



The

Shedder



" The Official Newsletter of the "Australian Men's Sheds Association " "
Patron in Chief His Excellency General the Honourable Sir Peter Cosgrove AK MC
Patrons Professor Barry Golding, Professor John MacDonald

2015 AMSA 6th National Conference Goes Off with a BANG!



Literally! The 6th National Australian Men's Shed Association Conference by all accounts has been deemed 'the best yet' by delegates from across Australia and abroad.

The sounding of the three shots fired over Newcastle from the 6" Mk VII Guns fired by the 3 lucky shedders who were drawn from a hat at the Opening Reception the night before, marked the first official day of the Conference and the start of the Shed tours on a wet and windy Sunday morning but it did not dampen the spirits nor diminish from what was to come.

With the Men's Shed movement developing and morphing so rapidly it is always a challenge to identify just what it is that delegates want from the Conference.

The theme of the Conference was 'Innovation' and who better to symbolize and compliment the topic than the likes of Social Researcher Hugh Mackay, Political Journalist Barry Cassidy, Futurist Craig Rispin and world-renowned Designer and Futurist from the University of Newcastle, Jeff Julian.

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2015 Conference Cont'd....

Some added features of this year's event was the exclusive 'Shed Leadership Session' hosted by special guest John Peacock, General Manager of Associations Forum who is one of Australia's most experienced advisors to Associations and charities. The interactive session covered many of the practical aspects of effective governance of incorporated Associations including responsibilities and management. These sessions were aimed at supporting those who take on the roles that can at times be a very stressful, cumbersome and thankless jobs in keeping the wheels of the Shed turning.

Another addition were the Shed Tours that offered delegates the opportunity to step inside a couple of unique Sheds within the region and complimented by lunch at a unique Hunter attraction including Fighter World (Williamstown RAAF Base), Lost in the 50's Car Museum or the amazing Hunter Valley Gardens at Pokolbin. These tours and the Leader Sessions were well received and will most likely become an integral fixture for future events.



The conference dinner was a fabulous night with special guest the Hon Prue Goward, NSW Minister for Mental Health and Assistant Minister for Health and racing legend John Bowe, both giving excellent and moving addresses to the audience.

The night was topped off by the truly talented Adam Harvey who had the audience in awe of not only his songs and voice but his incredibly humorous anecdotes about his mother-in-law!

If you weren't a fan of Adam Harvey before that night, you certainly were by the time you left.

Also in attendance was a large representation from Cabot's (the Conference naming sponsor), Fair Dinkum Sheds and Rare Spares.

The Ted Donnelly Award was proudly handed over from previous winner Professor Barry Golding, to a most deserving and humbled recipient from the Irish Men's Shed Association, Mr John Evoy who was recognised for his tireless work in not only Ireland but in supporting the establishment of the International Men's Shed movement.

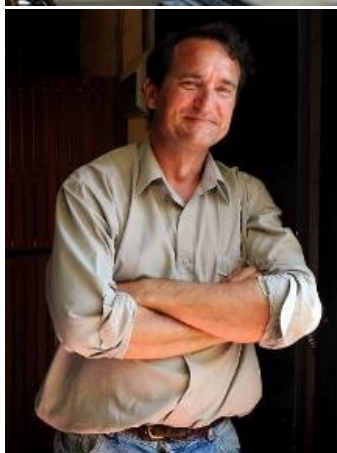
But the Conference was about much more than just the social and entertainment aspects. It was a chance for those who know the Shed world best, the shedders themselves, to address, share and convey to their peers their experiences, trials and tribulations and to continue learning from each other as we have from the start.



2015 Australian Men's Shed Association
6TH NATIONAL CONFERENCE • 17-20 OCTOBER 2015
Grand Venues of Newcastle • Newcastle City Hall & Civic Theatre

Proudly sponsored by:





EO'S Report

Welcome to the AMSA newly revived Newsletter- it has been 3 years since we replaced the AMSA newsletter with more regular email news bulletins and, due to many requests from Members, we have bought it back. We hope you enjoy the read and please print it out and distribute throughout your membership.

2015 has been another busy year for AMSA and another year full of challenges. The Newcastle Conference was a huge success and we enjoyed hosting the event in our home town. We have received a lot of positive feedback from delegates especially around the Shed Tour days. The delegates enjoyed visiting some of the local Sheds in

the lower Hunter area and experiencing their hospitality followed by a relaxing visit to one of 3 local attractions. A huge thank you to our major sponsors Cabot's, Fairdinkum Sheds, BHP Billiton, Newcastle City Council, *beyondblue* and especially the NSW Department of Health for their support.

At the Conference AMSA also launched two new websites: a new '*Spanner in the Works*' website and a totally new-look AMSA website.

The '*Spanner in the Works*' site is purely dedicated to Male Health and acts as a gateway to more than 50 partnering organizations that provide accurate and up to date 'Male Health Information' using the popular 'Machine Man' image. In the first 3 weeks this highly praised website has received over 5000 hits.

The new AMSA website has also received wide spread acclaim. The two tiered website has a specific Members Only section and all AMSA resources, such as the '*How to Set up and Run a Men's Shed*' Manual have been updated and are now available in the new Members Only area.

Like all projects that have a very limited budget these websites have their glitches but thanks to the feedback from users we have sorted most of the issues, but if you find a problem please let us know so we can do our best to rectify it.

Thanks to support from our sponsor 'Fairdinkum Sheds', this year AMSA also launched our '*1st Edition Members' Handbook*'. This has been so popular our first print run of 3000 virtually disappeared within weeks and copies are now available for download and print within the Members area of the new website. The manual gives an A-Z overview of AMSA as well as basic operational procedures for Men's Sheds.

In 2015 we also welcomed Cabot's back as a major sponsor. Besides being a major Sponsor of the Conference, Cabot's are conducting yet another product give away with 10,000 litres of product being available to AMSA Member Sheds. Order forms are available on the AMSA website.

