



Nuts & Bolts

AMSA MEMBER BULLETIN

MAY 2022



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AMSA recognises outstanding Men's Sheds and Shedders at National Gathering

Outstanding Men's Sheds and individual contributors to the Men's Shed movement were recognised at the Australian Men's Shed Association Shedder's Ball Gala Dinner in Albury (NSW).

As part of the Association's 9th National Men's Shed Gathering, the 2022 Shed Awards recognise Men's Sheds going above and beyond for members and their communities and individuals for their contributions to the Men's Shed movement.

The "Ted Donnelly Award" recognising outstanding and lifelong contributions to the Men's Shed movement was awarded virtually this year – with recipients being unable to attend the dinner.

"This award – aptly named after the longest serving Shedder in the world and Australia's 'Grandfather of Men's Sheds' – prestigiously acknowledges individuals who have played an exceptional and fundamental role in building a Men's Shed movement that now comprises of over 3,500 Men's, Women's and Community Sheds across 12 countries," said AMSA Chairman Paul Sladdin.

Bill Johnstone (Fremantle Men's Shed, Western Australia) and Graeme Curnow (Kenmore Men's Shed, Queensland) were both recognised for their efforts in the establishment and development of the Australian Men's Shed Association, as well as their respective state organisations and local Men's Sheds at grassroots level.

“I’m really proud to be associated with a pantheon of men who have done so much for the Men’s Shed movement to improve the social environment for men,” Mr Curnow.

Ruth McGowan (Tongala Men’s Shed, Victoria) and Maxine Chaseling (Goolwa Men’s Shed, South Australia) were inducted into the AMSA Hall of Fame in acknowledgment of their founding roles and ongoing support of the respective Men’s Sheds. These Men’s Sheds were among the very first in Australia (the home of Men’s Sheds) almost 30 years ago.

“I struck the match but fortunately it was the right time and the primary health strategy was simple and doable in any community,” Mrs Chaseling humbly acknowledged her role in founding the first Shed in Goolwa.

The 2022 National Men’s Shed Awards, supported by AMSA’s major partner Fair Dinkum Builds, were also announced recognising seven Men’s Sheds across six categories, following nominations submitted earlier this year.

Members of the Wodonga Men’s Shed (Victoria) attended the Shedder’s Ball to accept their award for 2022 Shed of the Year.

“The Shed of the Year award is not about shed size or membership numbers. This year we were looking for (and found) a shed doing excellent things within the shed, as well as alongside community members and most exceptionally creating value for Men’s Sheds across the country,” said Mr Sladdin.

The Wodonga Men’s Shed was established over 10 years ago and despite shared challenges over the last few years has continued to fundraise and support community groups and has retained almost 100 members – demonstrating resilience and adaptability.

The Shed is well respected in the community and enjoy excellent community support.

2022 National Men’s Shed Awards Recipients

Innovation	Tallygaroopna Men’s Shed, Vic.
Sustainability	Laurieton Men’s Shed, NSW
Community	Ardrossan Men’s & Community Shed, SA
Connection	Gisborne Men’s Shed, Vic.
Men’s Health	Atherton Men’s Shed, Qld & Buderim Men’s Shed, Qld
Shed of the Year	Wodonga Men’s Shed, Vic.



New member resource: Induction & Safety video

Creating a safety culture is important at every Men's Shed. And though things might be done differently between each shed, prioritising member safety should begin on day one.

As running the shed becomes more complex and we see an increasing diversity of members, we have created a standard induction and safety video to add to our suite of induction and safety resources found in the Member Resource Library.

You can watch the video (5min 26sec) on our YouTube Channel: <https://youtu.be/mCdI47Q885Q>

This Men's Shed Induction & Safety Video is produced by the Australian Men's Shed Association for general shed use in member induction and safety education and training. Contact AMSA to download a copy to use at your shed.

This video was based on a tool created by the Wodonga Men's Shed. Thanks to Coffs Harbour Men's Shed for participation in filming.



Shed Showcase Webinar

Last year we hosted a number of Toolbox Talk webinars ranging from DIY gardening to the history and evolution of Men's Sheds. This year we'll be hosting a series of webinars showcasing Men's Shed activities and programs with a special focus on men's health and wellbeing.

First up, Stuart Torrance is hosting A/Prof Craig Allingham from Buderim Men's Shed (QLD). The Buderim Men's Shed received recognition in the 2022 National Men's Shed Awards for their successful Girth Control Program:

The results of a shed member screening in 2020 revealed an unhealthy level of visceral fat in many of the members. So the shed went about implementing a health intervention for older men asking them to achieve a measurable goal as a group project: to reduce the girth of participants by one metre in total.

