



# **WAVERLEY COMMUNITY MEN'S SHED INC.**

## **ANNUAL REPORT** 1 July 2013 - 30 June 2014

### **BOARD OF MANAGEMENT**

President	Rodger Jamieson
Vice President	Peter Chapman
Treasurer	David Nathan
Secretary	Peter Chapman
Men's Representative	Clif Munro
Board Member	Garry Connor
Board Member	Dennis White
Board Member	Catriona Beaumont (Health Liaison with War Memorial Hospital)

### **ADDRESS FOR CORRESPONDENCE:**

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21 November 2014

# ***WAVERLEY COMMUNITY MEN'S SHED INC.***

## **ANNUAL REPORT 2013-2014**

### **ROLE OF “*THE SHED*”**

The Waverley Community Men's Shed is an incorporated body under the umbrella of the Australian Men's Shed Association (AMSA) – we are Shed No 751 of over 1000 Sheds in the Association. Our Shed is currently open Monday, Tuesday Wednesday from 10am to 3pm and we invite men to join with us to socialise and work alongside other men on various community and individual projects.

The aim of our Shed is to advance the health and well-being of our members by providing a safe and happy environment where men can, in the company of other men, socialize, use their creative skills (such as with woodwork), learn new skills, and learn about men's health and well-being.

Our Shed seeks to address the issues of isolation, loneliness and depression which are faced by many men when they cease full-time employment or are looking for work by providing them with a space, tools, support and programs. We provide a support and referral service to members with health issues, directed towards meeting their physical, emotional, mental health and spiritual needs.

The Shed is located on the grounds of War Memorial Hospital, a Uniting Care Ageing facility, and we are grateful to both organisations who encouraged the formation of our Men's Shed and provided the physical facilities for our use and development. On the 30 July 2013 a Memorandum of Understanding was signed with UnitingCare Ageing providing the legal document allowing the Waverley Community Men's Shed to use the newly renovated Shed's physical facilities and to commence operations.



Our Shed



Original Formation Committee

# Annual Report 1 July 2013 to 30 June 2014

## PRESIDENT'S REPORT

Hi, I'm Rodger Jamieson, President of Waverley Community Men's Shed Inc. On behalf of the Shed Board we present the following report which highlights some of the achievements and activities of our Shed, and sets out future directions. I have been involved from the inception of this project and am pleased to be able to have helped oversee the Shed's Incorporation, renovations, development and now operations of the Shed.

### Special Thanks

To the retiring members of the Board:

- Garry Connor – our resident electrician and special fix it man for wiring up parts of the shed and installing safety switches to our machines, as well as his wise advice and listening ear
- Dennis White – our creative arts man responsible for our logo, artwork and designing a membership card
- Catriona Beaumont – Men's Health Representative and liaison with War Memorial Hospital Health Promotions. Catriona has been a visionary for the setting up of the Shed, developing grants applications, liaising with local Council's representatives, lobbying local Councils, and contributing to the Board in many ways.

To the continuing members of the Board – Clif Munro (Men's Rep and Technical Guru), Peter Chapman (Vice President and Secretary) and David Nathan (Treasurer and Public Officer) – thanks for your help in effectively running the Shed.

## SHED ACTIVITIES

### Membership

2013-2014 has been the first full year of operations for the Shed. The Shed first opened on the 22 July 2013 with 9 men attending. We have inducted 70 probationary members into The Shed and have seen 18 of these men transition into full Shed members by year end. We were opened for 69 days during the year with an average attendance of 8 per session.

We will endeavour to grow our membership over the following year.

Thanks to you guys for volunteering to help others in the Shed with their projects, making the Shed a fun place to be, helping out when needed to lift machinery, collect timber and tools, or just to help clean up the Shed.

### Projects:

#### *Community Projects*

As part of our community involvement we have completed a number of projects for the community which include:



- One major project was the sensory wall made by our members and delivered to Wairoa Special School and which is very well used by special needs students who attend. Thanks to Clif who researched the project and Tom for making it happen, and to the

guys who painted and installed the sensory wall at the School. Feedback from a person who visits the school most days said that the kids just love it!

