



WAVERLEY COMMUNITY MEN'S SHED INC.

SIXTH ANNUAL REPORT **1 July 2018 - 30 June 2019**

BOARD OF MANAGEMENT

President	Clif Munro
Vice President	Tom Wolf
Secretary	David Brem
Treasurer	Stephen Mitchell
Men's Representative	Tom Wolf
Board Member	Peter Black
Board Member	Rodger Jamieson
Board Member	Peter Chapman

Co-opted Board Members:

Board Member	Graham Ely
Board Member	William Honeyball

ADDRESS FOR CORRESPONDENCE:

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Presented to the
Annual General Meeting
23 October 2019

WAVERLEY COMMUNITY MEN'S SHED INC.

ANNUAL REPORT 2018-2019



THE ROLE OF 'THE SHED'

The Waverley Community Men's Shed (the Shed) is an incorporated body operating 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 and 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, socialise, use and develop 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 sometimes faced by men when they cease full-time employment or are looking for work. We provide space, tools, support and programs. We also offer a referral service to members directed towards meeting their physical, emotional, mental health needs and support for the human spirit.

We support our local community (not-for-profit and individuals) by using our facilities to fill their needs through repairs or custom making.

We support our local trades by refusing requests or commissions from businesses operating for-profit.

The Shed is located on the grounds of War Memorial Hospital Waverley, a UNITING NSW/ACT 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.

ANNUAL REPORT 1 JULY 2018 to 30 JUNE 2019

PRESIDENT'S REPORT

It is my pleasure to present this **6th Annual Report** to Shed members.

2018-19 has once again been a busy time for the Shed as we have endeavoured to fulfil our **core values** of supporting the health and well-being of our members and giving tangible support to our local communities, as you will read in the following pages.

At this AGM we will be voting to make amendments to the Shed Constitution to:

- comply with new Government legislation
- create an Honorary Member classification
- clarify the Term of office of the President
- permit postal or electronic balloting
- fine tune statutory record keeping issues

The composition of the Shed Board changed at the last AGM when Peter Chapman on completing his terms as President was succeeded by Clif Munro. Our Treasurer, Rodger Jamieson was replaced by Steve Mitchell and William Honeyball did not nominate for re-election. It was not a long absence however as William shortly afterwards found himself joining Graham Ely as co-opted members.

Under the terms set out in our Constitution, seven (7) Board members are elected for 2 year terms with approximately half of the Board standing down at each AGM.

The continuing members are: Peter Black, Steve Mitchell, and Tom Wolf

Retiring members available for re-election are: David Brem, Rodger Jamieson, and Clif Munro. Peter Chapman is not available for re-election.

GRANTS AND SPONSORSHIP

Grants and sponsorship are the life blood of not-for-profit organisations like the Shed. Over time they have enabled the Shed to work to enhance conditions for those in our surrounding communities of Waverley, Woollahra and Randwick local council areas. We have received outstanding support from **Waverley and Woollahra Councils** right from our inception via their various Community Grants programs.

We have also received great support from our (then) State and Federal MP's **Mr Bruce Notley-Smith MP** and **Dr Kerryn Phelps AM MP**.

Bruce facilitated funding from State Minister for Mental Health, Tanya Davies MP for **Mental Health Training**.

Dr Phelps facilitated an Australian Government grant through the **Stronger Communities Programme (SCP)** Round 4 to **upgrade our ICT facilities**.

Over time, our supporters have enabled us to progressively upgrade the original DIY grade equipment from 2013 to light industrial grade. A case in point is our 'magic' circular saw which will **completely stop** in *five milliseconds* (that's five thousands of a second) if the blade contacts any part of the body. The difference is a stitch instead of microsurgery.

Health related targeted funding has helped us acquire a defibrillator and train and certify members in First Aid and also Mental Health First Aid.

Targeted Grants 2018-2019

Woollahra Council – Air Filtration Upgrade

We are grateful to Woollahra Council for their grant to replace two ailing in-workshop air filters with three quieter and more efficient units.



NSW Government – Health Certification

This grant enabled us to send 12 members on a two day VET accredited **Mental Health First Aid** course.

Australian Government – ICT Upgrade

This grant enabled us to purchase **three new Touchscreen Laptops** with accessories to facilitate IT training for members.

Additionally, an **electronic attendance system** has been installed to readily provide statistical information on request.

Shed members **Jeff Silberbach, Mohan Dhanoya and Peter Ulmer** created training programs as our 'In-Kind' contribution to the project.

SHED ACTIVITIES

In 2018-2019 the Shed was open for operation three days a week, from 10am to 3pm, for 48 weeks with a 4 week break over the Christmas- New Year period.

