This week the Minister for Health, the Hon. Greg Hunt, has announced the outcomes for Round 14 of the National Shed Development Programme (NSDP).

A total of 123 applications were successful in their bid to buy tools and equipment, support community projects and training, maintain or develop buildings, or create local activities to improve men’s health.

“The NSDP gives us the opportunity to work with the Australian Department of Health to financially enable sheds to respond to the local needs of their shed members and community,” said David Helmers AMSA Executive Officer.

NSDP Round 14 saw a total of 283 grant applications from sheds and organisations around Australia. Visit the AMSA website for a full list of successful grant applications and detailed state-based statistics.

All applicants will be formally notified of outcomes via email.

NSDP Round 15 will open on Monday 29 May.
Health and safety a focus at the first ExxonMobil Men’s Shed Muster

Men’s Sheds are often at the centre of organising events and assisting community groups. Earlier this month the Australian Men’s Shed Association (AMSA) partnered with ExxonMobil Australia to bring to shedders a focus on their own health and safety.

“It is important we provide opportunities for shed members to access and share health and safety information, to empower them with practical knowledge and experiences” said David Helmers, AMSA Executive Officer.

The AMSA and ExxonMobil partnership was launched at an all-day Men’s Shed Muster on Friday 5 May at Hoppers Crossing (Victoria).

Attending shedders were enthused by keynote speaker David Parkin, and clued-up on the latest in male suicide by Glen Poole from the Stop Male Suicide Project. A pop-up expo with health and information services was available during the session breaks.

“The men’s health issues we face at the KMS [Kyneton Men’s Shed] are extensive... The importance of understanding the issues that face men on a daily basis is extensive and the information provided at the muster was not only informative, but for us here at KMS topics to discuss and share at our round the table chats,” said Tony Paterson, Kyneton Men’s Shed Secretary.

ABOVE L TO R Councillor Sandra Wilson (Hobson’s Bay Mayor), Glen Poole (Stop Male Suicide Project), Riccardo Cavallo (ExxonMobil), David Schuller (ExxonMobil), James Dredge (Werribee Men’s Shed), Paul Sladdin (AMSA) & Matt Plumridge (AMSA).

ABOVE Leigh Marshall (Diamond Creek Men’s Shed) awaits a blood pressure check as part of the Spanner in the Works? health check stand.
The ExxonMobil Men’s Shed Muster Series aims to bring together shedders to share information and network, as well as participate in workshops addressing men’s health and wellbeing.

“At ExxonMobil we recognise that improving the health and quality of life of our workers delivers benefits that go way beyond the individual, and the story is the same out in the wider community. We are proud to support the Australian Men’s Shed Association Muster Series and their work to improve the health and wellbeing outcomes in our local communities,” said Riccardo Cavallo, Manager Refining Australia and New Zealand.

AMSA and ExxonMobil Australia will hold a further two ExxonMobil Men’s Shed Musters in regional Victoria to complete the series later this year.
Seven things everyone should know about male suicide

Glen Poole, Stop Male Suicide Project

I was invited to the ExxonMobil Men’s Shed Muster to speak about male suicide.

Throughout the day I spoke with many people who shared their personal stories of suicide with me. Some had lost a loved one to suicide; some had supported a suicidal friend or family member; some had attempted suicide in the past and some revealed that they had suicidal thoughts and acknowledged the important role that attending a Men’s Shed played in helping them to cope and stay mentally well.

Men’s Sheds can play an important role in providing older men who may be at risk of suicide with regular social connection and sense of purpose.

With this in mind, here’s a list a seven things I think everyone involved in a Men’s Shed should know about male suicide.

1. Suicide kills one man every minute

Suicide is a major global issue. It kills one man every minute worldwide.

In Australia, suicide kills six men a day, with male suicide claiming three times more lives than female suicide.

2. Older men have the highest rate of suicide

On average, older men are more likely to die by suicide.