- Furniture repairs
- Pottery wheel repairs



- Psychological sorting tools
- Doll's house
- Toy repairs for the Waverley Toy Library



- Step boxes for a research project for the Neuro Science Centre UNSW
- Children's model boat kits for the Model Ship Builders Open Day

### *Individual Projects*

The men of the Shed are involved in individual projects which are many and varied in nature. Personal projects include:

- Repairing furniture
- Building bee hives
- Creating biscuit tin slide guitars



- Picture framing
- Rabbit hutch
- Making toys



- Painting, leatherwork,
- Model ship building



### **Classes**

#### *Box Making Class*

Thanks to Alex McIntosh who has run two box making classes over the past year. He has taught the men to use the router, table saw, dovetail jig, and the thicknesser. Alex quipped that the most



important thing they learnt was *patience*! The men who attended these classes are very proud of their beautiful new boxes.



#### *Machine Certification Program*

Clif, William and Alex are our technical team who are responsible to certify that individuals are competent to use the different machines in the machine room. Each machine has been allocated a risk level to indicate the level of danger and care that is required. Some machines take no prisoners – so special care is required when using. While there has been individual tuition of machines in the past, William will now be running machine certification classes so that a maximum of 6 men can be trained on each machine at a session. Thanks guys for your help!



#### **Celebrations**

Our men, always ready to celebrate, enjoyed the festivities with an end of year party on 18 December to round out 2013. We also celebrated the first birthday of the Shed on the 22 July 2014.



#### **GRANTS AND SPONSORSHIP (1 July 2013 to 30 June 2014)**

##### **Woollahra Council - First Aid Course**

Thanks to Woollahra Council for their grant to enable a number of the Shed supervisors to complete their first aid certificate from the Life Saving Society of Australia. These were Clif Munro, Peter Chapman, Rodger Jamieson, David Nathan, William Honeyball, Peter Black and Garry Connor. Tom Wolf and Shane Webb also hold first aid certificates.



Also for your contribution to setting up our internet/phone within the Shed.

##### **Eastern Suburbs Suicide Prevention Network**

Thanks to ESSPN for sponsoring Clif Munro to attend a two-day Mental Health First Aid Certificate course.

##### **Woollahra Council – Timber Storage Shed**

Thanks again to Woollahra Council for their grant to help us build a shed to store

our timber. This project is scheduled to commence next year.

### **War Memorial Hospital/UnitingCare Ageing**

We are grateful for the ongoing sponsorship from War Memorial Hospital. Their contribution helps to keep the Shed running through management collaboration and liaison with various Hospital departments, and consumables and equipment replacement.

## **SHED OPERATIONS**

To run the Shed we not only need a Board but a dedicated team of volunteers to supervise the Shed.

### **Supervisors**

Our Shed supervisors are divided into two groups - Management and Technical. Management supervisors look after the harmonious running of the shed when it is open, while the Technical supervisors oversee the machine room and men safely using the equipment. This year we have seen more men taking up a supervising role in the Shed – these men give up their time where they could be working on their own projects to help manage the Shed. Thanks also to Peter Chapman for doing the scheduling and rostering of our Shed supervisors which is working out well.

#### **Management Supervisors:**

Peter Black  
Peter Chapman  
Rodger Jamieson  
David Nathan  
Eliot Redelman  
Shane Webb  
Ken Wilson

#### **Technical Supervisors:**

Garry Connor  
William Honeyball  
Alex McIntosh  
Clif Munro  
Tom Wolf

(some Technical supervisors also help out as Management Supervisors)

### **Technical Specialist Group**

Our Technical group comprises Clif Munro, William Honeyball and Alex McIntosh. These guys are amazing as

volunteers they put in excessive hours making sure that the machines we use are safe and well calibrated. They are also involved in certifying us men to safely use the machines.

### **Improvement to the Shed**

Ad hoc donations to the Shed via the “jar” collections have helped to provide exhaust vents to the ceilings which remove hot air from both the machine and work room – not all of it generated by machines!

The donation of an upgraded table router and mid-sized bandsaw has improved the versatility of our machine room. Shed expenditure also goes towards maintenance of equipment including new blades and other consumables.

The Tech team have also improved the efficiency of the fixed dust collection through the donation of the 4 slide valves from Roger Marriott at Eximo – thanks.



We are grateful to Robert James and his colleagues at Guardian Funerals for the donation of the fridge to the kitchen and for the extended warranty as we needed to replace the fridge we originally had.

Rodger spent considerable time with various Telco's to get the best solution for the Shed phone and internet. These are proving to be very useful assets to running the Shed.

