

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

Garden Gnomes

9.00am to 2.00pm

Wednesday Activities
Group

(Cards, scrabble and
other games)

11.00am to 3.00pm

Men's Shed Sausage

sizzle lunch

12.00pm to 1.30pm

THURSDAY

Open Day

Woodies workshop and

Garden Gnomes

9.00 am to 2.00pm

FRIDAY

Woorinyan Special
School

9.00am to 1.00pm

Editor Colin Duggan

Walk THE PLANK

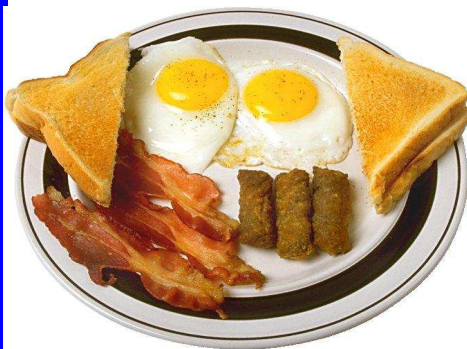
August 2010

Thank You

From Chelsea CareWorks
To all our sponsors and to
all other persons who
donate to the Community
Breakfast.

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

Think about it!

*A genius is one who shoots
at something no one else can
see, and hits it.*

*A stitch in time would have
confused Einstein.*

*Don't wrestle with pigs; you
get dirty and they enjoy it .*

*Foresight is knowing when to
shut your mouth before
someone suggests it.*

*I wash everything on the
gentle cycle.
It's much more humane.*

*If it isn't one thing, it's
another, unless it's neither.*

*If you want a place in the sun,
you've got to expect a few
blisters.*

*My mind's made up - don't
confuse me with the facts.*

*Old termites never die.
They just get board and
lumber on.*

*Running is an unnatural act,
except from enemies & to the
john.*

*Hyperpolysyllabicomania is a
fondness for big words.*



Steve's Sayings

Mental Health is often stigmatised, not spoken about, something that is kept in the cupboard in most families. Fortunately that is changing with up to 1 in 4 Australians suffering some form of Mental health issue in their lives. Things like depression and anxiety are quite common. I am proud to say that here at Chelsea CareWorks Men's Shed I have seen a remarkable and wonderful thing happen. As we have dealt with participants with obvious mental health issues, I have seen a wonderful openness and a beautiful spirit of acceptance amongst each other.

With so many studies showing that one of the key health factors, in mental health, is community friendships, networks and connections, we never know what an incredible difference we can make, just by accepting and welcoming each other. Your care and acceptance of each other, and of people who may appear a bit different at first, does more than create a good environment. It creates a healing environment, more so than any of us will ever fully know. Thankyou and God Bless

Steve

Colin's Chat

Mental Health First Aid

This issue of *The Plank* is devoted to mental health. As the article on Page 3 will show this is a major problem in Australia and it is an area that many people fear for themselves, for their families and for itself.

We may fear physical illness but that can at least be understood. Mental illness is not and many people try to avoid the issue but it will not go away.

In July Chelsea CareWorks hosted a Mental Health First Aid course designed to teach people what to do if they see someone in mental distress so that they can help until professional help comes.

I would recommend this course to anyone who has contact with someone with mental illness.

Should anyone be interested please see me and I can provide Information.

The Tired Nurse

A very tired nurse walks into a bank, totally exhausted after an 18 hour shift. Preparing to write a check, she pulls a rectal thermometer out of her purse and tries to write with it. When she realises her mistake, she looks at the flabbergasted teller and without missing a beat, she says: "Well, that's great . . . that's just great . . . some bum's got my pen!"

Keith's

Corner



Splinters from the Shed

Chelsea Men's Shed turned four years old on 1 August

Peter has got his house in Qld and has moved him.

Chris is on holidays in Adelaide.

More blackboards have been made for the Christmas Child Appeal, for the fourth year in a row,

Thanks to Darren for the replacement gas bottle.

No Bend Gardens Beds have been made and sold to Central Bayside CHS.

Computer Viruses

The Middle-Aged Man Virus

The end task button works, but nothing else. Computer seems permanently sluggish. Start up in the morning can take hours. Almost impossible to shift computer out of Energy Saver Mode.

Mental Illness in Australia

In the past few months there has been a great deal of comment about mental health in the media and it is a issue that has arisen in the election campaign. The following details on mental illness were extracted from the Internet.

- About 45% of adult Australians will experience a mental illness at some stage in their lives, including alcohol or substance abuse disorders
- One in five Australians will experience a mental disorder in any 12-month period
- Each year a further 20 000 Australians are found to have a mental illness.
- Many of those who experience mental health problems will experience more than one mental illness at the one time, such as depression and anxiety, which commonly occur together.
- Three million Australians will experience a major depressive illness during their lifetime.
- People unemployed or not in the paid workforce had the highest rates of mental disorder, a prevalence rate of 26% for unemployed men and 34% for unemployed women, compared with prevalence rates of 15.1% for men and 14.7% for women in full-time paid employment.
- Anxiety disorders are most common, and affected 1 in 7 adults, followed by affective disorders 6.2% (of which depression is 4.1%), and substance use disorders - 5.1% (of which 6.5% is alcohol related).
- 5% of Australians experience anxiety so crippling that it affects every aspect of their lives. Almost one in 100 Australians will experience schizophrenia during their lifetime.

Darwin Award

Beware Beans & Cabbage!

A terrible diet and room with no ventilation are being blamed for the death of a man who was killed by his own gas. There was no mark on his body but autopsy showed large amounts of methane gas in his system. His diet had consisted primarily of beans and cabbage (and a couple other things). It was just the right combination of foods.

It appears that the man died in his sleep from breathing from the poisonous cloud that was hanging over his bed. Had he been outside or had his windows opened it wouldn't have been fatal but the man was shut up in his near airtight bedroom. He was "...a big man with a huge capacity for creating [this deadly gas]." Three of the rescue workers got sick and one was hospitalized.

We are here :

rear 3 Blantyre Ave, Chelsea

Newsletter for the Chelsea Men's Shed

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Shed Mate: Keith Holt—Phone 9773 0301
Editor: Colin Duggan
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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.

GARDEN GNOMES

To be the Facilitator of our Indoor Gardening Group (vegies patches, hanging baskets . Terrariums and pot plants) and train members in how NOT to be a brown thumb. We need someone who can oversee the activity and possibly teach members horticulture gardening ideas and tips.

LADIES IN THE SHED

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



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.