

THE PLANK

Newsletter for the Chelsea Men's Shed

THE PLANK
Editor: Phil Perkin

May 2009

YOUR LITTLE SHED IN THE BACKYARD

Chelsea Men's Shed is your shed if you live in or around Chelsea. You may have downsized to a retirement village and have lost your old garage or shed. Well, it's found again at 3 Blantyre Avenue, Chelsea.

Have you just retired and are looking for something to do? On a Wednesday and/or Thursday, come on down to the Shed and fill in your day woodworking or pottering around in the gardening area.

You may be unemployed (boy, is that group growing) and looking for an activity for Work for the Dole or as a community volunteer. Well come on down to 3 Blantyre Avenue because we have both. Our shed is your shed and the only thing missing is YOU!



We look forward to seeing you on Wednesdays or Thursdays.



Come and enjoy a delightful home-style breakfast

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



Expressions of interest from the local business community and individuals are sought to become members of the Shed Mates Group of Sponsors, Partners and Supporters.

Please contact Gary Rogers at The Shed on Wednesdays or Thursdays or telephone him on 9773 0301 or come to our Sausage Sizzle at lunch time on Wednesdays.

Personality of the month



Forris

Australian born to Greek parents, Forris is the proud father of 4 children. A devotee of the martial arts, Forris has contributed many writings on this subject. January 1991 Forris served in the Greek Army as a member of the Blue Beret Special Forces Marines for a period of 18 months.

Talented as a drummer, Forris formed his own band and in 1998 met one of Australia's greatest drummers, Graham Morgan, who was to play a great role in Forris's music career. Amongst his many interests Forris has been a keen student of philosophy and psychology.

Working for the Dole program has given Forris the opportunity of obtaining the 7 modules required to obtain the Certificate II in Business.

Meet the Minister

RECHARGING OUR BATTERIES

Some people from Kingston Council and SCOPE visited us during the week as part of the new wheelchair and scooter "recharge" programme; they commented that there was a real warmth about the place (they didn't mean the temperature; as usual it was freezing).

We run lots of programs here at Chelsea Care Works. There's the brekkie, various shed groups, Men's Parenting, Cert II in Business, WAGS counselling etc, and now we have a recharge point for wheelchairs and scooters.

At the risk of being a radical, I don't think these programs are the core of what's important here. The care for each other, the friendships formed and helping each other is what really matters. In a word, it is "community" that counts. So, if you see someone standing in the foyer waiting for their batteries to charge up, why not say hello and help them feel the warmth of friendship

God Bless

Steve



Steve Rose



BOOM BOOM STRANGE SIGNS



Current Activities

Wednesday Sausage Sizzle

Lunch time at the Men's Shed on Wednesday is a sausage sizzle. The men gather around for a snag and continue chatting about the projects they are currently involved with. It is a fulfilling lunch and well deserved.



Monday :

- Central Bayside Community Health Network
- Men's Support Group

Tuesday:

- Skills for the Future (WFTD)
- Introduction to Computing

Wednesday:

- Chelsea Men's Shed Workshop Day
- Skills for the Future (WFTD)
- Introduction to Computing
- Sausage Sizzle 12 to 1.30
- Breakfast 8 to 10

Thursday:

- Chelsea Men's Shed Workshop Day
- Skills for the Future (WFTD)
- Introduction to Computing

Easier Shed Than Done

Men's Sheds Australia brings much needed support to starting and operating a men's shed and to the opportunities and projects by providing an extensive support infrastructure. We provide you with the information, knowledge, tools, processes, checklists, templates, programs and training materials that you will need to establish and develop your local men's shed; we save you "reinventing the wheel".

In its simplest definition, a Men's Shed is a place for men to go and spend time doing wood working projects, both UFOs and participate in community-based activities, talk about fishing, golf, or gardening, hang around the "circle of fire", share a sang with the lads, as well as referral to services that focus on men's health and well-being (Chelsea Men's Shed Business Plan 2009, Gary Rogers).

In Victoria, there are now about 70 Men's Shed groups, with many part of a local neighbourhood house, community health networks, or attached to an adult community education organisation or church.

The Men's Shed project is a social and activities group for older men, which provides opportunities for volunteers to join in activities and help mentor, support and train other men living with a mental health problem or disability.