### **Thankless Tasks**

Sometimes our Shed is in need of a good sort out and clean. Thanks Reg for

sorting so many nails, screws, bolts and assorted bits into jars and making drawers to contain all the oddments we collect. Also to Shane for the massive sort out and organisation of the back store room so we can actually move and find what we need. Also for your end of day clean-up of the Shed floors and bins! Thanks to all who help here – it is much appreciated!

### **Michael Bartlett R.I.P**

Michael died peacefully on 7th July after succumbing to Prostate Cancer which he battled with for 14 years. His passing has left the Shed community with a great sense of loss and sadness. We especially remember him in his red shirt and bowler hat at our first Year-end break-up party.

He was one of the original members when the Shed opened and was the master of droll comments and interesting information around the lunch table. He was the first Shed member to take up woodturning, a pastime that he found very satisfying. The corner where the wood lathes are installed is unofficially known as Michael's Corner.



Some of the men attended the Celebration of Michael Bartlett's life on the invitation of his partner, Khryssoula.

### **OUTSIDE LINKS**

#### **Attendance at War Memorial Hospital (WMH) Programs**

As we operate on the grounds of War Memorial Hospital we have been encouraged (often by Catriona) to take advantage of the facilities available, including:

- Men's Health Promotion Seminars such as "Healthy Brains"
- Centre for Healthy Ageing – an over 60's Gym
- Rehabilitation after illness
- Work Health and Safety Committee
- A 7 week program on preventing falls run by WMH Health Promotion and as a result members have been linked into other outpatient services of WMH

### **THANKS**

The Shed is involved in a number of activities with and is supported by other individuals and organisations and I would like to take this opportunity to thank the following:

- Ged Hyde, War Memorial Hospital Executive Manager, and Catriona Beaumont, WMH Health Promotions, for their encouragement and support in the development of this initiative and help in applying for grants;
- UnitingCare Ageing, for their support, grants and encouragement
- War Memorial Hospital and Uniting Care Ageing for providing our physical premises, and hosting us on their site, and for the ongoing sponsorship of the Shed;
- Waverley Municipal Council for grants to help establish and set up the Shed.



- Andrew Chapman of Chapman Architecture for developing plans for the Shed Renovation;
- Woollahra Municipal Council for grants for first aid equipment and training, internet/phone and to contribute to a timber storage shed;
- Church In the Market Place for their support, encouragement and use of office equipment and for partnering with us in the Men's Shed initiative, including helping gain a grant for Shed equipment;
- Sunlite Mitre 10 Hardware Bondi Junction for the donation of many items which are very useful in the Shed;
- Bunnings Warehouse Mascot for their generous donation of Gift Cards for equipment;
- Bendigo Community Bank Clovelly for conducting our banking facility and their continuing support with our Shed activities;
- Robert James from Guardian Funerals for the donation of a replacement fridge;
- Roger Marriott from Eximo who donated 4 slide valves to assist with fixed dust collection in the Shed;
- Allen Wilkins and his staff for the Shed renovations and also for constructing our deck in time for this AGM;



- Donors of tools for the shed;
- All the volunteers and friends of the Shed who have made so many generous donations of their time, skills and financial contribution; and

- Our auditor, Peter Roebuck, for his honorary audit of the Shed's accounts.

## THE FUTURE

The Board see a bright future for the Shed as it seeks to meet the needs of men in our Eastern Suburbs community. We hope to see many of the probationary members transition to become full Shed members, and as we develop more management and technical supervisors, we look forward to opening on other days, including Saturday for men working full-time.



*The completed Deck*

Projects for development for the 2014-2015 year include:

- setting up a web site for the Shed;
- acquiring more laptops to run short computer skills courses;
- introducing a membership card;
- running further box making classes;
- running certification classes for use of Shed equipment; and
- building a timber storage shed

On behalf of the Board, we are looking forward to welcoming new members, and to having your continuing support as we develop our Shed, support our men, and link into the community through the life of the Shed.

Kind regards  
Rodger Jamieson - President  
Waverley Community Men's Shed Inc



# **APPENDIX**

## **AIMS AND OBJECTIVES OF THE WAVERLEY COMMUNITY MEN'S SHED**

### **1. THE SHED'S AIM**

The Shed's aim is to advance the health and well-being of our men by providing a safe and happy environment where they can, in the company of other men learn about men's health and well-being, pursue hobbies, pastimes and interests, learn new skills, and practise and pass on old skills and contribute to their families, friends, the Shed and their community.