There are now 938 Men's Shed Members of AMSA and finally we are starting to see the rapid growth of previous years stabilize. This is largely due to saturation in some areas as now many towns within Australia have a Men's Shed in operation or development. There has been over 630 Men's Shed develop nationally since AMSA became operational under our current service delivery agreement with the Commonwealth (May 2010) and as mentioned previously that's around 85 more than there are McDonald's restaurants.

I would like to extend my thanks to the AMSA staff and AMSA Board for their hard work throughout the year. As 2015 draws to a close and we prepare to welcome the New Year, on behalf of the AMSA Staff and Board I would like to convey our very best wishes to you all for the Festive Season, a Merry Christmas and a Happy 'Shedding' New Year.

David Helmers
AMSA Executive Officer





New 'Spanner in the Works?' Website

Blokes are generally recognised as not being good at looking after their own health and wellbeing. Often with regular servicing and preventative maintenance, their machinery is looked after better than they look after themselves. Stoic Aussie males also appear to have a reluctance to seek professional health help and are notorious for wanting their not so interesting information fast and easy.

But now, thanks to the support of many of Australia's 'Peak Health Organisations', the Australian Men's Shed Association (AMSA) has ventured further into the field of Men's Health with the release of a new Men's Health website called '*Spanner in the Works?*' The website is based on the same principles AMSA has used for the 'Spanner in the Works?' Men's Shed health screening program – **make it easy to use, male relatable, men friendly, keep it short and sweet and add a touch of humour.**

So this website (using the analogy of vehicle maintenance V self maintenance) attempts to address these factors by providing accurate, research backed health information as quickly as possible and thus encouraging men's health seeking behaviours.

Health is complex and we can become overwhelmed with information. This 'Spanner in the Works?' website provides some key health information to men in a form that men can relate to. Each health subject has one or more direct links to the relevant web page of an Australian 'Peak Body' Health Service. 'Spanner in the Works?' is not about telling men what to do but sets out some things that men can do (or not do) to improve their health and their chances of a longer and happier life. It gives men the opportunity to make adjustments as they see fit. Often minor adjustments can have a major impact on health, work and relationships with loved ones and friends – and often these adjustments relate to health lifestyle.

I encourage everyone to check out the new website, search for health issues you may have an interest in, click on the link to get the best, latest and researched based information. And don't be afraid to send us an e-mail and let us know what you think or share your ideas!

Gary Green

Community Engagement Coordinator

Australian Men's Shed Association

info@malehealth.org.au or 0428 133 546

<http://malehealth.org.au>

or just Google "Male Health"





938 Sheds and still growing

The last magazine-style Newsletter produced by AMSA was back in late 2011 and it contained an article entitled '600 Sheds and still growing', hence we thought it appropriate to revisit this and report on the current number of 'registered' Member Sheds.

As of December 2015 the number of Men's Sheds listed and registered on the AMSA database has reached 938! The last listing is the Men's Shed Gayndah Qld.



That's around 330 new Men's Sheds in the last 3 years and 630 in the last 5 years!

The growth of the number of Men's Sheds in Australia, and now internationally, has been exceptional since the Men's Shed movement and AMSA's formal recognition in the 2010 National Male Health Policy and its formal establishment back in 2010 when there were less than 300 Men's Sheds nationally.

So why the massive growth?

Men's Sheds: Men's Sheds have filled a gap in the social fabric of communities. What did we do before Sheds, and now, where would we be without them? And since the message started to get out there, men have been flocking to Sheds and if none were nearby...they would start one! We are now seeing many Men's Sheds having to close their books as they are at maximum capacity. This also indicates that there is the potential for further growth due to demand.

Exposure: AMSA Member Manager, Melissa White, says that back in those early days, she was registering at least one new Men's Sheds every day as AMSA strived, and obviously succeeded, to give Men's Sheds the recognition and exposure they deserved.

Funding: Before then the Men's Shed phenomena was relatively new and that not only made it difficult to find community support, but funding the establishment of a Men's Sheds was challenging.

Community Assets: Sheds are doing some amazing work, saving and changing many lives and, in turn, saving governments \$\$\$\$\$. The Association has endeavoured to ensure that Men's Sheds are recognised for that. As a result, Federal, State and many local Governments have acknowledged their value and provided support for the establishment of more Sheds.

Resources: Starting a Men's Shed is a whole lot easier than it used to be. The Association was established on the principle of sharing information to avoid the re-inventing of the wheel.

The 'How to Start/Run a Men's Shed' Manual alone has had over 8000 downloads since its release in 2012. This is a unique and effective tool to simplify and manage the process of establishing and operating a Men's Shed or any community group.



1st Edition of the AMSA Handbook

A copy of the *1st Edition of the AMSA Handbook* was recently sent to all AMSA members in their Annual Membership Mail-out Pack.

AMSA would appreciate any feedback. Is it informative? Are there other sections or information that you would like included?

You can email your feedback and suggestions to amsa@mensshed.net or liz@mensshed.net



AMSA is continually developing *new resources* for Men's Sheds based on the feedback we receive and in response to the need. There are currently over 180 resources available for member Sheds. Just look under the Resources tab on the AMSA website.

Communication: The *Website and 1300 number* has proven to be tremendously effective in connecting new members, donors, communities, governments and NGO's with their local Men's Sheds. Mel manages the 1300 number and is continually helping people find you and directing donations and traffic your way. The 1300 number takes on average 1000 calls a month with 60% being from Men's Sheds /shedders but the other 40% being from the general community looking for a Men's Sheds to perhaps join or make a donation.

There were 82,470 website visits from 1 January– 30 June 2015

AMSA itself still operates on the relatively same level of *funding* based on the 300 Men's Sheds back in May 2010.

On average, around 3 new Men's Sheds are *registering* each month and, as mentioned by David Helmers at the 2015 National Men's Shed Conference in October, there are currently around 80+ more Men's Sheds around the country than there are McDonalds restaurants.

