

WAVERLEY COMMUNITY MEN'S SHED INC.

ANNUAL REPORT 1 July 2014 - 30 June 2015

BOARD OF MANAGEMENT

President	Rodger Jamieson
Vice President	Peter Chapman
Treasurer	David Nathan
Secretary	Peter Chapman
Men's Representative	Clif Munro
Board Member	Peter Black
Board Member	William Honeyball
Board Member	Tom Wolf
Co-opted Board Member	Catriona Beaumont (Health Liaison with War Memorial Hospital)

ADDRESS FOR CORRESPONDENCE:

Waverley Community Men's Shed
War Memorial Hospital
125 Birrell St Waverley NSW 2024
T 02 9386 5998 E waverleyshed@gmail.com

26 October 2015

WAVERLEY COMMUNITY MEN'S SHED INC.

ANNUAL REPORT 2014-2015

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, Thursdays 4-7pm, 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 support for the human spirit.

The Shed is located on the grounds of War Memorial Hospital, a Uniting Care Ageing facility, and we are grateful to both organisations that 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 2014 to 30 June 2015

PRESIDENT'S REPORT

Gentlemen

It is with great pleasure that I again present the President's report to you on behalf of the Shed Board which highlights some of the achievements and activities of our Shed, and sets out future directions.

Special Thanks

To all Board members for your help in effectively running the Shed. The following members of the Board and office bearers will be stepping down from the Board but will offer themselves for re-election:

- Peter Chapman currently Vice President and Secretary
- Clif Munro our Men's Rep and Technical Guru
- David Nathan as Treasurer and Public Officer
- Rodger Jamieson as President.

Continuing members of the Board include Peter Black, William Honeyball and Tom Wolf. Without all of you we would not have a functioning Shed.

SHED ACTIVITIES

Membership

2014-2015 has been the second year of operations for the Shed. The Shed first opened on the 22 July 2013 with 9 men attending. Last year about this time we had 27 members, and we have now grown to 36 members with 16 more as probationary members. During the year 2 members have left our area, and 4 members are currently inactive due to illness.

We were opened for 164 (140) days during the year with an average attendance of 9 (8) per session.

There is a high level of cooperation between our members and a real willingness to help to do the jobs needing to be done around the Shed.

Some of our members have long term illnesses or have been hospitalised and these

members are followed up and visited where appropriate. As members become good mates with others in the Shed most of this follow up happens naturally.



Noticeably, a real sense of a community and camaraderie has developed within the Shed.

Projects:

Community Projects

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

- Step boxes for a research project for the Neuroscience Research Australia as part of a 'Falls' study



- Display flag box for the Maroubra Lions



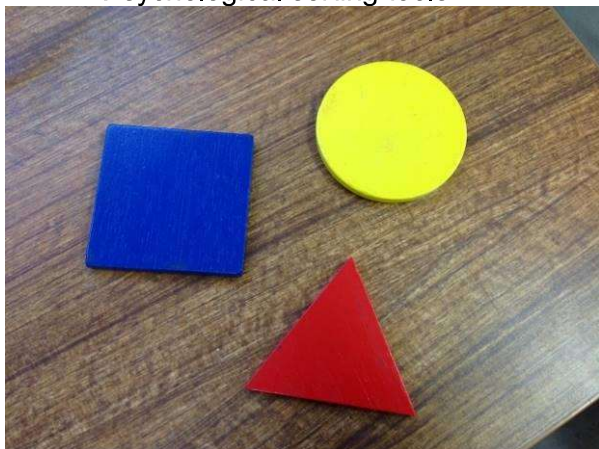
- Making toys for a raffle to support War Memorial's Volunteer Café Manos



- Pottery wheel repairs
- Repairs to Tennis court squeegee for War Memorial Hospital
- Making fundraising units for Prince of Wales Hospital Foundation



- Furniture repairs
- Psychological sorting tools



- Making a pedestal stand for an invalid patient to assist getting out of bed
- Manhole cover handles

- Physiotherapy child's trolley repair for the Royal Institute for Deaf & Blind Children
- Toy repairs for the Waverley Toy Library



- Donation jars coin slots for Lou's Place



Individual Projects

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

- Model boat building – radio controlled



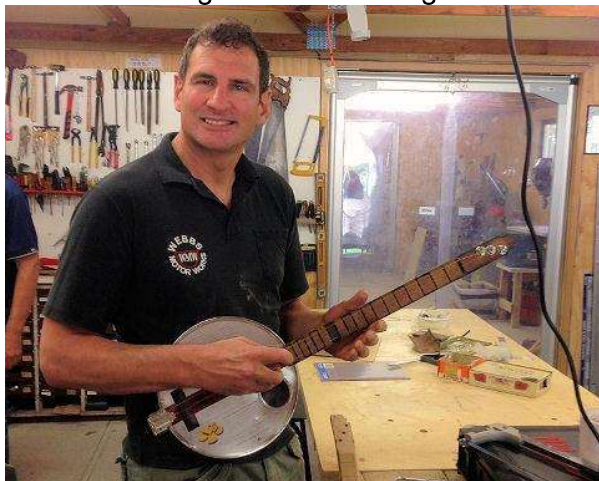
- Scale model ship replicas



- Model Car Stands



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



- Toy car garages



- Picture framing
- Painting
- Rabbit hutch
- Making toys
- Leatherwork



- Mirror framing



- Wood turning



- Clay figures



Classes

Box Making Class

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



- Timber surfboards



- Chess set figures pewter casting



Machine Authorisation Program

The machine authorisation program continues to be run by Clif, William and Alex (our technical team) who are responsible for training individuals to be competent and safe when using the different machines in the machine room. Machine authorisation classes are run so that a maximum of 6 men can be trained on each machine at a session. Thanks again guys for your help in getting us up to speed!