### **2. OBJECTIVES OF THE SHED**

The objectives of the Shed are to:

- (a) advance the health and well-being of our members by providing a safe and happy environment where men can, in the company of other men:
  - (i) learn about men's health and well-being
  - (ii) pursue hobbies, pastimes and interests
  - (iii) learn new skills, and practise and pass on old skills
  - (iv) contribute to their families, friends, the Shed and their community.
- (b) provide a support and referral service to men with health issues, directed towards meeting their physical, emotional, mental health, and spiritual needs
- (c) establish and run services and programs which will assist to advance men's health and wellbeing by encouraging and assisting men to gain access to relevant services and information available to them within the community
- (d) provide a place for men – especially those who have retired or are unemployed – to socialize, use their creative skills (such as with woodwork), learn new skills and mentor each other and younger men in the community
- (e) address the issues of isolation, loneliness and depression which are faced by many men when they cease full-time employment or are looking for work by providing them with a space, tools, support and programs
- (f) include such other activities as may be considered appropriate by members and providers of the services;
- (g) raise funds for the purposes of the Shed by any method approved by the Charitable Fundraising Act (NSW), 1991.

# A BRIEF HISTORY OF WAVERLEY COMMUNITY MEN'S SHED INC (THE SHED)

The Shed was established in 2012 as an incorporated body through the vision of Rodger Jamieson (General Manager) The Lighthouse Community Inc., Catriona Beaumont (Health Promotions) from War Memorial Hospital (WMH), Clif Munro (Member of Lane Cove Men's Shed), and Peter Chapman (Church in the Market Place Bondi Junction).

We are Shed No 751 in the Australian Men's Shed Association. Our aim is to stand as men, shoulder to shoulder, working alongside one another - sharing a joke, friendships, hard issues and our lives.

So how did we get to here? I'd like to share a little of our journey with you. As part of the Lighthouse Community in Bondi, I was concerned that as a family support program we were not really reaching out effectively to men. I had read of the success of Men's Sheds around Australia and in August 2011, went throughout the municipality taking photos of possible Shed locations.

On coming back from a holiday in early October my wife showed me a Wentworth Courier Article 28 Sept 2011 where Councillor Moira Main was advocating for the old Queen's Park Scout Hall to become a Men's Shed. I rang Moira and asked if she was serious about a Men Shed for Waverley, and organised for us to get together for a coffee and chat. Thanks Moira, you were the catalyst and inspiration to start this venture. So on the 10 October 2011 we met and discussed Men's Sheds and possible locations including the Scout Hall. Unfortunately, having checked the Scout Hall with an architect, we found that it had too many challenges and was unsuitable.

That afternoon Peter (our Vice President) and I went over to the Lane Cove Shed to see a Men's Shed in action and there met Ted Donnelly and Ruth van Herk who went out of their way to explain the intricacies of Men's Shed life and explained how to effectively set up a shed. Thanks Ted and Ruth for your ongoing kindness, generosity of time and spirit given to us on our journey.

Ruth said, this is very strange, as I'm off over to Waverley next week to visit a Scout Hall and talk with Council about starting a Men's Shed in Waverley. She also mentioned that I really needed to connect with a lady named Catriona Beaumont, who runs Health Promotions at WMH, as she is very interested in the concept as well.



*Ruth van Herk (Centre from Lane Cove MS)  
Cr Moira Main (second from right)  
Cr Prue Cancian (second from left)  
Cr Dominic Wy Kanak (third from right)  
Waverley Councillors*

On 25 October 2011 Catriona and I met at WMH. As we talked it was plain that our visions coincided, and she invited me to a meeting the next day with the Executive Officer of WMH, Ged Hyde and a UnitingCare Ageing Representative, Garry O'Toole (who incidentally Peter and I were going to have a meeting with the following week).

On 26 October 2011 during our meeting the Hospital's Executive Officer announced he will make available a shed on WMH grounds for the Men's Shed. We then went to have our first glimpse of what was to become our Men's Shed. Ged, we are very grateful to you and Garry for that decision.