AMSA has responded to 1723 enquiries about the *AMSA Group Insurance* and 951 enquiries about *Shed Development /Funding* from 1 January– 30 June 2015

Overall, the AMSA Staff addressed a total of 4694 *enquiries /requests/actions* from 1 January– 30 June 2015.





Effective Communication

A good relationship starts with good communication- and from the Association's perspective, it would have to be the current and sometimes ineffective lines of communication with Member Shed's and shedders that is our greatest challenge. In fact, this Newsletter in itself is another strategy we use to make contact and strengthen ties between us and you.

But communication is a two way street. The information and contact details are only as good as what we get from you, and once the information is received, it is the responsibility of that person to action the information.

When a Men's Shed initially registers with AMSA, we receive the following information:

Name of Men's Shed: Physical address: (shed address) Postal Address: (if different from above) Contact Name: Contact e-mail address:

Each year when membership and insurance renewals are due, this information can be updated, but that in itself is a huge task.

From the approximate 930 emails that are sent out in an AMSA group mail out to Member Men's Sheds, approximately 20% are either returned or we do not receive a response. This can be due to several reasons, but either way, if memberships and/or insurances are not renewed this could have serious repercussions on your Shed. In fact we, as recently as last week, were contacted by a Shed that had been operating 4 days per week for the past 9 months, totally unaware that their insurance and membership had lapsed as they were not contactable at the time of renewal! So contact MUST be made and the only other means is by a direct call.

It takes AMSA, on average, 3 calls to make contact with a Men's Shed, especially if the number is no longer valid or an answering service is not available.

Some typical responses that we receive include:

- Invalid number
- Voicemail- messages left and no one returns call
- No voicemail
- "Bill" (for example) is not here at the moment.
- "Bill passed away last July"
- "I am on holidays at the moment; you'll have to ring"
- "I haven't been involved with the Shed for six months"



You can imagine the frustration. This can easily lead to a substantial amount of time being taken up endeavouring to get the message through.

Please keep your contact details up to date with AMSA



WHO RECEIVES THE SHED MAIL AND EMAILS?

The information we send out is for the betterment and support of your Men's Shed. It can include important developments and opportunities for grant dollars, donations or special offers, insurance information, health matters, resources. Some of this information may be of specific importance to a shed member.

Management Committees should be mindful of:

Who receives the calls, e-mails and information being sent to your Shed?

Is that information being passed on?

Is all the information being tabled at the Management Committee meetings?

Is the recipient 'culling' information and not passing it on?

Is that information then being passed on diligently to ALL members of your Shed?



AMSA often receives calls from Shed members and during the conversation they realise that they have not been given access to information/resources that have been sent out. e.g. National Shed Development Programme opening dates; the AMSA Handbook 1st Edition that was posted to all Member Sheds, News Bulletins.

AMSA is always reviewing better means of communication, such as investigating social media and mobile apps, but these mediums are expensive and utilise a substantial amount of staff time so they may be introduced further down the track.

Communication is MUCH better than it used to be but we cannot stress enough to Member Sheds to:

- regularly check your Shed details on our website and if changes are necessary, e-mail amsa@mensshed.net
- use the new facility available in the Members Only section of the website to make changes to details
- If there are changes to Management Committee members and contact people, please inform AMSA
- make sure that the main email contact person is checking their emails often and sharing all the information
- If the main contact person is going on holidays or absent for some reason, please nominate an alternate email address
- provide a second email contact person
- regularly check the AMSA website for Latest News and News Bulletins



Ted Donnelly Award Goes OS!



The 'Ted Donnelly Award' is named in honour of the man who co-authored, along with Ruth Van Herk, the first 'How to Start a Men's Shed Manual' and subsequently was an integral player in the establishment of AMSA and is now regarded as the 'grandfather' of the Men's Shed movement. Ted is a member of the Lane Cove Men's Shed Sydney and is a Past Chairman of the AMSA Board.

The Award has been presented biannually since 2011 with the inaugural award going to Ted himself.

At the 2013 5th National Conference in Ballarat the recipient was Professor Barry Golding for his research and support for the Men's Shed movement.

This year, at the AMSA 2015 6th National Conference, the Ted Donnelly Award was presented to the founder of the Irish Men's Shed Association, Mr John Evoy who received the Award for '*outstanding contribution to the Men's Sheds Movement*' at a ceremony during the Conference Dinner.

John is a Wexford man who founded the Irish Men's Sheds Association having been inspired by the Australian model. After attending the 2009 Hobart Men's Shed Conference, John went home to Ireland and founded the Irish version in 2010. It grew rapidly, with almost 300 Sheds now operating throughout Ireland and an estimated 10,000 men attending regularly. John subsequently assisted with the establishment of Men's Sheds in other countries including Denmark and Wales.

Presenting John with his award, Professor Barry Golding, Patron of the Australian Men's Sheds Association, said: "John's dedication over the years has led to the success of the Men's Sheds movement in several countries, not just Ireland. There is no doubt that those Men's Sheds have helped huge numbers of men to lead happier healthier lives. The accurate and effective translation of the movement to the Irish context, the creation of the Irish Men's Sheds Association and the early seeds planted across Europe and elsewhere have been hugely successful due in no small part to John's huge effort, empathy, commitment and entrepreneurial skills."

Mr Evoy himself used the occasion of the Awards Ceremony to highlight his own personal experiences of stress and burnout. "Before founding the Irish Men's Sheds Association, I was a Community Worker and I recognised the need for men to have a comfortable and safe space where they could meet their peers and 'get stuff off their minds' which they might not ordinarily feel comfortable talking about in public.

"The Men's Sheds movement is all about providing a social outlet for men, helping them to learn new skills, get out of the house, meet other people, and deal with issues such as isolation, depression and stress. Ironically enough, in the course of my own work with the Sheds, I gained first-hand experience of burnout and stress. At the start of this year I realised that I was suffering from burnout and I needed to take some time away from my role in the Irish Men's Sheds Association. The intense effort of the last few very successful years had taken its toll.