Men over 85 have the highest rate of suicide in Australia and are six times more likely to take their own lives that women over 85. In terms of actual numbers, around 10 men aged 60 and over die by suicide every week.

3. The male pathway to suicide is different

Most people think that suicide is caused by mental illness, but in general, male suicides are more likely to be linked with a distressing situation such as job loss, separation, bereavement, loneliness and declining physical health.

Most approaches to suicide prevention take an “inside out” approach to the problem that tries to spot people with mental health issues who are feeling suicidal, thinking about suicide or have already attempted to take their own lives. As women are more likely than men to have mental health issues, feel suicidal and attempt suicide, this “inside out” approach to preventing suicide tends to be more effective at helping women.

Male-friendly approaches to suicide prevention generally accept that men are less likely to report having suicidal thoughts and so work to spot men at risk from the “outside in”. With the “outside in” approach, the aim is to look out for men who may be dealing with problems such as loss, loneliness, declining health and financial difficulties. Helping men to fix or cope with the types of problems that can put them on the pathway to suicide, can help reduce the risk of them taking their own lives.
4. Men do talk

One of the common complaints about straight men in relationships is that when women want to talk about how they’re feeling about their problems, men try and fix the problems for them. The same appears to be true, in general, for men at risk of suicide, who may be more concerned about fixing the problems that have put them on the pathway to suicide, rather than talking about how they feel about these problems.

It is often said that the reason men are more likely to die by suicide than women, is that “men don’t talk”. However, as everyone who’s spent time in a Men’s Shed knows, in the right setting men do talk, but are more likely to talk “shoulder to shoulder” than “face to face”.

And, when it comes to talking about the type of problems that can increase men’s risk of suicide, suicidal men seem to be more likely to talk about situations that are causing them distress from the “outside in” than the “inside out”.

5. Male suicide is preventable

Suicide is an issue that affects communities all over Australia and one of the reasons we don’t take action to help stop male suicide, is that we think there’s nothing we can do. But male suicide is often preventable and prevention starts with people like us learning to spot the signs that a man you know is at risk of suicide.

6. We have to ask men the question

While learning to spot when a man you know may be at risk of suicide can help, the only way to know for certain is to ask.

There’s lots of great training available to help you learn how to ask the simple, but potentially life-saving question: “Are you thinking of taking your life?”

7. If in doubt, refer

Trying to stop male suicide isn’t something you have to deal with on your own.

If you’re thinking about suicide or if you are concerned that someone you know may be at risk, pick up the phone and refer to a specialist. For example, you call Lifeline on 13 11 14.

Glen Poole is author of the book You Can Stop Male Suicide and founder of the Stop Male Suicide project that runs male suicide prevention training days around Australia.

The Stop Male Suicide project was founded by Glen Poole in 2016 with the support of men’s health consultant Greg Millan. Glen is committed to advocacy for men’s health and wellbeing and supporting existing work to reduce the high male suicide rate in Australia through the Stop Male Suicide project.

Glen was a guest speaker at the ExxonMobil Men’s Shed Muster—Altona, held on Friday 5 May.
The Restoration of La Chaloupe
Ron Wells, Dover Community Workshop

In February 2014 the Dover Community Workshop (Tasmania) was approached by the Dover Wilderness Society to consider the restoration of a boat which was sunk at their dock. The Wilderness Society were concerned that visiting children would get hurt trying to climb on board when visiting the facility.

Our then president, John Tapp and I (as coordinator) inspected the boat and after some consideration decided that the restoration would be a worthy project for our members. But first we had to see if we could safely move the boat to the beach out the front of our residences.

So, I took my boat up the river and we bailed out the boat as much as possible. Then we towed the hulk back to the beach. We beached the boat and dragged it up onto the grass.

The boat was too big to work on at the shed, so it was decided that my front lawn was the best place to get the restoration going.