Join us to hear more from Stuart and Craig.

Shed Showcase: Buderim Men's Shed's Girth Control Program
11.00am (AEST), Thursday 12 May
Registration details available at www.mensshed.org

Black Dog Ride supporting Men's Sheds standing shoulder to shoulder for shedder wellbeing

At our 9th National Men's Shed Gathering last month we launched our shedder wellbeing framework *Shed Mates – standing shoulder to shoulder for shedder wellbeing*, with support from national mental health awareness charity Black Dog Ride.

“Through the Shed Mates initiative AMSA will deliver information, resources and a network of supports for Men's Shed committees and members working towards maintaining and improving the wellbeing of older Australians across the Men's Shed community,” said AMSA Executive Officer David Helmers.

The Shed Mates initiative builds on work already done by Men's Sheds all over the country, providing a framework of engagement and implementation strategies and activities to enhance shedder wellbeing.

“We are grateful for the support of Black Dog Ride in enhancing expanding our reach,” Mr Helmers said.

It's a great fit for the organisations, who both work to enhance mental health and wellbeing for Australians through grassroots activities.

“Shed Mates aligns closely with the Black Dog Ride's values and our goals of de-stigmatising the debilitating effects of mental health, which effects so many,” said Black Dog Ride General Manager Lawson Dixon.

The first phase of the initiative will be rolled out across the Men's Shed community through a series of national Men's Shed and community events throughout 2022.

Men's Sheds can contact amsa@mensshed.net for more information about the Shed Mates initiative.



shed mates.

shoulder to shoulder
for shedder wellbeing

AUSTRALIAN
MEN'S SHED
ASSOCIATION
Shoulder to Shoulder

Black Dog Ride

An AMSA initiative supported by Black Dog Ride | mensshed.org

The Shed Wireless podcast back for another season



The Shed Wireless is back for another season with JPY at the helm, and it's packed with entertainment for all Shedders.

In our first episode this season, you'll hear about:

Our Shed in the Spotlight is taking to the waves - literally! JPY spent some time at the Lake Macquarie Classic Boatshed.

JPY's special guest knows all about blokes and their sheds... Aussie country music magnate John Williamson dropped by for a bit of nostalgia.

Butch is back and chatting all things outdoors and on the road.

In Ask the Doc AMSA's Men's Health Project Officer Stuart Torrance and Healthy Male's Prof Rob McLachlan are getting to the bottom of a few myths about testosterone.

On the Tools is a special one for train enthusiasts. AMSA's Marty Leist chats with the blokes from Coffs Coast Railway Modellers.

And Rip Woodchip is watching the world go by.

Visit www.mensshed.org/theshedwireless to listen and subscribe.

AMSA Insurance package available to your shed or community group

AMSA has taken the guesswork out of insurance by supporting sheds and community groups with a simple to obtain package, which includes all your insurance requirement (and then some).

The package includes the following policies and is priced at \$28.00 per member (minimum 15):

- \$40,000,000 Public Liability any one claim
- \$40,000,000 Products Liability in the aggregate
- \$10,000,000 Association Liability
- Voluntary Workers Personal Accident
- Group Personal Accident (for Mutual Obligation participants)
- Property – providing coverage up to \$100,000 for assets owned by the Shed/group
- \$15,000 for any one claim for Burglary Cover

For more information and how to obtain, please call us on 1300 550 009.



Video playback: Global Men's Shed Forum hosted by Professor Barry Golding

Men's Shed expert and historian Professor Barry Golding AM was joined by representatives of national Men's Shed associations from around the globe to discuss the state of Men's Sheds today, and what's on the horizon.

You can watch the video playback on the AMSA YouTube Channel: <https://youtu.be/ATVdQI-BmDs>

The International Men's Sheds Organisation has been created to support the development of Men's Sheds Associations in Countries around the world.

Find out more at www.mensshed.com

Shed Diary

Contact events@mensshed.net for event information or to submit events and meetings for promotion.

12 May	Shed Showcase (Webinar) Girth Control Program at Buderim Men's Shed with Stuart Torrance and A/Prof Craig Allingham
25 May	Shed Mates Muster – Western Sydney Nepean Men's Shed (NSW)
13 – 19 June	Men's Health Week
15 June	Shed Mates Muster Crystal Brook Men's Shed (SA)
17 June	Shed Mates Muster Willo's Men's Shed (SA)
21 July	Regional Shed Gathering – Tweed Heads Tweed Heads Community Men's Shed & Twin Towns Services Club
31 July	National Tree Day Planet Ark
24 August	Regional Shed Gathering – Canberra Weston Creek Men's Shed & Labor Club Weston
4 – 10 September	Men's Shed Week

