 009 or email [amsa@mensshed.net](mailto:amsa@mensshed.net).

## ***AMSA email exchange***

Our new AMSA data system is almost operational and ready to be expanded to each State branch. For us to direct inquiries to the relevant Shed it is important that the contact details of each Shed are up to date, so if you have made any changes please let us know on 1300 550 009 or email [amsa@mensshed.net](mailto:amsa@mensshed.net).

Also the new email exchange will be operable at the same time and each Shed will receive an email address and password as the primary contact address for your Shed and this is where all AMSA correspondence will be sent. These addresses are capable of forwarding protocols to multiple recipients and will come with instructions on how to do so.

This new email system will make communicating with all the Sheds and inter Shed communication a lot easier as we find that as key people in each shed change AMSA is not always informed of the changes and we receive a lot of bounce back emails that then require further contacts to source the correct details.

## ***Your Website links to AMSA***

Computer links to the websites of many of the Sheds have been included with the Shed details on the AMSA website. Now the Cluster groups and affiliated organizations are being added to for members to keep in touch with their developments. These are the addresses that have been sent in to us but if you would like to include yours please send it in to AMSA.

We would like to have the AMSA website at the top of the list when people use a search engine for information on Men's Sheds. One of the criteria that search engines use in ranking a site is the number of other websites that are linked to it and, therefore, we are asking everyone who has a website to put in a link to the AMSA site [www.mensshed.org](http://www.mensshed.org).

## ***Men's Sheds web based Discussion Group***

Michael White from Coolah has set up, and is Administrator, of a Yahoo based Discussion Group for everyone interested in Men's Sheds and this can now be accessed through the AMSA website [www.mensshed.org](http://www.mensshed.org) or directly at <http://health.groups.yahoo.com/group/menssheds>. The messages that have been submitted can be viewed on the AMSA site but to post a new messages you need to sign up as a member. This is to protect the site from Spam and unwanted input which was the problem with the previous Discussion Group.

## ***Sheds Sharing: Salamander Bay donates tools to Fort Shed***

The Shed @ Salamander Bay recently received a grant of \$5,000 from the FaHCSIA small equipment grant program to update tools and equipment in their Shed. Salamander Shed (featured in the March 08 AMSA newsletter) is established on the ground of R&R recycling Port Stephens and for the first 18 months of operation were using old tools sourced from the recycling centre which they had restored to a good condition. After receiving this grant, Salamander purchased around \$8,000 worth of tools through their sponsor Total Tools Newcastle who discounted the price to \$5,000. They have now graciously donated the old equipment to fellow Cluster group member Shed Fort Scratchley. The tools consisted of a Planer, Table Saw, Disk and Belt Sander, Joiner and band saw as well as many other hand tools.

This is a great example of how Sheds, communicating with each other through Cluster groups, can provide assistance to other members. The men of the Fort were excited upon receiving the donation which now sees them well established and nearly operational.

## **Victorian Bushfire Situation**

Immediately the scale of the Victorian bushfires was realized AMSA and all the Regional Associations were inundated with offers of help from many Men's Sheds and individuals who all wanted to help in some way. It was quickly agreed that the Victorian Men's Sheds Association was in the best position to investigate and coordinate the response to this disaster and everyone agreed that all future action should be done through them to prevent any confusion that could result from too many helpers

After contacting many of the Shedders that had been involved, it was clear that most families and individuals had far more important issues to cope with at that moment than their Sheds. It was obvious that it needed a longer look to plan a good response when the needs of the shed groups that were affected became clearer. It was felt that too many decisions had been made in haste with less than positive results and no one wanted to see a wasted knee-jerk reaction. As there was a meeting of the VMSA already planned it was decided to leave further planning until then.

The VMSA, through Iain Beggs, emphasised that the immediate need was for cash donations and this is how most Shedders responded.

### ***Report by Iain Beggs on this aspect of the VMSA meeting.***

An important item that was discussed was our response to the recent Bushfires which devastated many parts of the State including South Gippsland where the meeting was held. Shortly after Black Saturday, members of the V.M.S.A. committee were overwhelmed with offers of donations of cash and tools to be given to any Men's Shed groups who lost their buildings. There were also many calls for us to launch an appeal to raise funds to rebuild lost Sheds. The committee decided it would be best to wait until this meeting when the situation would be clearer.

Upon further investigation, we found that to raise and distribute emergency funds, you need to be registered with and approved by the Department of Consumer Affairs. Failure to do this could result in hefty penalties. We have now also established that no Men's Sheds were lost to the fires. Had we gone ahead and collected funds, we would have found ourselves in a very embarrassing situation and possibly open to legal action.

