

## ACTIVITIES TIMETABLE

### MONDAY

Central Bayside  
Community Health  
Network Men's  
group

10.00am to 1.00pm

### TUESDAY

SCOPE Disability  
Services Planned  
Activities Group

9.30am to 12.30pm

### WEDNESDAY

Open Day

Community  
Breakfast

8.00am to 10.00am

Woodies Workshop  
9.00am to 2.00pm

9.00am to 2.00pm

Men's Shed  
Sausage

sizzle lunch

12.00pm to 1.30pm

### THURSDAY

Woodies workshop  
9.00 am to 2.00pm

CommunityLunch

11.00am to 1.30pm

### FRIDAY

Woorinyan Special  
School

9.00am to 1.00pm

Editor Colin Duggan

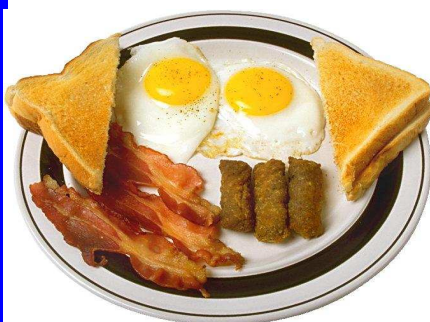
# Thank You

From Chelsea  
CareWorks

To all our sponsors and to  
all other persons who  
donate to the Community  
Breakfast and Community  
Lunch

Every bit of financial help is  
welcome.

Come and enjoy  
a delightful home  
style  
breakfast



Wednesday  
8.00 am to 10.00 am  
Bacon, eggs, sausages,  
cereal, fruit, baked beans,  
juice, toast, butter coffee,  
tea, milk, Milo

Community Lunch  
Thursday  
11.00am to 1.30pm  
Sandwiches, cakes, tea,  
coffee & cordial

# Walk THE PLANK

April 2011

## A New Venture for 2011

*In February a new  
community venture began at  
Blantyre Ave that all sheddies  
and any others can access.*

*Chelsea CareWorks, under  
whose banner Chelsea Men's  
Shed and the Community  
Breakfast started, offered a  
new community service with  
a Community Lunch on  
Thursdays from 11.am to  
1.30pm.*

*This offers freshly made  
sandwiches, cakes, tea,  
coffee, and cordial. In winter  
soup will be offered.*

*The Community Lunch is  
operated by volunteers and is  
free but donations are very  
welcome.*

Strength is the capacity to  
break a chocolate bar into  
four pieces with your bare  
hands and then eat just  
one of the four pieces

— Judith Viorst



### ***Steve's Sayings***

Later this year a Men's Sheds conference is happening and we sheds have been asked to think about what is special about our shed.

When I thought about this question, my initial thought was our able bodied sheddies care for people within the disability groups that attend. then I thought "no that is wrong, it is more than care, it is going the extra mile to volunteer, to create projects, to accept and make welcome, and it is also the contribution the disability group participants make to the rest of us, with their care, acceptance, humour, warmth and the fabulous way they inspire us through example, to overcome even the greatest obstacles in life and come out smiling.

And for us all, the opportunity to grow beyond our present limitations". But perhaps even that is wrong, because I was thinking of us as two groups, and we have become one.

God Bless

Steve

### ***Colin's Chat***

Over the last six months or so the premises that house the Men's Shed have been transformed by the Green Corp people. What was a bit of a mess has been changed into two lovely settings.

I recall my first visit to the premises with the house still in a state of major disrepair. It was rather a shock.

The transformation since that time has been marvelous and the changes have stemmed from the interest shown in the Shed.

There were some wrong turnings but from an initial membership of two men Chelsea Men's Shed now provides a venue for both abled and disabled people to attend.

We believe that Chelsea Men's Shed is the only men's shed in Melbourne that provides such a service.

We have plans to extend the services that the Shed provides and one idea is to start a men's open forum discussion group. We are seeking five to ten men who enjoy discussion who are willing to meet on a regular basis to talk over issues that concern them.

We are also considering a Women in the Shed programme.