*We seek them here, we seek them there, we seek them everywhere,
But alas, nowhere I fear, can I find that elusive volunteer.*

**Chelsea Men's Shed is looking for a volunteer facilitator
to run a Ladies in the Shed programme to be held on Fridays.
Please contact Gary Rogers on 9773 0301 or Mobile 0411 795 940.**

Much ado about the business

Hello fellow Sheddies,

Another month is now behind us and time to give an update on what's been happening business wise at the Chelsea Men's Shed.

Sponsorships

We have a target of at least 10 major sponsors supporting Chelsea CareWorks Men's Shed at \$500 each.

In return for their sponsorship they get their business/organization placed on the Men's Shed website, as well as logos reproduced in *The Plank*, their support acknowledged on all flyers and brochures and listed on the Sponsor's Board in The Shed, with sponsors cards given to encourage members to avail themselves of the sponsors services.

We use the sponsorship to cover the cost of our Administrator and Co-ordinator, who do all the hard work behind the scenes, plus the cost of office supplies and keeping the printer supplies provided.

Should you be interested in becoming a sponsor please contact me at the Shed Monday to Thursday on 9773 0301 or mobile 041 179 5940

Partnerships

Arrangements are in place with:

Central Bayside Community Health Service , Scope Disability Service ,and Middle South Mental Illness support will be participating in the activities of the Shed and Garden Gnome areas. Our partnerships bring in revenue (4.00) session that helps cover the costs of electricity, services, materials and resources for use in the Shed.

Memberships

Now available at \$20 each to friends, relatives and individuals as a revenue building project. Our target is 50 by the end of June giving us another \$1,000. Your membership goes towards the public liability insurance and membership of the Victorian Men's Shed Association

Projects

Discussions are being held with Scope and CBCHS to identify sources of support they could provide to help with the modification of the bathroom in the house to a disabled persons toilet, primarily for their clients.

A submission has been sent to the City of Kingston for a minor works grant to contribute towards the project. The estimate is \$12,000—\$13,000 and, if we can get \$5,000 from Council and \$5,000 from Scope and CBCHS, we can start the project and have it completed by June 2009.

Watch this space for more updates.

Gary Rogers



VOLUNTEERS PAGE

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

**Chelsea
CareWorks**
*The Community Support arm of
Chelsea Church of Christ*

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But alas, nowhere I fear, can I find that elusive volunteer.***

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.

**If you would like to be a volunteer,
please contact Gary Rogers at Chelsea Care Works,
Monday to Thursday on 9773 0301 or mobile 0411 795 940.**

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Shed Mate:

Keith Holt—Phone/Fax 9773 0301

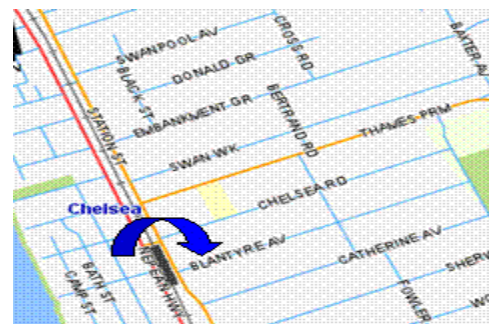
Editor:

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Website: www.chelseamensshed.org.au

We are here :

rear 3 Blantyre Ave, Chelsea



Sponsor Page

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



The ANZ Bank is a proud sponsor of the Chelsea Men's Shed and The Plank newsletter, as well as the Wednesday breakfast.



The Commonwealth Department of Employment and Workplace Industrial Relations has provided \$16,000 for the Skills for the Future - Work for the Dole project, in which the participants are undertaking 7 modules of the Certificate II in Business, and establishing the Office of the Chelsea Men's Shed.



Job find in Frankston and Cheltenham, is the Community Works Co-ordinator for the project and acts as the overall Project Manager.



Longbeach PLACE Inc, Chelsea's Neighborhood House delivering ACFE-funded training, is the Sponsor for the project, and engaged the services of the Work for the Dole Supervisor and the Skills for the Future Facilitator.



The Shed is the Host for the program and provides the location of the Computer Room and Classroom for the Skills for the Future, and the *real life* office environment for the Work for the Dole component.



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.