If any one would still like to donate to a Men's Shed in a bushfire area, there is a group looking to start a Men's Shed in Kinglake and there may be groups looking to start up in some of the other areas. For further details on these new groups, please contact me at [iain.beggs@aus.salvationarmy.org](mailto:iain.beggs@aus.salvationarmy.org)

## **Victorian Men's Shed Association—Report on 8th Meeting at Mirboo (27th March)**

A great day was had by all at the recent Victorian Men's Shed Association meeting. This was the 8<sup>th</sup> time we have met as a group since we first got together way way back in 2007. The meeting was hosted by the Mirboo North Men's Shed who proudly showed off their new premises. They also set a new high bar for catering at our meetings. This was the first time we had a proper sit down meal courtesy of the local ladies group. Well done to all involved.

Also, a big well done to all our members for turning out in such big numbers. With 85 people in attendance, apart from our A.G.M. last year with 120+, this was our largest meeting ever. More important than numbers however, was a great time of fellowshiping together by all there as well as the 4 great presentations that were on the agenda. These were from Jeanette Teague from D.P.C.D with news about the 2<sup>nd</sup> round of Men's Shed funding from the State Government, Dr Nick Foster from Mensline Australia, Georgina Davis from Ambulance Victoria and David Helmers from AMSA. It was a great day overall and we are looking forward to our next meeting which will be held in June.

One important item we discussed was our response to the recent Bushfires which devastated many parts of the State. This is covered above.

On a slightly sad note for some of us was the news that Monica Parnis is retiring from work and preparing to head off into the sunset. This means that she will no longer be a part of the V.M.S.A. committee and I know that I speak for all of us when I say that she will be sadly missed. Monica has been a part of V.M.S.A since it's first meeting back in March 2007. Her roles have included Public Officer, setting up our constitution and maintaining our database. She was also instrumental in obtaining a grant to set up the Weribee Men's Shed. Monica is very much a "Doer" and gets things done with a minimum of fuss. She has been a great encouragement to all of us and a good friend as well. On behalf of the committee and all our members, I extend a heartfelt Thank You to you Monica and wish you a wonderful and rewarding time.

**Iain Beggs** (President – Victorian Men's Shed Association)

## Men's Matters Magic.

**Mens Matters** is a program run from Dunmunkle Health Services, incorporating 3 small towns in a radius of 30 kilometres. Our towns include Minyip (our base), Murtoa and Rupanyup in the Wimmera, Victoria.

**Our program is very flexible, all about men, all about fun, all about socialising!**

We decided "shedding the shed" was the way to go for our program designed for senior men living in our rural community. We already owned our own bus which is utilised for many programs in our Community Health Centre, so we had transport on hand ready to go.

- We targeted men in retirement,
- Those who moved to our small rural towns later in life,
- Those who had lost a spouse,
- Those who just felt they needed company.
- Men who lived alone.
- Men who are caring for a loved one and need a break



The men decide where they would like to go, or if not, we will organise something for them. We have a male driver and an average attendance around 14. Our outing is Friday fortnightly, usually consisting of morning tea somewhere on the way, a counter meal and something interesting to see or visit, before an ice cream stop on the way home.

**Conversation like rainfall, property prices, sport and general happenings in their towns all get discussed as well as many memories of work days, war, health and life.**

No one could have gauged just how meaningful and how much fun these trips could be and how word of mouth has sustained the numbers during the last seven years. By already having our bus, we were able to set this program going in a short space of time compared with setting up a shed and covering the rules and regulations.

I believe the "Shed" is a disguise for fun, fellowship and meaning in men's lives and feeling welcome and accepted. So in this sense our bus is our "Men's Shed". When we talk about Men's Sheds, I believe this can literally be a shed or it can be any other venue where men can get together and talk. Being mobile for us also means we continually meet new people, and this does not always happen when you live in small towns and have a shed.

This is not for everyone as there is no hands on which some men really like, but for others they say they are not there to work, they have done plenty and just want to enjoy some time out.

If anyone would like to find out more about our program, don't hesitate to call me.

Judy Hazelden (Community Dev. Worker) Community Health Centre. Minyip. Victoria. - (03) 5363 1224.

## AN OLD DOGS TALE - From Stuart Holmes (Nambucca)

A wealthy old lady took her elderly poodle named Cuddles on a safari in Africa but it soon got lost. Wandering about, he noticed a leopard heading rapidly in his direction obviously with the intention of having lunch.