*It's so much easier to suggest solutions when you don't know too much about the problem.*  
— Malcolm Forbes

### ***Keith's Korner***



### **Splinters from the Shed**

#### *Obituary*

Peter Hazeldine

Peter was a valued member of the Chelsea Men's Shed and was one of the Shed Mates who helped to organise the creative activities of the members.

He joined the Men's Shed in 2008 and became one of the Shed Mates. Peter is best described as an ideas man and each time he came to the Shed he had a new idea for a project. His big project was to make a fort complete with soldiers that was commissioned by a mother for her son.

Peter came from England and lived in Chelsea Heights. He was married to Joan who survives him and they had one daughter who now lives in Queensland .

Peter was a quiet man who was very keen on detail.

He died in Queensland in early January .

*No one is useless in this world who lightens the burdens of another*  
— Charles Dickens

## Do Men Talk?

There is a perception in society that men only talk with a beer or a tool in their hands as they work and it is a true perception in many ways. During a recent study into how men learn a Ballarat University researcher undertook with CFA members, he was told by a more senior member that men open up best around a fire with a beer in their hands.

But not all men want to do that. Some men like to talk around a table and this has been seen here at our breakfasts. Of course, there was the added bit of good food!

Chelsea Men's Shed believes that there are men who like to talk with other men without a beer in their hands or a big meal in front of them. For that reason we want to start a men's open forum discussion group here in these premises. We are looking for five to ten men to try this out.

Our idea is for these men to meet on a regular basis, perhaps weekly, or every two weeks, just to talk about matters that matter to men. Serious matters, not beer talk.

We have had some interest shown but we need a firm commitment from these men.

It might not be you, but do you know someone who could be interested?

It may be someone who doesn't get out much because of disabilities but would enjoy the company of other men.

You don't have to be a good talker for everyone will get a go.

We are thinking of this starting in May on a Wednesday or Thursday afternoon. A small cost will be involved.

Any one interested can contact the Shed on 9773 0301, or email us on [admin@chelseamenshed.org.au](mailto:admin@chelseamenshed.org.au)

*Did you know?*

- ◆ *That the human lung is designed to take in 20,000 litres of air each day? That 's about 60 pounds.*
- ◆ *That the human lung consists of hundreds of millions of tiny branches? The actual surface area of the human lung is about 150 square metres, or the size of an Olympic tennis court,*

**We are here :**

**rear 3 Blantyre Ave, Chelsea**

### Newsletter for the Chelsea Men's Shed

Men's Shed Office: Phone 9773 0301 Fax 9772 4645  
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Shed Mate: Keith Holt—Phone 9773 0301  
Editor: Colin Duggan  
Website: [www.chelseamensshed.org.au](http://www.chelseamensshed.org.au)



## VOLUNTEERS PAGE

**Chelsea CareWorks is looking for volunteers to help with the following projects:**

### FACILITIES

Looking after the provision of furniture and equipment in the house (computers, printers, desks and chairs). Ensuring print cartridges and paper are ordered. Purchasing stationery for the office and tools and materials for The Shed and gardening areas.



### PROGRAMS

Assisting the Programs Co-ordinator to develop and implement a range of men's health and well-being seminars and forums as well as assisting with the development and implementation of the Southern Kingston Men's Health Network.



### ADMINISTRATION

To be a reception/office person responsible for public enquires about Chelsea Men's Shed and other programs of Chelsea Care Works.



### WOMEN IN THE SHED

Chelsea Men's Shed is looking for a volunteer facilitator to run a Ladies in the Shed programme to be held on Fridays.

## Sponsors:

It would be great to see your name on this page. If you're interested in being a Sponsor, Partner or Supporter please contact Keith Holt or Colin Duggan at The Shed on Wednesdays or Thursdays on 9773 0301 or join us at our Sausage Sizzle on Wednesdays 11.30am—12.30pm

# *YOUR AD HERE?*

Chelsea Men's Shed is a Community Development Programme of CareWorks Inc.  
the Community Welfare and Support organisation of the Church of Christ Victoria & Tasmania,  
& delivered through Chelsea Careworks, the Community Support agency of Chelsea Church of Christ.  
Prepared by Skills for the Future Chelsea Men's Shed participants.