

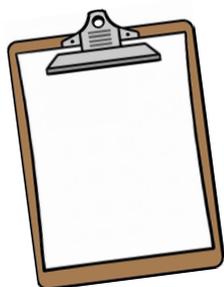


NUTS & BOLTS

AMSA MEMBER BULLETIN



JUNE 2021



In this edition:

Grants and funding now available for Men's Sheds – NSDP Round 22 now open

Have your say in the AMSA Member Survey 2021

Find evidence-based answers to questions about COVID-19 vaccines

Upcoming programs and events for the Shed Diary

Men's Health Week, who's in your pit crew?

Grants & Funding

NSDP Round 22

NSDP Round 22 is now open. This round will specifically prioritise applications requesting:

- events/improvements/equipment with a strong health, wellbeing or safety emphasis
- in acknowledgement of the impact of COVID-19 and the needs of sheds in the recovery period (and beyond), IT equipment and training to facilitate connectivity
- Defibrillators

For all R22 NSDP enquiries, please email AMSA on amsa@mensshed.net

All documentation including Guidelines and Application Form is available on the AMSA website: mensshed.org/development-grants

Australia Post Community Grants

The 2021 Australia Post Community Grants Program is offering grants of up to \$10,000 for eligible community-led, local projects that help improve connection and mental health and wellbeing in a community.

Applications close 4 July 2021.

Further information: auspost.com.au/about-us/supporting-communities/local-support/community-grants-program

Member Notices

Member Resource Library

Resources have been reviewed and updated. Find the complete directory at mensshed.org/amsa-resources. A variety of new resources are available including, Department of Health COVID-19 Vaccination information and Men's Shed Health & Safety documents such as a Machinery Competence Checklist for member induction.

Shed & Committee Contact Details

Please maintain your current contact details (address, email addresses, contact numbers and committee details) with us to ensure you receive our communications and the Shed Locator is correct. Complete the *Update Shed and Committee Details Form* or contact us at amsa@mensshed.net or 1300 500 009.



Australian Men's Shed Association
SHOULDER TO SHOULDER

Have your say in the AMSA Member Survey 2021

Member feedback helps us continually improve our service to you.

This year's Member Survey will take about 30 minutes to complete. We ask that you take this time to complete all sections of the survey to give us a clear and comprehensive picture. You will need some information about your Shed on hand to complete the survey.

We suggest that the Shed Committee work through this survey together after having some general discussions with members to gauge their feedback. Click [here](#) for a printable copy of the AMSA Member Survey 2021.

Your responses to this survey will be independently analysed and a report will be shared with you later in the year. All identifying details will be confidential and any published material will only be done so anonymously unless permission is otherwise granted.

Visit www.surveymonkey.com/r/AMSAMemberSurvey21 to complete the survey.

We will only accept one survey response per member shed.

The AMSA Member Survey 2021 will be open on Tuesday 15 June 2021. Responses will be accepted for four weeks, closing at 5pm, Tuesday 13 July 2021.

Please contact us at amsa@mensshed.net for any assistance completing this survey – no question is too big or small.

On completion of this year's Member Survey, participating members will be entered into a draw to win one of three (3) \$1,000 Bunnings Gift Cards.

Voucher recipients will be randomly drawn following the closure of the survey and winners will be notified by email. Only complete survey responses will be entered into the draw. Vouchers will be posted to postal address listed in the AMSA member database.



Questions about COVID-19 vaccines?



Find accurate, evidence-based answers to questions about COVID-19 vaccines at:
www.health.gov.au/initiatives-and-programs/covid-19-vaccines
www.health.gov.au/resources/collections/covid-19-vaccination-patient-resources

Shed Diary 2021

For a calendar of Shed Events and Meetings, visit www.mensshed.org/news-events/shed-events-and-meetings. Contact events@mensshed.net for event information or to submit events and meetings for promotion.

14 – 20 June	Men's Health Week
18 June	Living Well Expo Bundaberg QLD
30 August – 5 September	Men's Shed Week Celebrating Men's Sheds Shoulder to Shoulder
21 – 23 September	<i>Spanner in the Works?</i> Men's Health Checks, supported by Uncle Tobys Henty Machinery Field Days, Henty NSW
5 – 7 November	Men's Sheds of WA 2021 Conference <i>Inclusive Thriving Sheds</i> Manjimup WA

Men's Health Week

Who's in your pit crew?

Having a personal pit crew is not just about visiting your mechanic (GP) regularly. To be in peak condition, you need to have the right support network to look after your physical, mental and social wellbeing. It's important to stay connected and seek help early if something is wrong, from a team of people who care about you.

Depending on what's happening in your life you'll need certain people, services and information on your team at different times. Your pit crew can include your GP, friends, family, Shed mates, and other health professionals - just to name a few.

Visit malehealth.org.au to read more about why it's important to have a pit crew for your health and wellbeing. While you're there, sign up to receive monthly service and maintenance tips and information (scroll down to the bottom of the home page to register your email address).