Membership

2018-2019 was the **sixth year of operations** for the Shed. At the end of February 2019 we reported to AMSA that our Shed had **55 financial members**, a **52%** increase from 36 the previous year. Our primary intention is to continue to make all members (old and new) feel welcome at the Shed and I anticipate that we will see numbers grow again in the year ahead.



As we move into our seventh year we can reflect on all that each of us, as Shed members, have achieved individually and collegially. The warmth of friendship that is part of our DNA is sustained by your presence.

Health and Welfare

It's not just about the tools.

The Shed is uniquely situated within a health care facility geared to supporting people as they age. The adjacent Healthy Ageing Gym is utilised by many of our members and Shed Formation Committee member Catriona Beaumont facilitates monthly health seminars. The incorporation of a compulsory 'no work' lunch break in the Shed day aids socialisation and inclusion for new members.

Men's Representative Tom Wolf actively keeps a watchful eye on everyone's welfare.

Men's Representative's Report

The past 12 months have been a good year for the members with most of them enjoying good health. A very few members had undergone successful surgeries and apart from advancing age they continue to prosper. We have held 2 functions at the Shed, for end of year and mid-year anniversaries, and we have enjoyed regular dinners with partners, an

activity that seems to be more popular each time it is held.

One of our members has become widowed, but apart from this, the members continue to live in stable home environments.

We have decided to make 5 members honorary members (these folks only come to the Shed for coffee and not to work) so they are more like honoured visitors in any case. Members and supervisors continue to monitor each other's welfare, this past year a number attended a Mental Health First Aid course which will help us to care for and assist each other.

Tom Wolf

Men's Representative.

Fun Time -- Working for ourselves

Making things for ourselves and family helps us develop / retain dexterity while stimulating brain function- factors that concern us as we age.

.....'there is a sheer enjoyment of making something exist that didn't exist before, of using one's own agency, dexterity, feelings and judgement to mould, form, touch, hold and craft physical materials, apart from anticipating the fact of its eventual beauty, uniqueness or usefulness'.

Thus wrote author Ellen Dissanayake.



Mostly, men have no trouble finding things to make- whether they be for themselves or family or friends. It is pleasing to observe how men who joined the Shed basically not knowing how to hold a hammer have developed into competent craftsmen.

COMMUNITY ASSISTANCE

Shed members are encouraged to assist with our extensive community support activities. Whether cutting, or assembling, or fixing, or painting, everyone pitches in at some point. Since our inception, we have provided assistance more than 30 times to not-for-profit groups and to more than 70 individuals.

Some of the work done this past year:

A cross-promotion with Bunnings Warehouse, Eastgardens saw Shed members assisting Bunnings staff at a DIY possum box making information night.

Assisting Not-for-profit organisations

A number of community organisations sought our help to stretch their limited funds. We were pleased to assist:

FoodFaith -- assemble native bee hives
WIRES -- make possum boxes
Waverley Historical Soc. -Bondi Rd 3D 'Map'
War Memorial Hospital -- make art easels
 -- make step boxes

Rose Bay Community Garden

- make rustic lid for worm farm

Soroptimists -- make a street library box

R.I.D.B.C Waverley -- refurbish equipment

-- assemble flatpack table

-- make a light box

Wairoa School Bondi -- sensory object boxes

Randwick Toy Library -- refurbishing toys

Assisting individuals

Old or damaged items treasured for memories or as parts of sets can be hard to get repaired. We were pleased to cut, make, refurbish, or repair:

broken chairs, stools, plate stands, table tops, garden forks, toys, drawers, foot stools, knitting hooks, mah-jong stands, benches, cabinets, wedges, walkers, clocks and more.

SHED OPERATIONS

Day to Day Shed Management

To run the Shed we not only need a Board but a dedicated team of volunteers to provide safe and pleasant supervision of the day to day operation.