"I was experiencing several of the classical symptoms of burnout, but I feel I took the appropriate action before things got too serious. The Board and members of the Association have been tremendous in their support to me, and I feel winning this Award is a great testament to all those involved in the Irish Men's Sheds.

"Winning this award is one of the proudest moments of my career. I am shocked and delighted to be seen by my peers in the International Shed movement to be worthy of this."



National Shed Development Programme (NSDP)

The Australian Men's Sheds Association (AMSA) administers the Australian Government National Shed Development Programme (the NSDP) on behalf of the Australian Government in order to provide direct financial assistance to Men's Sheds across Australia with priority given to those sheds in areas of greatest need. Under the NSDP, the Australian Government has allocated \$800,000 (GST excl) per financial year with two funding rounds of \$400,000 (GST excl).

The NSDP was reviewed this year to align with current Australian Government Policy and changes began from Round Eleven. Changes included:

- Category 3 grants - health improvement activities and training related to health e.g. health checks, health talks, first aid training, nutrition and cooking classes with the funding limit increased to \$5000;
- Community projects and training related to tools and mentoring have been moved into Category 1;
- Funding is no longer available for promotional and fundraising purposes e.g. BBQ's, marquees and clothing.

Round Eleven Update

The Recommendations for successful applicants of Round 11 of the National Shed Development Programme (NSDP) were lodged with the Department of Health on **Monday 16 November**.

The Australian Government may announce successful grants by a media release or other communication. AMSA will also issue a News Bulletin listing the successful Applicants. The AMSA website will also publish the complete list of successful applicants when the Department has finalised the process. As per the Guidelines, all applicants, both successful and unsuccessful, will be notified in writing of the outcome within the following month.

The Timeline within the Round 11 Guidelines indicates a formal announcement on **Monday 18 January 2016**, but please remember that this is just a timeframe not a deadline. The Department of Health has stated that *'Every effort will be made to obtain approval before Parliament recesses for Christmas/January however no guarantees can be given. Applicants should check the AMSA website for updates and have contingency plans in place in the event of notification being delayed'*.

Round Twelve

This has been flagged to open in the first week of **February 2016** but will be dependent on the announcement of Round 11 outcomes. Please monitor the website for further details under the AMSA website *Funding* and *Latest News* tabs.

Liz MacDonald
Shed Development
liz@mensshed.net



The
Department
of Health

NSDP Category Three: Health Improvement Initiatives Information Sheet

The Categories within the NSDP were reviewed by the Department of Health and major changes implemented effective Round Eleven 2015. As a new Category, the number of applications in R11 for Category 3 was quite low and the AMSA would encourage all Men's Sheds to consider making an application within the new *Category Three: Health Improvement Initiatives Round 12* that provides up to \$5000.

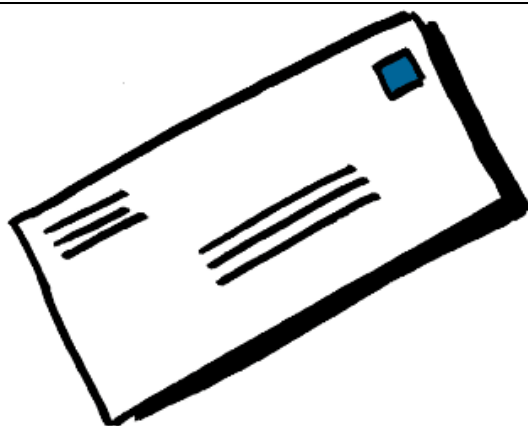
Applicants can request funding that includes:

- assistance with costs incurred for the delivery of a 'Spanner in the Works?' men's health check programme within a Men's Shed. This could include promotional flyers and catering.
- an applicant who joins with other Men's Sheds within the region to plan and deliver a 'Men's Health Gathering' including 'Spanner in the Works?' This could include promotional flyers and posters, catering, travel subsidies for visiting shedders.
- delivery and participation in activities that advance the health and well-being of their male members such as health seminars, health related guest speakers, health information sessions
- First Aid and/or CPR training
- Health resources such as DVDs, books

Please Note: equipment such as eye wash stations, defibrillators and First Aid kits must be requested in Category One: Tools, Equipment, Community Projects & Training.

Overdue Evaluation and Acquittal Reports for successful applicants!!

A reminder to all successful applicants from previous Rounds who have not lodged their Evaluation & Acquittal Reports. Please ensure that the documentation is returned to AMSA either by post or email. If you require any assistance or wish to lodge the report please email liz@mensshed.net





For Members of the Australian Men's Shed Association

CABOT'S PRODUCT GIVEAWAY

Cabot's Timber Finishes are the leading wood care products in Australia. The Cabot's brand has been active in Australia since 1962 when Kenneth H. Brock & Sons Pty. Ltd acquired the licence to distribute the brand. It was one colour that was adopted by architects that gave Cabot's its Australian breakthrough in the late 1960's and throughout the 1970's: Mission Brown was a Cabot's (Australia) invention and it changed the face of Australian suburbia.

During the 1990's the licence for the brand was acquired by ICI Australia (now Dulux-Group). Cabot's Premium Woodcare Brands, part of DuluxGroup, manages and markets the Cabot's brand throughout Australia. The Head Office is located in Melbourne.

How to Videos

Cabot's have a range of 'How to Videos' that you can view on the Cabot's website <http://cabots.com.au/advice/how-to>. These videos show how to complete the majority of woodcare projects such as Staining Interior Furniture, Staining Exterior Timber, Stain & Varnishing Timber.

Cabot's and the AMSA Partnership

Cabot's is a major sponsor of the Australian Men's Shed Association having already sponsored the 2015 6th National Men's Shed Conference, Newcastle in October.