Concurrently, Clif Munro, a Waverley resident who travelled over to attend the Lane Cove Men's Shed, also realised the need for a Men's Shed in the Eastern Suburbs, and via Ruth connected with Catriona at WMH. Catriona with Ruth and Clif were invited by Moira to present the Men's Shed concept to a meeting of Waverley Council and received unanimous support.

Catriona and I then went into grant overdrive to obtain funding to make this happen. We applied to the NSW Government's Community Building Partnership and the Clovelly branch of the Bendigo Community Bank to help with renovations to the shed, and to UnitingCare Ageing through the Church in the Market Place for major tools and equipment. We were successful and these grants helped to convert the existing shed at WMH into a fully equipped woodworking workshop for men from the local community.

We would like to thank our local state member Bruce Notley-Smith for facilitating our application to the NSW government, and to the Mayor of Waverley John Wakefield, his councillors and officers for supporting and being partners with us in this grant process. We would also like to thank Rev Peter Godwin from the CMP for his support in helping us to secure funding for our major tools from UnitingCare Ageing. A great support for us has been Clovelly Community Bank – Nazife Halil (Community Officer) has been a constant encourager to us and a great help in establishing our banking facilities. We want to thank you and acknowledge your support and encouragement in making this Shed a reality.



*Part of our Formation Committee*

Having secured funding we then needed to get the Shed Organisation happening. We had seven interested people who became the Formation Committee. They lead us through the incorporation process, joining AMSA, meeting every 2 weeks, and working hard to make it happen. They then became the first Board of the Waverley Community Men's Shed Inc, which was incorporated on 15 May 2012.

The Board comprised President Rodger Jamieson; Vice President Peter Chapman;

Secretary Garry O'Toole from UnitingCare Ageing; Treasurer Alan Watson; Men's representatives Clif Munro – Technical; Catriona Beaumont (WMH Men's Health Promotions); Board member Dennis White – Creative Arts. Special thanks go to Garry our secretary who steered us carefully and was the liaison person between our Committee and UnitingCare Ageing and WMH.

Clif Munro played a very special part as our Chief Technical Specialist who put together all the men's toys/tools we see in the Shed today.



On 26 July 2012 we launched the Shed with an open invitation to men in the community to express their interest in a Men's Shed. A BBQ was held and the Mayor of Waverley Council, Cr John Wakefield, cut the ribbon to launch the Shed, with Ged Hyde, WMH Executive Manager, symbolically handing over the keys to the Shed to us.



*Mayor Cr John Wakefield Cutting the Ribbon*

Special thanks go to Andrew Chapman of Chapman Architecture for developing plans for renovating the Shed. On 30 July 2012 I submitted a Development Application to Waverley Council and this was approved on 6 September 2012. A contract with our fantastic builder, Allen Wilkins and his team was signed on 2 November 2012, and the renovations began. The 24th January 2013



saw the building completed and Council issued our Occupation Certificate.



*Cr Dominic Wy Kanak*

The official opening of the Shed on 22 March 2013 was celebrated with a BBQ. Councillor Dominic Wy Kanak opened the occasion with an Acknowledgement of Country.



*Ged Hyde Exec Manager WMH*

The Executive Manager, Ged Hyde, welcomed us to the hospital site, highlighting the donation of the Shed by UC Ageing and WMH.



*Dignitaries inspecting the Shed*

Rev Peter Godwin, Minister Church in the Market Place (CMP), acknowledged funding from UnitingCare Ageing for major wood working equipment to the Shed via CMP.

Peter Swan, Manager Clovelly Community Bank, spoke of the importance of the Shed and their help in funding the Shed renovations. Ted Donnelly AM, President of the Australian Men's Shed Association, highlighted the importance of men's sheds to men's health and congratulated us on our opening.



*Ted Donnelly speaks about AMSA*

Bruce Notley-Smith MP, our State Member for Coogee, spoke of the provision of major funding for the Shed renovation via the NSW Government Community Building Partnership, and then unveiled the Shed's Opening Plaque. As Shed President, I thanked all and acknowledged the assistance and funding from both Waverley Municipal Council and Woollahra Municipal Council to help equip our Shed.



*Bruce Notley-Smith MP unveils the Shed's Opening Plaque*

A Memorandum of Understanding for use of the Shed was signed with UnitingCare Ageing on 30 July 2013 and the shed opened for men to attend on 22 July 2013.

Rodger Jamieson  
President  
Waverley Community Men's Shed Inc