

## 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

# Walk THE PLANK

June 2011

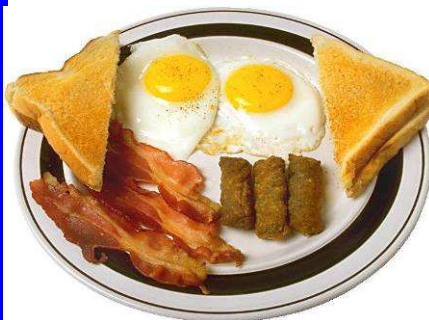
## Thank You

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

Circle of Fire



*Calling for five to ten men  
who like to talk.*

*Chelsea Men's Shed wants  
to set up a men's open forum  
discussion group .*

*This group will meet regularly  
to chat about matters that  
matter to men.*

*If you are interested speak  
with John at the door or  
Colin.*

*"Never doubt that a small  
group of thoughtful  
committed people can  
change the world: indeed  
it's the only thing that  
ever has!"*

— Margaret Mead



### Steve's Sayings

She's back!!!

Meet our new Chelsea CareWorks Coordinator/ Admin/Manager/Guru and so much more. Seems familiar, your right. Lyn formally known as our Work for the Dole project officer, is rejoining us to manage/administrate Chelsea CareWorks.

In yet another one of those amazing "coincidences" that happen all to often around here, I rang Lyn on another matter, in the week I was searching for an Admin manager for us. And she had just finished her previous contract the day b4 and wondering what to do next. "Look no further," I cried.

We are very fortunate as Lyn is perhaps the only person who could step into the role and get cracking, having done a lot here before.

We look forward to Lyn joining us in a few weeks, after she recovers from a knee op. There is no stopping us now!

Let's make sure (as I know you will) that we make Lyn feel very welcome and at home. There will be a lot of work that needs to be caught up on, so she will be very busy. But with everyone's support we will get through it, and can see even greater things happen than we are already doing.

God Bless

The Rev

### Colin's Chat

One of the best community developments over the last few years has been the Men's Shed.

It has seen men who are socially isolated come out of their homes into a social activity that has been beneficial to their health.

It is a development that has developed nationwide and with support from other groups in the community such as Beyond Blue and Andrology Australia.

For us at Chelsea CareWorks our own Men's Shed has been a dream fulfilled and it shows what a few dedicated people can achieve .

But achievements take time, effort and must be maintained and nurtured to flourish.

This month Chelsea CareWorks is pleased to host a meeting of the Victorian Men's Shed Association which is the Victorian advocacy group coordinating men's sheds activities in the State.

Chelsea CareWorks/Chelsea Men's Shed welcomes all visitors.



### Keith's Korner



### Splinters from the Shed

- Tim & Julie are in the Kimberleys
- A grant of \$4000 has been given to the Men's Shed to purchase a dust extractor and protective face shields
- All Sheddies are encouraged to wear these face shields

*All pop music is about sex. Rock is about wanting to do it, jazz is about doing it, and country and western is about feeling guilty after you've done it."*

*- Robert Waldo Brunelle", Jr.*

"Money is better than poverty, if only for financial reasons." - Woody Allen

"A person is not old until regrets take the place of dreams."

— Anonymous

### **SOUTHERN AND PENINSULA MENS SHED CLUSTER NOW INCORPORATES**

For the past two years Men's Sheds at Chelsea, Cranbourne/Casey, Keysborough, Frankston North, Frankston, Rosebud, Somerville and Westernport (Hastings) have met on an informal basis to share knowledge, ideas and resources as the informal and unincorporated Southern and Peninsula Men's Shed Cluster.

On Thursday 9<sup>th</sup> June they met at Westernport (Hastings) Shed, and it was agreed that the Cluster would establish itself as an Incorporated Association.

As such it will be able to seek funding and receive donations to provide a range of groups, activities, programs and services to the Cluster Member Sheds.

*Groups* include establishing a working party involving Sheds and Disability Carer organisations to establish a set of guidelines and protocols relating to their Clients accessing Men's Sheds.

*Activities* include organising an annual Men's Shed Expo so that Sheds can display who they are, what they do, seek new members, sponsors, partners and funding.

Also included will be "Car Park Shed Markets", which will be held in the car parks in front of Sheds, and having them rotated on a monthly basis around the member Sheds.

*Programs* include delivery of training courses, seminars and workshops in OH&S, Fire Safety, Risk Management for Insurance, First Aid, Preparing Funding Submissions, Revenue and Income ideas, as well as many others that will help and support Committees of Management and Co-ordinators.

*Services* include Member Sheds accessing high quality printing, photo copying and scanning services at a cost around half that of commercial providers, as well as computer facilities to support office and administrative functions for Sheds with no resources or equipment

Another key service will have the Cluster act as a "Quarter Master" in relation to the sharing and distribution of the many tools, equipment and materials that are regularly offered as donations and gifts to Men's Sheds, within the Cluster and to the many other Victorian Men's Sheds.

The Cluster will also be inviting representatives from the local governments of Kingston, Dandenong, Casey, Frankston and Mornington Peninsula to join, as they all have Sheds within their municipalities, and are likely to have more.

It is also hoped that the Department of Human Services Southern Region will also provide a Representative to attend the Cluster meetings as the Department has the program responsibility for Men's Sheds.

Also being invited will be representatives from the Central Bayside, Southern, and Peninsula Health Networks with whom the Cluster will partner to deliver men's health and wellbeing programs and services.

*See over*

Finally, the Cluster also hopes to liaise with community organisations such as Rotary, Lions, Apex, and other community service groups to work together on a range of community project.

The above organisations will become Associate Members of the Cluster but with no voting rights.

Cluster meetings are held bi-monthly and are rotated around Member Sheds so that participants gain insights into the varying ways in which each Shed operates.

Over the next few months the Cluster Membership is likely to increase as interest in Men's Sheds at Langwarrin, Mornington and Sorrento grows with organisations in those communities asking the Cluster to become involved in their Shed developments.

Enquiries regarding the Cluster can be made by contacting the Co-ordinator, Gary Rogers on telephone - 5979.8323, mobile - 041.179.5940 or email - [grass09@satlink.com.au](mailto:grass09@satlink.com.au)

Once there was a vacant space



Then came the frame



Next came the empty shed



Finally Sheddies at work



# Circle of Fire

Men's Open Forum Discussion Group  
2011



**Chelsea Men's Shed**

(A Programme of Chelsea CareWorks)

**Presents**

At

Chelsea Church of Christ

3 – 5 Blantyre Ave, Chelsea

Telephone 9773 0301

Email: [admin@chelseamensshed.org.au](mailto:admin@chelseamensshed.org.au)

or speak with Colin

**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  
Email: [admin@chelseamensshed.org.au](mailto:admin@chelseamensshed.org.au)  
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.