The old poodle thinks, 'Oh, oh! I'm in deep doo-doo now!' Noticing some bones on the ground, he immediately settles down to chew on the bones with his back to the approaching cat. Just as the leopard is about to leap the old poodle exclaims loudly,

**'Boy, that was one delicious leopard! I wonder if there are any more around here?'**

Hearing this, the young leopard halts his attack in mid-strike, a look of terror comes over him and he slinks away into the trees. 'Whew!', says the leopard, 'That was close! That old poodle nearly had me!'

Meanwhile, a monkey who had been watching from a nearby tree, figures he can use this knowledge and trade it for protection from the leopard. So off he goes, but the old poodle sees him heading after the leopard, and figures that something must be up.

The monkey soon catches up with the leopard, spills the beans and strikes a deal for himself. The young leopard is furious at being made a fool of and says, 'Here, monkey, hop on my back and see what's going to happen to that conniving canine!'

The old poodle sees the leopard coming with the monkey on his back and thinks, 'What am I going to do now?', but instead of running, the dog sits down with his back to his attackers, pretending he hasn't seen them yet, and just when they get close enough to hear, the old poodle says...

**'Where's that damn monkey? I sent him off an hour ago to bring me another leopard!'**

**Moral of this story....**

**Don't mess with the old dogs...age and skill will always overcome youth and treachery! Bullshit and brilliance only come with age and experience.**

# New Funding Opportunities for Sheds

## What is the Jobs Fund?

The Jobs Fund is a \$650 million Australian Government initiative to support and create jobs and increase skills through innovative projects that build community infrastructure and increase social capital in local communities across the country.

The Jobs Fund is part of the Government's Jobs and Training Compact to support families and communities most affected by the global economic recession.

Through the Jobs Fund the Government will invest in one-off capital projects and provide seed funding for social enterprises. The Jobs Fund will provide one-off grants of up to \$2million for projects from 1 July 2009. The aim of the Jobs Fund is to create jobs, build skills and produce long-term improvements in communities affected by the global economic recession.

The Jobs Fund has three streams:

**Local Jobs** - \$300 million of funding is available over two years for community infrastructure projects with a focus on the promotion of environment-friendly technology and heritage. Of this stream, \$60 million has been specifically set aside for heritage-related projects and \$40 million for the construction of bike paths.

**Get Communities Working** - \$200 million of funding is available over two years. Seed capital will be available for self-sustaining projects which create jobs and provide activities and services to improve community amenity.

**Infrastructure Employment Projects** - \$150 million of funding is available over two years to provide for investment in infrastructure projects which generate jobs in regions affected by the economic downturn.

The Jobs Fund projects will focus on directly generating jobs for people in communities with already high unemployment levels, rising jobless rates or which are particularly vulnerable.

A limited component of the Get Communities Working Fund will be available for Temporary Financial Assistance to non-profit organisations that provide vital support in the community and whose donor base is currently under pressure due to the economic downturn. \$11 million will be allocated for this purpose in 2008-09.

## When will the Jobs Fund commence?

The Jobs Fund will commence on 1 July 2009. Funding under the Jobs Fund will not extend past 30 June 2011. Where proponents want their projects to continue beyond this period, they will need to demonstrate an alternative source of funds.

## Who can apply for funding?

Non-profit organisations, employment services providers, industry associations, unions, peak bodies, regional development agencies, local, state and territory governments, and community organisations will be eligible to apply for funding.

## What criteria will be used to select projects?

Jobs Fund projects must address at least one of the following four target areas:

- Create jobs or retain people in jobs at risk due to the downturn
- Build skills for the future
- Build community infrastructure or improve community amenity which generates local jobs, or
- Provide seed funding for social enterprises to start up, maintain or expand services, generating jobs and improving community services.

All projects must also meet a common set of gateway criteria:

- Be in areas experiencing high unemployment, a significant rise in unemployment or vulnerability
- Be viable and ready to start, and
- Be self-sufficient not requiring Commonwealth funding beyond 30 June 2011. This will not extend past 2010-11.

## How and when can you apply for funding?

The Jobs Fund Guidelines, along with the Proposal for Funding Form, sets out how organisations can submit project applications. This information is available at <http://www.deewr.gov.au/Employment/Pages/JobsFund.aspx>.

The closing time and date for this round of proposals is 4.30pm EST Friday 22nd May 2009.

