

Day 1 – Wednesday 4 September

8.00am – 9.30am

Shedder's Big BBQ Breakfast

Murraylands Community Men's Shed

Join your shedding mates at the Shedder's Big BBQ Breakfast to kick off our 10th National Men's Shed Gathering. Grab a bacon & egg roll and a coffee before an official welcome to Murray Bridge.

The Shedder's Big BBQ Breakfast is supported by Uncle Toby's.



10.00 – 11.15am

Plenary 1

Murray Room, Bridgeport Hotel

Welcome: David Helmers, Australian Men's Shed Association

Keynote: The state of men's health in Australia

David Helmers, Australian Men's Shed Association

Simon von Saldern, Healthy Male

Gautam Raju, Movember

Moderated by Paul Sladdin, MC

Platinum sponsor address: Richard Gray, Fair Dinkum Builds

11.15am – 11.45am

Morning tea in *The Lounge, Bridgeport Hotel*

11.45am – 12.45pm

Session 1

1.1 Shed Management & Operations:

Shed leadership and culture

Murray Room, Bridgeport Hotel

David Helmers, Australian Men's Shed Association

Bernadette Reading, The Hut Community Shed

Ian Tooke, Blayney Shire Men's Shed

Moderated by Paul Sladdin, MC

1.2 Wellbeing & Health:

When the shit hits the (dunny) fan

Charles Sturt Room, Bridgeport Hotel

Stuart Torrance, Australian Men's Shed Association

Kaz Kavanagh, Initial Hygiene

The logo for Initial Hygiene, with the word 'Initial' in a bold, blue, sans-serif font.

12.45pm – 1.30pm

Lunch in *The Lounge, Bridgeport Hotel* | **Lunch & Learn with Initial Hygiene**

1.30pm – 3.00pm

Session 2

2.1 Wellbeing & Health:

Wellbeing at the Shed

Murray Room, Bridgeport Hotel

Stuart Torrance, Australian Men's Shed Association

Rebecca Talbot, Men's Sheds of WA

Implementing wellbeing at your shed

Beth Gow, Australian Men's Shed Association

Rebecca Talbot, Men's Sheds of WA

Moderated by Stuart Torrance

2.2 Trailblazers:

Building the shed through diverse activities

Charles Sturt Room, Bridgeport Hotel

Mannum Community Men's Shed

Yankalilla & District Men's Shed

Menshed Wagga Wagga

Moderated by Paul Sladdin, MC

2.3 Shed Management & Operations:

A-Z of Shed Governance (Part 1)

River Room, Bridgeport Hotel

Justice Connect

Note: Pre-registration required

3.00pm – 3.30pm Afternoon tea in *The Lounge, Bridgeport Hotel*

3.30pm – 4.30pm

Session 3

3.1 Trailblazers:

Forging positive relationships with council

Murray Room, Bridgeport Hotel

Ben Gruber, Wollondilly Shire Council
Vickie Tierney, Wollondilly Shire Council
Moderated by Paul Sladdin, MC

Jump on the Garage Sale Trail

Barbara Gill, Garage Sale Trail

3.2 Wellbeing & Health:

Safeguards for Ageing Well

Charles Sturt Room, Bridgeport Hotel

Aged Rights Advocacy Service (ARAS)

3.3 Shed Management & Operations: A-Z of Shed Governance (Part 2)

River Room, Bridgeport Hotel

Justice Connect

Note: Pre-registration required

***90 minute session*

5.30pm – 8.30pm

Welcome Reception

1924 RiverFront Steakhouse

Enjoy a chance to network and relax after our first day of the Gathering. Catch a range of displays over substantial canapés and drinks.

The Welcome Reception is supported by Everest Risk Group.



Day 2 – Thursday 5 September

9.00am – 10.00am

Plenary 2

Murray Room, Bridgeport Hotel

Keynote: Men's & Women's Sheds and everything in between

David Helmers, Australian Men's Shed Association
Michelle Slater, Australian Women's Shed Association
Professor Barry Golding AM, AMSA Patron & Shed Historian
Moderated by Paul Sladdin, MC

10.00am – 10.30am

Morning tea in *The Lounge, Bridgeport Hotel*

10.30am – 12.00noon

Session 4

4.1 Trailblazers:

Men's & Women's Sheds on the ground

Murray Room, Bridgeport Hotel

Liz Cummins, Albury Women's Shed
Bruce Dyce, Thurgoona Men's Shed
David Noakes, Bangalow Men's Shed
Moderated by Paul Sladdin, MC

4.2 Shed Management & Operations:

What makes a Thriving Shed?

Charles Sturt Room, Bridgeport Hotel

Professor Kirsten Holmes, Curtin University
Rebecca Talbot, Men's Sheds of WA

12.00noon – 1.00pm Lunch in *The Lounge, Bridgeport Hotel*

1.00pm – 2.30pm

Session 5

5.1 Shed Management & Operations: Safe Sheds

Murray Room, Bridgeport Hotel

Building & Retro-fitting Resilient Sheds

Colin Wood, Resilient Building Council

Safety, Risk & Insurance at your Shed

Sean McDermott, Everest Risk Group

5.2 Wellbeing & Health:

Tips & Tricks for running a health event

Charles Sturt Room, Bridgeport Hotel

Beth Gow, Australian Men's Shed Association

Stuart Torrance, Australian Men's Shed Association

Shed Stories

Suicide Prevention in Northern NSW - David Noakes, Bangalow Men's Shed

Bringing shedders together at a Men's Health Muster - Lou Busuttill, Eden Men's Shed

2.00pm – 3.00pm

Afternoon tea in *The Lounge, Bridgeport Hotel*

3.00pm – 4.15pm

Plenary 3

Murray Room, Bridgeport Hotel

Keynote: Dr James Muecke AM

2020 Australian of the Year Dr James Muecke AM is an eye surgeon and blindness prevention pioneer. Since starting his medical career in Kenya, James has been passionate about fighting blindness. Inspired by this program's success, James also co-founded Sight For All, a social impact organisation aiming to create a world where everyone can see. With 80% of world blindness avoidable – and almost 90% in poor countries – James treats blindness as a human rights issue.

Conference Close: David Helmers, Australian Men's Shed Association

6.00pm – 10.00pm



Shed Mates Shedder's Dinner

Murray Room, Bridgeport Hotel

We're ready to celebrate and recognise Men's Sheds and all they do for you and your communities!

Over a three course dinner and drinks we'll present the 2024 National Men's Shed Awards and Ted Donnelly Outstanding Contribution Award. Dinner will be followed by entertainment by the KGB Big Band and time spent with old and new mates.

Dress code: Smart and snazzy, tie optional

The Shed Mates Shedder's Dinner is supported by Black Dog Ride.