With the help of a $1000 grant for resins and paint from a local business, it took volunteers from Dover Community Workshop about eight months to restore the boat to seaworthy condition.
In 2015 we entered La Chaloupe in the Tasmanian Wooden Boat Festival. While on station at our wet mooring in Constitution Dock, another boat owner recognised the shape of La Chaloupe and its full history was soon forthcoming.

We have since contacted the builder (Jack Beazley) a master shipwright for the Port Philip Pilot Authority. Jack advised that our boat was number 16 of 20 pilot boats he had built for the Authority.

Number 16 was built in June 1964 and was a motorised pilot boat on the Wyuna, stationed off the rip of Port Philip Bay. The pilot would climb on board the boat while on the davits with the motor running and then lowered on the lea side of the Wyuna and then motor out to the incoming ship.

After being retired the boat was converted to sail. We have added the mast and sails.

We are proud to have restored this vessel as part of our maritime history.

Ron Wells is a founding member, past president and current secretary of the Dover Community Workshop. Ron has played a key role in developing the Dover Community Workshop as a key community hub.

The Dover Community Workshop is currently working on introducing pottery into the workshop. Many of the members have had a go at throwing pots and a great time was had playing with mud.
Shed Grant Opportunities

Foundation for Rural & Regional Renewal

Regional Development Australia
rdafnqts.org.au/grants-open/

Westpac Foundation Community Grants
200 Westpac Foundation Community Grants, worth $10,000 each, will be awarded to local, grassroots not-for-profit organisations with big (or small) ideas that are providing educational opportunities, employment pathways or improvements in the quality of life of disadvantaged Australians in our local communities.

The Grants Hub
Offers a 14 day free subscription.
Grant categories: Government, Non-Government, Education, Health, Community Groups, Sporting Clubs, Business, Individuals, Name Search: e.g. NFP, Philanthropic, Elderly.

Supporting Younger Veterans Grants Program

Gambling Community Benefit Fund (Queensland)
Aims to allocate funding to not-for-profit community groups to enhance their capacity to provide services, leisure activities and opportunities for Queensland communities.

Advancing Queensland: An Age-friendly Community Grants Program (Queensland)
Provides funding for local projects and initiatives to enhance the age-friendliness of communities across Queensland.

Qld Govt. Grants Booklet (Queensland)

Qld Govt. Funding Opportunities (Queensland)

Qld Govt. Community Sustainability Action grants (Queensland)
Muswellbrook Men’s Shed reducing the pile

Almost everything in a mattress can be recycled. So, Muswellbrook Men’s Shed are working to keep the town beautiful by offering mattress recycling.

For a $15 donation, old mattresses can be dropped off at the Men’s Shed on Wednesdays, between 9am and 3pm. Those who cannot make it to the shed, can contact them to arrange pickup.

“When people think about recycling they typically think about separating paper, cardboard, cans and bottles from general garbage,” Muswellbrook Men’s Shed management consultant Dave Sorensen said.

“Each year in Australia around 1.25 million mattresses end up in landfill.

“That’s just the ones that end up at the garbage depots, it does not take into account the ones that end up illegally dumped on the side of roads, in national parks and scrublands, in creeks, or other places in our community.”

Shed members have been collecting mattresses that have been illegally dumped, and those that have been donated, and taking them back to the shed to remove timber, fabric and metal from the bases.

“An average mattress contains 12.5kg of steel, 2kg of wood and 1.5kg of foam,” Mr Sorensen said.

The benefits of mattress recycling include saving space in landfills; creating jobs where recycling is an enterprise; reducing illegal mattress disposals; creates cleaner roadides; recycling steel for construction; reducing instances of pests and vermin who use discarded mattresses as nests; using recycled foam, felt and wood for numerous uses; creating recycled chipped wood for mulch and recycled pelleted wood can be used for fuel.