The Department of Education, Employment and Workplace Relations will be available to answer questions and discuss project ideas. For all enquiries please email [Jobs.Fund@deewr.gov.au](mailto:Jobs.Fund@deewr.gov.au)

## M5 Project – Men Stepping Up For Health

On Thursday 5 March some 50 employees of the Target department store chain gathered from across Sydney and beyond in the Carlingford store's Target training centre for their, for many first, men's health check. National Men's Sheds Network Coordinator, David Helmers, was on-site as an invited guest. The occasion was the launch of the M5 men's health campaign, by RACGP President Dr Chris Mitchell. And the health check is one the NSW&ACT Faculty hopes to roll out throughout New South Wales and the ACT in collaboration with the Men's Sheds network.

Why M5? Because every hour 5 Australian men die before their time, due to preventable morbidities. Men dies on average 5 years younger than women. And there are five simple steps men can take to change an untimely end:

1. Share their family history with their GP
2. Know their healthy weight
3. Check their blood pressure
4. Stop smoking

Maintain a healthy mind and body



THE M5 PROJECT  
MEN'S PREVENTIVE HEALTH MOVEMENT

One of Federal Health Minister Nicola Roxon's men's health ambassadors, Dr Rob Walters flew up from Tasmania to act as Master of Ceremonies for the event, and Professor Gary Richardson of Foundation 49 joined the College President in launching the M5 project. However it was the federal health minister's *other* men's health ambassador present on the day, Noiseworks musician Jon Stevens, who stole the show. His simple and unaffected account of how a routine visit to his GP last year initiated a process of medical investigation and cardiovascular intervention that saved his life hit home with many of the younger Target employees in the audience. They certainly lined up readily for health checks after the formal launch.

### An Appeal

Over the next 12-18 months the Faculty would like to work with the 100 or so Men's Shed's throughout New South Wales and the Australian Capital Territory to conduct similar well-publicised health checks for men. The aim is that the checks will be basic blood pressure, BMI and blood sugars, administered by a practice nurse with a GP from the practice on hand to discuss issues with the men who volunteer for the check.

Any Men's Sheds in NSW&ACT interested in participating in the M5 health check program, and who know a local GP they are prepared to approach to be involved, please contact Carol Andersen on 1800 000 251 or email [carol.andersen@racgp.org.au](mailto:carol.andersen@racgp.org.au).

Find out more about the M5 campaign at:

<http://www.m5project.com.au/about> and <http://www.racgp.org.au/m5resources>

**Richard Lawrance, State Manager NSW&ACT - Royal Australian College of General Practitioners**

## National Men's Health Gathering Newcastle 2009 - By Greg Millan

National Men's Health Conferences are held every two years, the last one being in Adelaide. In 2009 the 8<sup>th</sup> National Men's Health Conference and two other major events will be held in Newcastle at the University. The adjoining events are the 5th National Aboriginal & Torres Strait Islander Male Health Convention and the [4th National Men & Family Relationships Forum](#). This will be a huge gathering of people with energy and commitment to improve the health of men and boys in Australia and a great opportunity for men who work with Men's Sheds in Australia to both attend and contribute with papers or workshops.

This is indeed a milestone year in the men's health area with the formation of our first National Men's Health Policy and the National Gathering promises to be a huge event for networking, learning and socialising with people who are strengthening the advancement of male health in the Australasian region and beyond.

### Who will benefit from attending the gathering?

Men's Shed workers and Men's Shed participants, health professionals including general practitioners, nurses, allied health workers, counsellors, social workers, mental health workers, youth workers, academics, policy makers, health promotion and public health practitioners, community developers and health educators. Basically anyone interested in improving male health in Australia is most welcome to attend.

I think it is vitally important to put the great advancement in Australia of Men's Sheds firmly on the national men's health agenda by your participation and your contributions to the program, by providing papers or workshops. I would encourage you to attend and be part of this exciting experience. These events only happen once every two years.

For more information on the National Gathering - to present an abstract or to register visit the website at [www.workingwithmen.org.au](http://www.workingwithmen.org.au). I look forward to greeting you in Newcastle.

## "Best Community Group" Award for Port Fairy Mens Shed

The Port Fairy Men's Shed (PFMS) was successful in the Moyneyana Festival's New Year's Eve Parade when it took out the **"Best Community Group"** Award for its float. The concept of a **"Men's Shed without a Shed"** helped highlight our endeavours to get a working shed up and running in 2009. The float seemed to be well received by the watching public and earned us \$150 prize money which more than offset construction costs.

The ongoing saga of securing a site and shed for the PFMS has taken a number of twists and turns but the Steering Committee is still working hard to bring the matter to some conclusion.