Week	Monday		Tuesday		Wednesday	
Begin.	Admin	Technical	Admin	Technical	Admin	Technical
1/5/2019	R Goldberg	T Wolf	B Williamson	C Munro	R Jamieson	W Honeyball
8/5/2019	T James	D Brem	P Chapman	P Black	G Ely	W Honeyball
15/5/2019	P Charlton	T Wolf	M Barker	C Munro	R Garfield	W Honeyball
22/5/2019	I Dawes	D Brem	P Chapman	P Black	R Jamieson	W Honeyball
29/5/2019	T James	T Wolf	R Goldberg	C Munro	G Ely	W Honeyball
5/6/2019	P Charlton	D Brem	P Chapman	P Black	R Garfield	W Honeyball
12/6/2019	R Goldberg	T Wolf	M Barker	C Munro	R Jamieson	W Honeyball
19/6/2019	I Dawes	D Brem	P Chapman	P Black	G Ely	W Honeyball
26/6/2019	P Charlton	T Wolf	B Williamson	C Munro	R Garfield	W Honeyball
3/7/2019	R Goldberg	D Brem	M Barker	P Black	R Jamieson	W Honeyball
10/7/2019	I Dawes	T Wolf	B Williamson	C Munro	G Ely	W Honeyball
16/7/2019	T James	D Brem	P Chapman	P Black	R Garfield	W Honeyball
23/7/2019	R Goldberg	T Wolf	B Williamson	C Munro	R Jamieson	W Honeyball
30/7/2019	I Dawes	P Black	M Barker	P Black	G Ely	W Honeyball
7/8/2019	Closed Labour Day		P Chapman	C Munro	R Garfield	W Honeyball

Rosh Hashana

Our daily Management 'model' utilises two teams of supervisors- Admin and Technical. **Admin supervisors** are responsible for the Shed and members' welfare when it is open

and ensure that the premises are left in a safe condition at the end of the day. **Technical supervisors** oversee all the machines' functionality and men's safety and are available to advise members with projects. On behalf of all Shed members I thank the following men who have volunteered to undertake this necessary function.

Admin Supervisors:

Mike Barker
 Peter Chapman
 Peter Charlton
 Ian Dawes
 Graham Ely
 Raymond Garfield
 Rodney Goldberg
 Tony James
 Rodger Jamieson
 Bob Williamson

Technical Supervisors:

Peter Black
 David Brem
 William Honeyball
 Clif Munro
 Tom Wolf

OUTSIDE LINKS

Mark Moran Vacluse 'Shed'

The 'Shed' is located discreetly within the vast Mark Moran Vacluse (MMV) complex. Established by Waverley Shed members Tom Wolf and 'Dach' Hall in July 2017, it began as a 'drop-in' coffee place for male residents and over time has developed its own character



Although it is not resourced quite in the manner of 'big brother' Waverley Shed, the

members nevertheless have developed a capacity to carry out repairs for the residents and also the nearby St Michaels Anglican Church. At other times the members engage themselves with model-making and telling tall stories.



The MMV Shed follows similar management practices as Waverley Shed, thus ensuring a high regard for safety is maintained. Waverley Shed member Mike Barker is a frequent visitor and Tom extends an invitation to everyone to stop by and have a coffee.

Other Events

For a community oriented organisation such as Waverley Community Men's Shed, it is encouraging when our local political representatives show interest in what we do.

In the past year we were pleased to host **Dr Kerryn Phelps AM MP**, Federal Member for Wentworth

Mr Dave Sharma MP, Federal Member for Wentworth

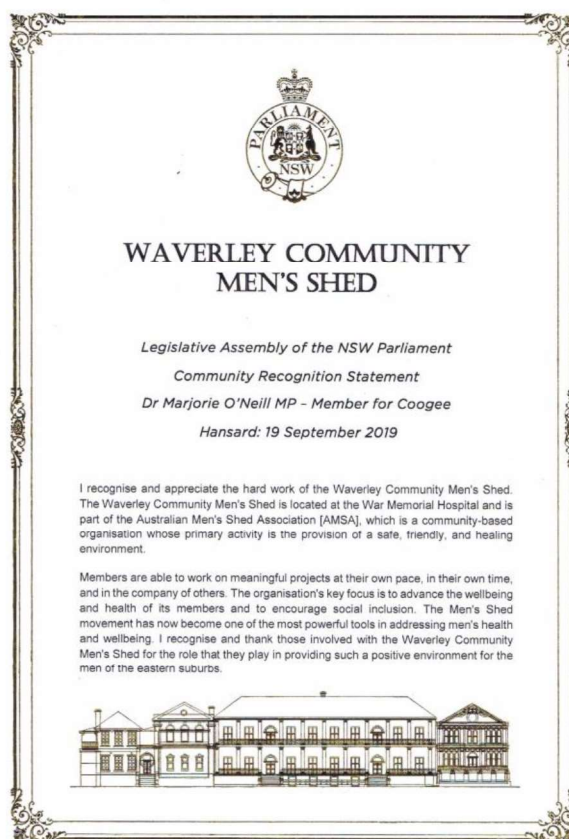
Dr Marjorie O'Neill, State Member for Coogee

Recognition in Hansard

On 19th September 2019, **Dr Marjorie O'Neill MP- Member for Coogee** read the following **Community Recognition Statement** in the Legislative Assembly of the NSW Parliament:

'I recognise and appreciate the hard work of the Waverley Community Men's Shed. The Waverley Community Men's Shed is located at the War Memorial Hospital and is part of the Australian Men's Shed Association (AMSA), which is a community-based organisation whose primary activity is the provision of a safe, friendly, and healing environment.'