It also saves ratepayers money in the long term; can generate income for recyclers; is a source of materials for building low-cost mattresses for vulnerable groups; creates more space in garages, or other personal storage areas; stops wasting valuable resources; and, creates a cleaner environment.

“The Muswellbrook Men’s Shed will continue to assist the Muswellbrook community with the provision of sustainable solutions that benefit our area and the environment,” Mr Sorensen said.
Keeping Men Grounded—Ladder Safety Matters

In Victoria, there is an annual average of 1330 emergency presentations as a result of a domestic ladder fall. And for men over 60, ladders are associated with more deaths and injuries than any other household product.

At the ExxonMobil Men’s Shed Muster earlier this month, Leigh Marshall (Diamond Creek Men’s Shed) shared eye-opening statistics about ladder falls and a shed member’s ladder accident story that motivated the shed to act alongside Victoria’s Department of Health and Human Services (DHHS) to promote the Ladder Safety Matters program.

In 2015, Mick (Diamond Creek Men’s Shed) fell from a DIY structure he had set up in order to trim a hedge. Mick is featured in the DHHS Ladder Safety Matters campaign, and Leigh and the blokes at Diamond Creek Men’s Shed got to thinking about what more they could do to prevent ladder accidents and promote ladder safety—beyond the brochures and videos created by the DHHS.

The shed is now working on keeping men grounded by sourcing and trialing suitable equipment to perform tasks like cleaning gutters from the ground—rather than up a ladder.

The DHHS have recently funded a six-month trial of gutter cleaning equipment, high reach branch pruners, high reach window cleaning poles and fruit pickers.

The blokes at Diamond Creek Men’s Shed are excited about the prospect of keeping men safer through safer practices. But they know it isn’t going to be easy.

Leigh recognises that one of the key challenges will be changing blokes’ attitudes towards just getting the job done, and getting it done quickly. He hopes that new equipment, and stories like Mick’s, will help convince the hesitant.

Find out more about Ladder Safety Matters and read Mick’s story at betterhealth.vic.gov.au/laddersafety or contact Diamond Creek Men’s Shed for information about their efforts to keep men grounded.

Leigh’s Ladder Safety Tips

1. Choose the right ladder for the job
2. Don’t work in wet or windy conditions
3. Take time to set up your ladder correctly
4. Be aware of uneven ground
5. Work safely up your ladder—don’t over reach
6. Ask someone to hold the ladder
7. Know your limits and work to your ability
Men’s Health Week 12—18 June 2017

The theme for 2017 Men’s Health Week – *Healthy Body, Healthy Mind: Keeping the Balance* – naturally fits with the ethos of Men’s Sheds. Every shed works to make a positive contribution to their community through the prevention of social isolation, the promotion of positive health and wellbeing, and local community projects and activities.

Sheds are encouraged to celebrate Men’s Health Week—information packs have been posted to member sheds with men’s health resources and event information. Don’t forget to register your event at menshealthweek.org.au/En/RegisterEvent.aspx

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The South Australian Men’s Shed Association presents the first state Men’s Shed Muster & AGM

Playford Civic Centre
24 June 2017
10am-4.00pm

Interactive shed muster with loads of interesting demonstrations and presenters.

Sheds from throughout the state will be have the opportunity to give a five minute presentation on their shed.

Come along and meet other shedders from around South Australia.

$25.00 per person
Morning and afternoon tea/coffee and a gourmet BBQ will be supplied.

RSVP
Michael Evans
08 8256 0103 or 0401709173
mevans@playford.sa.gov.au

Door prizes and more!

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Victorian Men’s Shed Association
THE VMSA STATE-WIDE GATHERING HOSTED BY THE INVERLOCH MEN’S SHED

Thursday 22 June
Start the Gathering with the Inverloch 10000 golf classic or experience the Bass Shire and South Gippsland grandeur.