One aspect of this partnership is the donation of 10,000 litres of product to members of the AMSA. Every AMSA Men's Shed can apply for 10 litres of Cabot's products.

For further information on the products, visit the Cabot's website <http://cabots.com.au/>

Accessing the Product Giveaway is easy:

1. go to the AMSA website, download and complete the Order Form
2. email it through to Sam Murphy, Cabot's Marketing Coordinator: sam.murphy@cabots.com.au





NOTICE SOMETHING DIFFERENT??

The Australian Men's Shed Association has launched a brand new website (www.mensshed.org) that now provides two distinct sections:

- Public Access
- Members Only section

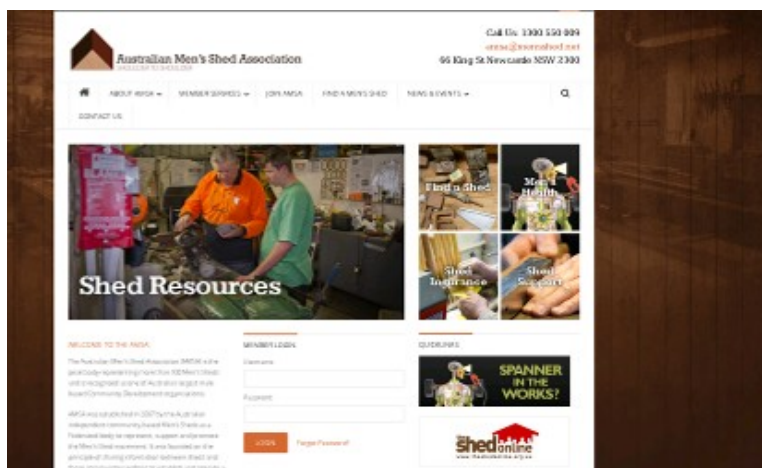
MEMBER LOGIN

Username

Password

[Forgot Password?](#)

NOT AN AMSA MEMBER?



As a Member you will have access to:

- An *On Line Enquiries* facility that will provide access to support, advice and information on insurance, Men's Shed Health & Safety, governance, compliance, community engagement, shed development, grants and fundraising
- An *On Line* facility to request changes to Men's Shed details such as contact names, emails and telephone
- An updated version of the AMSA '*Setting Up and Running a Men's Shed*' manual-an interactive web based resource that you can download from website
- a wide range of *Men's Shed Resources* to support the management and operations of a Men's Shed such as policies, procedures, Information Factsheets, manuals and guides, external publications, sample documents and templates
- assistance and support with health related shed activities such as '*Spanner in the Works?*' and *Health Resources*
- Archived *AMSA Newsletters*
- *Latest News*
- '*SMART*' Programme- a shed management and membership resource
- *AMSA Membership Discounts/Offers/Giveaways* when they become available through our corporate sponsors

NB: All Member Sheds should have received a posted notification that contains your Men's Shed specific password and log in details. You will be asked to change the password on your first 'log-in' session. Please do not continue to change the password each time you log-in. If you have not received your password please call 1300 550 009 or email amsa@mensshed.org



'The Company of Men' Book launch at the first Men's Shed-Goolwa, S.A.

AMSA Patron, Professor Barry Golding, has published a new comprehensive study on the history of Men's Sheds, appropriately titled 'The Company of Men'.

The book is a well researched publication and for one of the formal launches of the book Barry chose the 'Shed' in Goolwa, SA.

Unbeknown to many people in the now global Men's Shed Movement, South Australia was 'the cradle' for the transition from backyard Sheds to community Men's Sheds.

And Goolwa was close to the early epicenter.

This forum celebrates the role and impact of SA Men's Sheds and specifically the role of 'The Shed' in Goolwa. Opened in 1993 by the Goolwa Heritage Club, it is identified in Professor Barry Golding's recently published Men's Shed Movement book as the oldest, well documented Shed ever opened for men in a community setting. (NB The first ever Men's Shed opened by that name was opened in Tongala Victoria in July 1998, five years later).



The gathering was organised by the South Australian Men's Shed Association (SAMSA), in collaboration with the Alexandra Centre for Positive Ageing (ACPA), with support of the Australian Men's Shed Association (AMSA) and the Institute of Backyard Studies with a large number of Men's Shed Members present from the surrounding district.

Maxine Chaseling was the key person behind 'The Shed' back in the early nineties and spoke of the stories behind the development of the Shed. Maxine's talk encompassed all the factors that combine to make a Men's Shed as we know it Today. There was a very interesting insight when combined with presentations by Mark Thomson, Institute of Backyard Studies, well known backyard Men's Shed author who discussed the transition from backyard Sheds to Men's Sheds.

This was followed by AMSA EO David Helmers and Irish Men's Shed Association former EO John Evoy who both completed the picture with their talks on the shed movement's rapid growth over the past ten years.



Professor Barry Golding
Federation University Ballarat

Professor Golding's book is available via the Common Ground Publishing bookstore and can be viewed and ordered as an eBook for US\$10 or in hard copy US\$30 by members of the public via their webpage:

<http://agingandsociety.cgpublisher.com/product/pub.335/prod.3>





AMSA Top 10 Tips for becoming a Great Shed

Over the past two years we have seen a noticeable slowdown in the development of new sheds. As Men's Sheds have evolved so have some of the internal issues that can greatly disrupt day to day operations within the shed, and, in some cases, the problems have escalated to stage forcing good members to leave the shed and even forcing closure.

Most of these issues can be resolved through good management and engagement with all members – this is fundamental in becoming a great Men's Shed. It's not how big the Men's Shed is or the quality of equipment that makes one better than the other; it's the men within the Men's Shed that make it great.

AMSA can provide support and advice to Sheds who are going through turbulent times, and through this experience we have composed *AMSA's Top Ten Hints* on how to become a great Shed and how to avoid such issues from ever arising.