Unfortunately we are dependent on a number of external bodies to finalise this important issue and these matters take time and is out of our control. There are now two proposals both of which are attractive and represent a real answer to our needs.

The PFMS is gradually building up a cache of equipment in anticipation of establishing our own shed. Recent equipment purchases, to supplement the bench saw, thicknesser and trestles donated by Carter Holt last year, include a *DeWalt Combo kit* (battery operated drill, various power saws, and a torch), a jigsaw, a Wagner airless spray gun, a 68cm TV and an assortment of second hand items bought at auction including four work benches, steel cabinets and shelving, a whiteboard and a coffee table.

### Jobs undertaken by the Port Fairy Men's Shed

Following a request from the Port Fairy Show Society, a small team of men's shedders helped construct 20 wooden lathed shower mats for the main shower shed at the Showgrounds. We also completed the last 130 sets of bench seats for the Folk Festival.

The Men's Shed has also agreed to assist the Show Society to build new *"chook cages"* for the 2009 P&A Show. We are currently waiting on a final design from the Show Society but we do have until October to complete this job.

Interest in the PFMS is encouraging. Starting from interested persons registered at the public meetings held in 2008 to those that have registered and paid their membership fees we now have a formal membership base of 54 persons. At present veterans make up almost 33% of our financial members.



## The Geelong Deck-chair Project - Barry Sproull

The Geelong Community Shed members have, after five years of looking, finally moved in to a factory building in Station St. Norlane with the help of a grant from the local council. We were also greatly assisted by the North Shore Primary School, which was moving into new premises adjacent to their old building. We helped to wreck the old school, and in return were given timber, doors, woodwork benches, and assorted cupboards and cabinets – even the sign from the office!

At the same time the City of Greater Geelong, in preparation for its Pako Festa annual multicultural festival, launched a youth arts project called Deckchair Days. This involved groups of young people designing the canvases, and we were asked to build the frames – twenty in the first instance.



Because we'd just moved in the shed looked like a wrecker's yard, and we didn't have a great range of tools to work with. However we eventually cleared a space to set up the production line, and two members produced a saw and a drill press for the job. We found a plan on the internet, but the chair design changed midstream when somebody saw a better way of anchoring the canvas. The chairs – like the shed itself – are a work in progress, but we'll probably have it right by the time 100 are finished.

The chairs were featured at the Pako Fest launch – hung from the ceiling, and placed around the reception area of the Geelong Performing Arts Centre. They were featured in newspaper and Channel 31 promotions for the event, and on the day provided a colourful addition to the seating around the sound stages.

## Anglesea district endorses a new Men's Shed

The Steering Committee of the Anglesea & District Men's Shed held a two hour Forum on Wednesday 4<sup>th</sup> February 2009 to a new full hall.

Over 70 residents participated in the Forum. As well as explaining local issues and developments, two guest speakers were Mike Brown Men's Shed researcher from Ballarat University and Iain Beggs, President of the Victorian Men's Shed Association and coordinator of the Ballarat Men's Shed, and they gave very informative talks with lots of photos and anecdotes to illustrate. Three local Councillors were also able to attend.

On the previous Wednesday, the Surf Coast Shire Council adopted the Community House Precinct Master Plan with one amendment – that the Men's Shed be accommodated on that area, so the Forum timing was perfect to announce that milestone.

An impromptu talk was given was made by local parent, Sue McMurtry, who wished to present certificates to Geoff Giles and Maurie Dean who had completed men's shed community work for the Anglesea Primary School.

After the talks and a cups of coffee and tea, tables were set up for a workshop session on four question to obtain valuable feed back. The session was run by Mrs Rochelle Griffith, who is Community Engagement Facilitator at the local Council offices.

Overall, lots of information flow both ways, lots of fun, talk, interaction, even door prizes donated by The Great Ocean Road Outdoor Centre. The night was funded by the Anglesea & District Community Bank. A very enjoyable and integrated evening.

**Paul Jacklin** - Coordinator, Anglesea & District Men's Shed (0418 560 569)

## Regional AMSA Contacts

A number of enquiries that are sent to AMSA require local knowledge and therefore, to improve the flow of information, some members and Cluster Groups have agreed to act as regional contacts. Their details are given below and they will help with local queries or re-direct the request if necessary.

As the number of Regional groups and Clusters grow this list will be enlarged.

**All other enquiries to AMSA by Phone on 1300 550 009 or Email [amsa@mensshed.net](mailto:amsa@mensshed.net)**

<u>Region</u>	<u>Contact</u>	<u>Phone</u>	<u>E-mail</u>
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