Friday 23 June
VMSA Winter Gathering
Inverloch Community Centre
A’Beckett Street, Inverloch

Saturday 24 June
Go fishing with a charter boat booked for your experience
Departure at 10.00am (equipment and lunch not included)

Find out more at vmsa.org.au
HOW TO: Rubber seal replacement on classic cars

The generation of cars you grow up with are often the ones that you hold closest to your heart throughout your life and for so many, classics from the 60s and 70s are reflections of a great era and good times.

As time marches on, these classic vehicles continue to be attacked by the elements. Although rubber and metal are strong, the elements are stronger and the inevitable degrading of both metal, through rust, and also rubber seals that perish has created many challenges for owners of these beautiful cars from yesteryear.

With rubber seals on doors and boots a crucial component in protection of vehicles from the elements, old and perished seals allow ingress of water and fast track rust. To prevent this occurring, replacing those seals is a great idea to freshen up and protect that pride and joy.

Whether you are replacing door seals, boot seals or even other rubber sealing sections, the process is generally the same but in this example we will use a door seal and explain the best technique for installation. For this article we will be taking a look at changing the rubber seals on a LC-LJ 1969-1973 Holden Torana, it is important when changing the seals on your classic car to make sure you have the correct instructions and seals for your make and model.

Firstly, identify the seals that are perished and need to be replaced. The next step is to ensure seal replacement kits are available for your particular car. Fortunately in Australia, Rare Spares offers rubber seal replacement kits for a huge range of Australian cars so for the majority, Rare Spares will be the right place for a new seal kit.

To remove the existing seals pick a starting point and peel off the seal away from the door frame. Once removed, inspect and remove any left-over traces of rubber/glue that may still be in place. Products like Wax and Grease remover can be handy in these situations and combined with elbow grease should leave the area clean and prepared for the new seal kit. Also make sure there are no clips still located around the door area before turning to the new seals.

To start, make sure you have the seal around the right way (the wider flap edge of the seal should be facing the body shell. Ensure the pre-moulded design is placed in the right position to the shape of your door. Start with the top section of the door.

To attach the seal, the back ‘t’ section of the rubber seal is the part that fits into the c section around the top of the door so the seal stays in position. It can be fiddly and take a little patience but as the old saying goes, ‘do it once and do it properly’. Use a plastic applicator to push the ‘t’ section into the door ‘c’ section. Slowly move along the door.

Once the top section is in place, you can locate the first plastic clip that is built into the rubber in the corresponding door location. This is on the vertical side of the door and will hold the seal in the correct position. You can then start to work your way back up the door as the rubber will be located in the right place, preventing the need for further movement of the seal at a later time.

Once this vertical section is complete you can work your way back down from the first clip by locating the remainder of the clips to the bottom of the door and underneath section. The clips should click in place once properly located.

The next step is to thread the rubber through the check link in the door and complete the rest of the final clips.

The final step is to assess where you need to cut the rubber at the point it will join the other end of the newly installed seal. Use a sharp knife to cut the rubber seal nice and straight (err on the side of caution if you are not confident) as you can always re-cut a bit more off if needed. Use a rubber glue (Rare Spares also has available) to join the two ends of the seals together.

You can then complete a final inspection to ensure everything is properly in place and wa-la! Door seal complete. You will have a better seal from the outside elements and are ensuring improved protection from the dreaded rust at the same time.

Mission accomplished. Your car will thank you.

Rare Spares has produced a great video series that provides a great visual example of this door seal installation and others. Not only this but the Rare Spares ‘Shed Talk’ videos offer a series of ‘how to’ instructional clips to assist with your vehicle restoration.

CLICK HERE for the Shed Talk video series.

CLICK HERE to explore the huge range of replacement seals offered by Rare Spares.
Men eating well at Narooma Men’s Shed

The men at Narooma Men’s Shed have found that cook-ups bring out the conversationalist in even the lousiest during their Men Eating Well cooking program.