Training Technical Assistants

Clif and William are training up technical assistants who can demonstrate machines, cut timbers for others, and also the more mechanically minded are learning how to repair our machines.



Computer Usage

The Shed now has three computers that the men can use to search the web for woodworking designs.



Design of Jigs

Due to the number of men wanting to make picture frames, our talented William constructed a jig to enable cutting perfect mitre joints and speeding up the process considerably.



Celebrations

Our men, always ready to celebrate, enjoyed the festivities with an end of year party on 16 December to round out 2014. We also celebrated the second birthday of the Shed on the 21 July 2015 – note we are a “dry” Shed.



This was a great success as we invited the hospital staff to come and join with us. Over 25 of the hospital staff came to see the Shed and have a bite with us.

GRANTS AND SPONSORSHIP (1 July 2014 to 30 June 2015)

Woollahra Council – Construction of Slab to hold Timber storage Shed

We are grateful to Woollahra Council for their grant to construct a concrete slab to hold a timber storage shed.



Waverley Council – Timber Storage Shed

Thanks to Waverley Council for their grant to help us build a shed to store our timber. This project is scheduled to commence next financial year.

War Memorial Hospital/UnitingCare Ageing

We are grateful for the ongoing support from War Memorial Hospital/Uniting Care Ageing in the provision of a shed that we have developed into the Men's Shed. In addition they have sponsored us previously which helps to keep the Shed running through management collaboration and liaison with various Hospital departments, and with 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 well.

Management Supervisors:

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

(some Technical supervisors also help out as Management Supervisors)

Technical Supervisors:

Garry Connor
William Honeyball
Alex McIntosh
Clif Munro
Tom Wolf

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 a triton work table and saw is being used to rip timbers more efficiently than trying to do so on the panel saw – which often led to damage and misalignment of the panel saw and a very unhappy William as he spent many hours realigning the panel saw. Shed expenditure also goes towards maintenance of equipment including new blades and other consumables.



New equipment includes a metal bender, sandblasting cabinet and a mini lathe.

Thankless Tasks

Sometimes our Shed is in need of a good sort out and clean. Thanks to all our members for sorting so many nails, screws, bolts and assorted bits into jars and making drawers to contain all the oddments we collect. Thanks also to Tony for his contribution of the plastic jars to replace the glass ones – much safer alternative. Also for your end of day clean-up of the Shed floors, washing dishes and dealing with our bins! Thanks to all who help here – it is much appreciated!

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 representation
- 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

Community Activities

- Clif and Tom attended Randwick Council Senior's Week display
- Tom and Clif attended Randwick Rotary and spoke to them about establishing a Men's Shed in Randwick
- Participated in Men's Health Week
- Presentation to Maroubra Lions by Clif, Peter Black and Tom
- Shed Dinners – Thanks to Tom Wolf for organising our Shed dinners where members and their partners are invited to attend – a great time was had by all.

Men's Health Week

Men's Health Week in Australia is celebrated in June. It began in the United States by the US Congress in 1994 it aims to heighten awareness of preventable health problems

and encourage early detection and treatment of disease among men and boys.

A principal objective of Waverley Men's Shed is 'To promote the health and well-being of men in the Waverley community and surrounding areas by providing a meeting place for members to socialise and to make friends.'

With this in mind, the Board made the decision to promote a series of free events aimed at men outside the Shed membership. Four 'show and tell' MORNING TEA WITH THE SHEDDERS



open mornings invited men to visit the Shed to see what a typical Men's Shed does. Additionally, four health-related seminars presented topics for older men and younger men.



Through these promotions, we were able to raise awareness of our presence to the wider community.

We anticipate building on this year's foundation to conduct more Men's Health Week promotions in the coming years.

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;
- 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 continue develop and run the Shed;
- Woollahra Municipal Council for grants to build a concrete platform for a timber storage shed;
- Church In the Market Place for their support, encouragement and use of office equipment, photocopying and rooms for seminars, as well as partnering with us in the Men's Shed initiative;
- Sunlite Mitre 10 Hardware Bondi Junction for the donation of many items which are very useful in the Shed;
- Community Bank Clovelly (Branch of Bendigo Bank) 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;
- Allen Wilkins and his staff for constructing our deck in time for last year's AGM, and for building an awning for our deck to protect us from the weather – this will be installed soon.
- Donors of tools, timber, equipment and computers to 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.

Projects for development for the 2015-2016 year include:

- negotiation of a licence agreement with Uniting Care;
- completion of the timber storage shed;
- setting up a web site for the Shed;
- running short computer skills courses;
- running authorisation classes for use of Shed equipment; and
- development of a welfare program to support our members in body, mind and spirit.

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.

Please do drop in, visit with us and enjoy a cuppa on the deck.



It's been a great pleasure for me to serve as your President during the Shed's establishment and then to see it through two years of operation.

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 jokes, 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