Number 1. Men before the Shed: one of the most crucial aspects of the Men's Shed. After all, a Men's Shed with no men is just a Shed. The Shed Management Committee should always bear this in mind when making decisions relating to its ongoing management – first and foremost is what is in the best interest of all Members.

Number 2 Democracy: as an incorporated body your Men's Shed should have a Constitution that allows for the democratic election of Officer Bearers. The AMSA has available a manual outlining comprehensive position descriptions for all Management Committee members. Incorporated requirements such as the Annual General Meetings and Elections should be adhered to – always remember that it is a Men's Shed that belongs to all members; not 'Peter or John's Shed'. It is not the loudest voice in the Shed but the majority voice of the Shed. Voting methods at AGM's can vary but best practice is via a ballot rather than a show of hands.

Number 3 Inclusive not exclusive: 'All Shed's for All Men' -be accepting and welcoming to new members. Be aware of becoming an exclusive group. From time to time we hear of Men's Sheds that have had a closed door approach and sometimes this can be dominated by individual personalities and severely detrimental to the ongoing viability of the Shed. This also includes the cost membership: this should be maintained at the lowest possible rate (levels that will adequately cover insurance and utilities). Setting an affordable membership fee fosters participation for all Men. The average membership fee at the Shed is \$25 per year but there are some that exceed \$200 p.a. becoming exclusive clubs rather than Men's Sheds.

Number 4 Engaging with your community: Men's Sheds have become vital community hubs and a great Men's Shed should embrace this and effectively engage with other community groups. A Men's Shed has so much to offer the broader community whether it be building a project for the local school or assisting in fundraising events. This is also a great way to source new members as well as support from local businesses.



Number 5 Succession Planning: ensure there is more than one person running the shed and share the responsibly. Have a good Succession Plan in place and a simple way of doing this is rather than elect a 'Chairman or President' at the AGM elect a 'Chairman Elect' who will take office within one to two years time. Try not to become too reliant on one person as this person may move on leaving the shed to flounder. It also opens the door for the one thing that can totally ruin a Men's Shed -the 'Dictator'.

Number 6 Viability verses commercialism: It is the aim of all Men's Sheds to become financially sustainable but never confuse this with commercial. Sheds have always been resourceful in fundraising initiatives, but Men's Sheds are not to compete with commercial operations that provide jobs within the local economy. Also be well informed and extremely careful of third parties offering sheds money for services such as 'Work for the Dole' programmes and 'youth mentoring'. There is comprehensive information about this on the AMSA website but each case is different. The best advice is to contact AMSA directly for support as engaging in these programs may redefine your shed as a commercial venture that can affect your insurances, taxation obligations and liabilities. It also has the potential to be a negative for your members. Remember, if it sounds too good to be true it probably is.

Number 7 Greed and need: The best Sheds are ones in which the members have a real sense of ownership because they, the men, made it happen. Great Sheds have worked hard as a group to source funding to develop their shed and they haven't relied solely on grants from government. They have attracted funds from local businesses and participated in fundraising activities such as raffles and BBQ's. This helps to give a Shed its heart and soul. Aim for what your shed needs and don't be greedy. There is always a limit on funds available even in government funding rounds so don't expect to have it all at once.

Number 8 Marketing: make sure the world knows you exist. This can be done locally through basic initiatives such as posters in public places and local stores, talking with local media or through your own website. All AMSA members are listed on our Shed Locator. This, and the 1300 number, is the main way for the public, government and corporate sector to access the location of your shed. You may not realise it but most calls you receive from new members or for a donation originated from here. AMSA processes thousands of inquiries a year from those wishing to find their local Mens Shed.

Number 9 Communicate: Regularly communicate with your members and supporters and provide them with regular updates via shed newsletters or emails on the activities of the Shed. The weekly Toolbox Meeting for all members is highly recommended by the AMSA

Number 10 When in Doubt Call AMSA: there are a some self- proclaimed Men's Shed experts many of whom are ill informed or acting with self interest. We all too often have to deal with the results and provide support to Sheds who have been misinformed or mislead. Remember it is very difficult for 'armchair experts' to be held accountable for misleading information. This year AMSA will be initiating Australia's first Accredited Training Programme for Men's Shed. AMSA will support our volunteers and assist you with the correct advice and support. All of AMSA's 5 staff members have an extensive background and knowledge of the Men's Sheds movement and are here to assist and support you through the journey to becoming a Great Shed.



INTERNATIONAL SHED UPDATES

IMSA– Irish Men's Shed Association

Firstly, we would like to thank you and your colleagues for the warm welcome our delegates received at your Conference last October. They thoroughly enjoyed the Conference and their stay.

Secondly, The IMSA will be hosting a Celebration Conference on 22nd + 23rd October 2016 in Belfast City and we would like to invite anyone in AMSA who are interested in attending.

The Irish Men's Sheds Association was set up in January 2011 with the purpose of supporting the development and sustainability of Men's Sheds on the Island of Ireland. The IMSA is a member-based organisation who share information between sheds and support communities and organisations wishing to establish a Shed. We have a wide range of 300 Shed's based both in a rural setting and a town setting.

Some of the Men's Sheds have been created with the support of Family Resource Centre's and Local Development Companies but many have simply been set up by men acting alone who noticed a need for a Shed in their area. The Sheds offer a social space for men to engage in meaningful leisure activities, whilst chatting to other men from their locality. The majority of the Sheds will have a space where the men are able to gather and work on meaningful projects at their own pace, in their own time and in the company of older men. The important thing for them is that it is their Shed and having that sense of belonging is important to them.



MENZSHED® New Zealand

New Zealand men's sheds exceed 100

The number of known Men's Sheds in NZ exceeded 100 in November 2015. MENZSHED New Zealand exists to facilitate the establishment of Men's Sheds and the public access to those Sheds. To fulfill that objective, the website hosts member and non member sheds, all of which are independent organisations. The following table shows the shed operating status and membership status.