After the Narooma Men’s Shed installed a social area and kitchen with the help of donations from the local retirement village, the blokes thought it was only natural they should use it for a bit of cooking.

It was decided to test out the array of home cooks and chefs around town. The concept was to bring a local cook or chef into the shed to work with two or three men to cook lunch once a month.

Lunch of course had to be easy to prepare, healthy and made from readily available local ingredients. And, just to throw a challenge into the mix, the meal had to feed up to 25 men within a $100 budget.

Soon after a full program was set for every month between April and December 2016. Many eyes were opened at the shed when the challenge brief for each cook was achieved, often with a two course meal.

The participating members were able to enjoy a great lunch, gain excellent insight into healthy and affordable cooking, and walked away with a recipe for every month. It was also found that with good planning, sharing a meal around the shed table was a great opportunity for shedders to have a chat and enjoy something different at the shed.

Bernie Perrett (Narooma Men’s Shed Vice President) says that a key lesson in expanding into the ‘non-traditional’ shed activity has been about bringing all members along for the journey. Bernie said that they even held a few test runs with shed members holding a cook-up prior to running the program.

Bernie recommends cooking workshops as a worthwhile activity for any Men’s Shed.
What is the Reading Writing Hotline?

The Reading Writing Hotline is a free, anonymous referral service for adults wishing to improve their literacy, numeracy and computing skills. Our Hotline is operated by trained teachers who can chat to callers and refer them to the most appropriate help. We receive calls from people wishing to improve their own skills, friends or family members calling on behalf of others, as well as employers, community workers and employment service providers.

Help us spread the word...

We want to make sure all Men’s Sheds are aware of the important service that the Reading Writing Hotline provides. We’d be happy to send you more information, posters and flyers for distribution at meetings and events – simply get in touch and let us know your mailing address.

1300 6 555 06
http://readingwritinghotline.edu.au
rwhotline@det.nsw.edu.au

Reading Writing Hotline
1300 6 555 06
A free national referral service for adults.

Just for a laugh...

A man went to the doctor complaining that his wife could barely hear.

The doctor suggested a test to find out the extent of the problem—
“Stand far behind her and ask her a question, and then slowly move up and see how far away you are when she first responds.”

The old man, excited to finally be working on a solution for the problem, runs home and sees his wife preparing supper.

“Honey, what’s for supper?” the man asks, standing around 20 feet away.

After receiving no response he tried again 15 feet away, and again no response.

Then again at 10 feet away, and again no response.

Finally he was five feet away.

“Honey what’s for supper?”

She replies, “for the fourth time... it’s lasagna!”

* * *

“Hey Jim,” called Harry.

“Check out my new hearing aids. They work so well, I could hear a pin drop!”

“Really?” asked Jim.

“That’s unbelievable! I am actually on the market for hearing aids, what type is it?”

“Four o’clock,” responded Harry.
Cabot’s 7th National Men’s Shed Conference
Call for Presentation Submissions

Is there a story or project your shed would like to share?

The Conference Committee are seeking submissions from Men’s Sheds around the country to present during the Cabot’s 7th National Men’s Shed Conference—29 September to 1 October 2017 at Mantra On View, Gold Coast (QLD). Submissions fall into two (2) categories:

1. Innovative projects and partnerships
   Is your shed doing something new, unusual or different?
   Tell us about a project or partnership introducing something new to the Men’s Shed movement.

2. Positive health outcomes
   What is your shed doing to improve health outcomes for your members and/or the community?
   Tell us about the programs and activities at your shed targeting positive physical and mental health.

Submissions should include an overview of your activity (up to 500 words) under the relevant category. Up to five (5) photographs are encouraged where relevant.

Submissions open Wednesday 24 May 2017.

Submissions close Wednesday 2 August 2017.

Successful submissions will be invited to present during a conference session. Full presentation details will be provided to successful sheds.

Visit the conference website to submit your overview dcconferences.com.au/mensshed2017/

For further information

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