'Members are able to work on meaningful projects at their own pace, in their own time, and in the company of others. The organisation's key focus is to advance the wellbeing and health of its members and encourage social inclusion. The Men's Shed movement has now become one of the most powerful tools in addressing men's health and wellbeing. I recognise and thank those involved with the Waverley Community Men's Shed for the role they play in providing such a positive environment for the men of the eastern suburbs.'



War Memorial Hospital and UNITING

The Shed as we know it would not exist without these two wonderful organisations. We 'rent' the Shed site from UNITING NSW/ACT for a nominal charge per year. War Memorial Hospital maintains the structure and external appearance of the Shed for us. We are deeply indebted for this ongoing support from War Memorial Hospital and UNITING.

There is a particular warmth in the relationship enjoyed between the Hospital's staff and the Shed's members. It is good to be recognised and acknowledged in chance meetings at the kiosk -where real coffee is served, or when collecting mail from reception, or simply walking through the beautifully kept grounds.



Ged Hyde, War Memorial Hospital Executive Manager (centre) pictured with past Presidents Rodger Jamieson (L) and Peter Chapman (R).

ACKNOWLEDGEMENTS

As with most not-for-profit organisations, the Shed is supported directly and indirectly by other individuals and organisations. I thank the following for their help this last year:

- War Memorial Hospital and UNITING NSW/ACT for providing our physical premises, and hosting us on their site, and for the ongoing sponsorship of the Shed;
- Ged Hyde, Executive Manager War Memorial Hospital, Jane Maguire, Service Manager/DDON, and Catriona Beaumont, Health Promotion Coordinator, for their encouragement and support;
- Waverley Municipal Council for grants to continue to develop and run the Shed;
- Woollahra Municipal Council for grants to continue to develop and run the Shed;
- Church In the Market Place Bondi Junction and Rev Peter Godwin 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;
- Community Bank Clovelly (Branch of Bendigo Bank) and Peter Swan, for operating our banking facility and their promotion of our Shed activities;
- Bunnings Warehouse Randwick for their donation of products and materials;
- Wentworth Electorate-office of the Australian Government for facilitating grants under the Stronger Communities and MUSTER Programs;
- Coogee Electorate-office of the NSW Parliament for supporting and promoting our activities;

- Our honorary auditor, Peter Roebuck, for auditing the Shed's accounts each year.

THE YEAR AHEAD

The Board is optimistic that the Shed will continue to meet the needs of men in our Eastern Suburbs community.

We anticipate that membership will continue to increase, and in so doing, the challenges of adding another day to our week will need to be confronted.

We hope to see probationary members transitioning to become full Shed members, and more members step up and volunteer as admin and technical supervisors to support our operating needs.

Goals for this coming year include:

- expanding the scope of the Digital Literacy computing skills courses commenced with the ICT upgrade;
- commissioning a new advanced wood lathe to supplement the existing unit;
- instituting a Shed website to enhance communication with our members and the wider community;
- consider inviting a local identity to become our Patron
- and over the longer term to develop a welfare program to support our members in body, mind and spirit

I thank the members of the Shed Board for their energy, support, friendship, enthusiasm and sheer hard work. I really admire and appreciate you all -each of you have unique skills and insights.

Lastly, I thank all the Shed's members, for without your participation, this organisation would not exist

Thank you all for attending our AGM as your support is valued.

Clif Munro- President
Waverley Community Men's Shed Inc.

GALLERY





APPENDIX ¹
AIMS AND OBJECTIVES OF THE
WAVERLEY COMMUNITY MEN'S SHED

1. THE SHED'S AIMS

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, their community and the Shed.

2. THE SHED'S OBJECTIVES

(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:

- learn about men's health and well-being
- pursue hobbies, pastimes and interests
- learn new skills, and practise and pass on old skills
- contribute to their families, friends, the Shed and their community.

(b) provide support and a referral service for men with health issues, directed towards meeting their physical, emotional, spiritual and mental health 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 socialise, 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.

¹ *Waverley Community Men's Shed Inc Constitution*

On the 30 July 2013 a Memorandum of Understanding (MoU) 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. A new License Agreement between the Shed and UNITING NSW/ACT was executed in early 2016 to replace the MoU.