	Closed	Not open	Open	Total
Non member	1	22	21	44
Member sheds	0	7	51	58
Total	1	29	72	102

MENZSHED New Zealand Conference April 2016

The next Biennial Conference is to be held in Kaiapoi, north of Christchurch, 15 - 17 April, 2016. Early indications show that the Conference will be attended by representatives of 25+ sheds from across the country. <http://menzshed.org.nz/conference-2016-2/>

About MENZSHED New Zealand Inc.

A team of 9 volunteers run the registered charity. Membership registrations comprise the bulk of funding with some additional commercial donations.

For more information, visit <http://menzshed.org.nz/>





The UK Men's Shed Association 'Son of AMSA' by Mike Jenn

Earlier this week Peter rang me to ask where he could find details of Men's Sheds clubs around York as he and some mates were coming over from Australia for a visit. It's something to celebrate that we could welcome that request and direct him to the map on our website www.menssheds.org.uk/find-a-shed.



The movement in Britain began with five voluntary sector Sheds with full-time paid staff, the first being in Sept 2009. It was clear to me though from the AMSA website and emails that if the movement was to reach its potential then communities of men had to create Sheds themselves. After talking with John Evoy in Ireland and visiting two of the Sheds here I and some mates were able to set up the first community Men's Shed in London in a hired community centre room (April 2011).

After a year I wrote the UK Men's Sheds website in its earlier form to promote the concept, to pass on our experience and to point people at the 12 Sheds then known. In March 2013 this enabled 17 of the 26 known Sheds to come together and form the UK Association to promote and support Shed development. After 18 months we got some paid help and now after 30 months we have registered over 300 Sheds as open or planned. Of these 17% are in Scotland, 11% in Northern Ireland and 5% in Wales.

We are pleased to report that Sheds are opening here at more than two a week with the range broadly divisible into three: the once or twice a week activity in a shared space, the 2-3 days per week volunteer-led Sheds in a dedicated space and the staffed 4-5 days per week variety.

Scottish Men's Sheds Association launched in Glasgow.

International Report by John Evoy

The launch of the Scottish Men's Sheds Association took place in Glasgow on the 24th of November last in front of a crowd of 150 people. It was a great occasion where those involved in the Men's Sheds of Scotland publicly celebrated their exciting vision for the future of Men's Sheds in their country. Many of the 35 Men's Sheds in Scotland were represented at the event. The launch was followed by a Roadshow where the SMSA team shared all the details of Men's Sheds at four locations around Scotland.



"The Scottish Men's Sheds Association's launch and one week Roadshow around Scotland was a resounding success" said founder and Chairman Jason Schroeder. "We are six years into a 20 year vision and are right on track. 2016 is going to be a very exciting and busy year for us supporting the upsurge in interest we are generating in Scottish communities for Men's Sheds."

The launch of the Scottish Men's Sheds Association is another indicator of how the Men's Sheds Movement is truly becoming a global phenomenon. It is now estimated that there are about 1,500 Men's Sheds spreading across the globe. The majority of these are still in Australia where there are over 950 Sheds dating back to the 1990's. The Irish Men's Sheds Movement has also grown from strength to strength, covering both political jurisdictions, and now has over 300 Men's Sheds across the Island of Ireland. This is very similar to Australia in terms of Sheds per population. The Men's Sheds Movement in both the UK and New Zealand are also both solidly established where there are approximately 220 and 80 Men's Sheds respectively. There are also a growing number of Sheds in other countries such as Canada and Denmark and Sweden.





We are off to 'Fremantle' for the 7th National AMSA Conference 2017



The 2017 7th National AMSA Conference will be held in Fremantle Western Australia- following the success of previous events it's time to head West.

Western Australian Men's Shed Association President Mike Wiggin said "WAMSA is honored and delighted that AMSA has decided to hold the 2017 AMSA National Conference in Perth. We have worked hard with AMSA and a number of WA partners to provide the best bid we could deliver and I'm very pleased that our efforts have been successful."

"WAMSA has had great support from the WA Premier and 6 State Government Ministers, as well as the efforts of The Perth Convention Bureau in preparing the bid and DC Conferences in working up the budget.

We all look forward to hosting our colleagues from across Australia to Perth and we promise a great Conference and a very warm welcome to all Shedders and their partners."

We look forward to seeing you all in Fremantle in 2017

SafetyQuip Community Goodwill Project Grants

SafetyQuip is a supporter of the Australian Men's Shed Association and is offering a funding opportunity for member Men's Sheds.

SafetyQuip will offer three grants to three successful Men's Sheds who are planning or currently working on a **major community goodwill project** and require additional funding to assist in its completion.



The 3 grants being offered are \$3,000, \$1,250 and \$750.

Men's Sheds can access the Expressions of Interest on the AMSA website www.mensshed.org

Please complete the Expression of Interest and lodge by **Friday 29th January 2016**. All EOIs will then be forwarded to SafetyQuip who will select the three successful applicants.



Phillip Island Extravaganza and the Men's Shed BBQ



It was the mid-seventies. ABBA and The Bay City Rollers were on the airwaves. Jaws and Picnic at Hanging Rock were on at the drive-in and Gough Whitlam stood on the steps of Old Parliament House to make his famous 'Dismissal' speech. At the same time, a fledgling car parts company was just beginning in the residential basement of a Melbourne suburb.

40 years later, *Rare Spares* is still growing and the Rare Spares team decided to head down to Phillip Island for a long weekend of celebrations and good causes with the Australian Men's Shed Association BBQ the first stop on the journey.

On the Thursday afternoon before the race weekend began and as part of their commitment to men's health, Rare Spares and Men's Sheds collaborated to host an event at the local Phillip Island RSL.

As part of the event, two Touring Car Masters cars turned up to add to the spectacle. The first machine was Andrew Fischer's 1971 Ford Falcon XY GTHO and the second car was Cameron Tilley's 1969 Valiant Pacer.

With the support of the Phillip Island RSL, the Men's Shed team put on a beautiful BBQ for everyone in attendance.

Some of the guys came down from their local 'Sheds' to be part of the day and Australian motorsport royalty John Bowe was there to throw his support behind the cause.

Rare Spares General Manager, David Rayner, said it was a pleasure to collaborate with Men's Shed on the day, being a cause Rare Spares is proud to support.

"I commend the work the Men's Shed team do for the greater community and Men's Health and it was good to be part of the event at Phillip Island."



After the Men's Shed BBQ, it was on to the Phillip Island Grand Prix Circuit for the final event of the Touring Car Masters series. Rare Spares was also celebrating their 10 year partnership with John Bowe.

"We're lucky enough to be celebrating 40 years in business this week and it's great to be down here at Phillip Island celebrating with the Touring Car Masters people," said David Rayner.

"Who would have thought Rare Spares would grow to be a multi-million dollar company when we started selling old 48 215 FJ parts.

"But over the years, thanks to our great staff and great customers, we've been able to make many, many thousands of car parts. And by doing so, we're keeping these wonderful old classic cars on the road.

"To help us, we employed John Bowe 10 years ago as our Ambassador. And since we've had John, our business has boomed. John has got us into motorsports and we're putting money back into the sport. We are very lucky to have John and to be involved in several sponsorships."

John Bowe was delighted to celebrate Rare Spares' milestone as well as his own 10th Anniversary with the company.

"They started with a couple of guys in a little garage and now they make the most amazing variety of over 50,000 parts for Aussie cars. The fact that they've been in business for forty years means most of the classic cars in Australia that are still on the road, owe something to Rare Spares.

"It's also my 10th anniversary as a Rare Spares Ambassador. They're great people, they make great parts. Happy Birthday guys and girls and keep up the good work!" he added.

With two TCM races on Saturday and one on Sunday, John couldn't sit around eating the seven kilo 40th birthday cake that was especially made. He had work to do!

With some hard fought racing during the weekend, JB was able to secure the 2015 title, his fourth one since joining the series! Congratulations John!





A tribute to one of the Men's Shed Pioneers: Len Wallace

Len Wallace was one of the pioneers of Men's Sheds establishing one of the first rural Men's Sheds in Grenfell NSW.

Len was a veteran of Vietnam serving in the 6th RAR and one of the lasting outcomes from the experience was what Len often described as living with the "Black Dog".

On the 14th of November Men Shed members came from far and wide for the unveiling of the Len Wallace Memorial located next to the Grenfell Men's Shed.

Appreciation of art was a part of life for Len. He had a hobby of 'fixing and making watches and music boxes and constructed a functional and beautiful clock which he named The Creation Clock. Following a period of collecting interesting discarded metal pieces (which became somewhat of an obsession!) resulting in a shortage of workspace, Len was prompted to make some of his wonderful collection into imaginative, idiosyncratic, instantly recognisable sculptures. This then evolved to the creation on Len and Jan's 2 acre house block of their 'Wallangreen' Sculpture Garden which they opened periodically to the public. World and local events inspired Len and were a catalyst for many of his larger sculptures. He received several significant awards for his works.

One of Len's major achievements was his great breadth of vision in instigating the establishment of one of the first rural Men's Sheds in Australia. He displayed ferocious determination into making this dream become a reality. He was a founding member of the Grenfell Men's Shed in 2003 which was the first in Australia to receive substantial grant funding from the Department of Veteran's Affairs. At one stage he was President of the South West Men's Shed Alliance for this region and also a Committee member of the NSW Men's Shed Association and also played a role in the development of AMSA.

Community welfare was a high priority for Len. He saw the Grenfell Men's Shed as a way to help address the growing problem of depression in the community. In 2007 Len received the Australian of the Year Award as the NSW Regional Local Hero in recognition of the enormous amount of voluntary work in assisting men in other locations throughout NSW in setting up their own Sheds. He was further recognised in 2013 by being one of the inaugural inductees to the Australian Men's Shed Association Hall of Fame.

Tragically in August 2013 Len's life was cut short. The close local community's very foundations were severely shaken and the loss continues to be keenly felt. Jan and her family and friends have epitomised the term of 'soldiering on'. In 2014 Jan made the courageous decision to periodically re-open the Sculpture Garden to the public, with the support of the Grenfell Men's Shed and many others. She and the boys decided to donate one of Len's major works to Grenfell as a substantial token of their thanks.

As part of the Official Ceremony, Len's two sons, Nathan and James, as well as many friends, made very moving tributes to Len, as a man who would do anything to help anyone.



Len in his workshop at "Wallangreen"



Jan Wallace and NSW MP Katrina Hodkinson unveiling the plaque on one of Len's Sculptures located next to Grenfell Men's Shed 'The Tyranny of War'



'The Tyranny of War': an art sculpture by Len Wallace

The sculpture is a thought-provoking Waste to Art style work of mixed metals sculptured by Len in 2011 triggered by an Australian troop deployment. Its core components are a cannon, a moldboard plough and two hand crafted plaques all on a circular foundation.

The plaque at the front of the work details the number of casualties of war during the last 100 years commencing with WWI.

The heading at the top reads *"History tends to repeat itself and when it does the lesson is expensive"*.

The plaque at the rear of the work contains a biblical message which reads *"And he shall judge among the nation and shall rebuke many people and they shall beat their swords into plowshares"*.



The Final word from the AMSA EO

As a closing word for this Edition and in reflection of the Len Wallace memorial event I would like to add some words below that were penned by Len in 2007 and are as quoted from Professor Golding's book 'The Company of Men'.

The words described what a Men's Shed aims to be for men and their communities and still stand as strong today as they did in 2007.

"To enjoy each other's company, promote self-worth and work ethics, while developing and sharing skills for the benefit of both the individual and the community. Enabling Men, from many social and ethnic backgrounds to mix and learn. It's a place for men of all ages getting together, sharing fellowship and discovering the satisfaction of creation through the hands, and in turn changing the perception of the mind"