

THE SHED GAZETTE



Issue No 8

May June 2021

SHED COMMITTEE

President:

Sandy Antonuccio

Vice-President:

Colin Duggan

Treasurer:

Rob Wise

Secretary and Compliance Officer:

Tony Donohue

General Committee:

Peter Burge

Michael Martin

SHED UPDATE

Since the last issue of the Shed Gazette there has been a change in the Committee of Management.

Peter Batten has resigned from the Committee and from the Men's Shed as of 7 May 2021. He has done so for both business and health reasons.

Peter will be missed at the Shed. Along with Sandy Antonuccio he joined Chelsea Men's Shed at the end of 2018 when the Shed was in danger of closing. This was not the preferred action but the situation was dire.

I will always be grateful for Peter, and for Sandy, for stepping up to help as I have been with Chelsea Men's Shed from the beginning, and I am the only one left from before that time in August 2006 when it was officially opened by the late the Honourable Don Chipp, AO.

Peter became President of the Shed in 2018 and has done a marvellous job in revitalising it. So, too, has Sandy Antonuccio who has now become President.

All at the Shed wish Peter well and hope he will drop in now and then for an egg and bacon roll.

Colin Duggan, Vice-President
& Editor of the Shed Gazette



HEALTH REPORT

A key element for the existence of Chelsea Men's Shed is the health of its members. In the Shed Gazette there will be articles of health matters, not only specific to men for, while there are issues pertinent to men alone, most health issues are not gender-specific. The health reports will cover both where relevant.

Health Report June 2021

The Australian Institute of Health and Welfare is part of the Federal Department of Health. It has existed for over 30 years. While it is part of the Department of Health, it retains an independence that is vital to its existence and purpose – to develop information about the health and welfare of all Australians. The reports that it publishes cover all aspects of the health and welfare of all Australians.

Given that it takes time to receive, process, assess and prepare the reports they do not give an immediate description of health issues however they are still an excellent guide to the health status of the nation.

Some interesting facts

2018 – 16% of Australians were 65 years old and over – 3.9 million

2056 – it is estimated that 22% will be 65 years old and over – 8.7 million

2018 of the 3.9 million Australian aged 65 and over:

- 53% were female and 47% were male,
- 13% were aged 85 and over,
- less than 0.1% were aged 100 and over.

9 in 10 older people believe that they have someone outside the household in whom they can confide.

Over 9 in 10 older people reported that they had support available in a time of crisis from someone outside their household.

1 in 8 older people were engaged in employment, education or training (COVID will have affected this).

2 in 5 older people reported being sufficiently active during the previous week.

7 in 10 older people are overweight or obese.

Where are you among the 1 in 10?

PRESIDENT'S REPORT

1st June 2021

Hi fellow shedders.

Well, here we go again with the 4th lockdown, hopefully not too long so we can get back to the shed and spend time together.

The committee has been working hard on getting our proposal to Council for our relocation, along with the proposal we have created a strategic plan for the shed, over the coming months we will finalise it and share it with all shed members.

Some of the key elements of the strategy is our mission, goals, and objectives, see below an extract of these from the strategic plan.

Mission

For the Chelsea Men's Shed to be a safe place for men to be socially active and be able to form friendships; to develop new opportunities for activity and interaction with the community of Chelsea and surrounding areas; and to be encouraged to look after all aspects of their health and well-being.

Goals

Chelsea Men's Shed Inc aims to provide a range of group activities, programs, and services to the communities of Chelsea and surrounding areas, with a focus on men's health and well-being, people with disabilities, those suffering from mental illness, and this within an environment that seeks to ensure the maximum level of OH&S standards.

Objectives

Chelsea Men's Shed Inc seeks:

- Connection with the local community and a feeling of belonging and having a positive experience to enrich Members lives.*
- Community inclusion which is about improving the terms of participation in society, particularly for people who are disadvantaged, through enhancing opportunities, access to resources, voice, and respect for rights.*
- Diversity in membership which will lead to more positive outcomes for members.*
- Safe and supportive range of programs to provide meaningful benefits to all members.*

Continued

PRESIDENT'S REPORT continued

Pre lockdown we had a couple of new members joins us, a special welcome to Gregory Dougherty and Ivan Moran. See below some of Greg's work that he has donate to the shed.



When we get back to the shed, it would be great see all of you come in and spend time together. There are lots of great ideas that we are working on and we are keen for more ideas, so your contribution will be greatly appreciated.



LIFE NEEDS A LAUGH (OR JUST A CHUCKLE)

From the Internet



When humour goes, there goes civilization.

Erma Bombeck

American humourist

1927-1966

SPONSORS, SUPPORTERS & PARTNERS

Chelsea Men's Shed Inc is fortunate to be sponsored, supported, and partnered by several organisations and people

Sponsors

Chelsea Rotary

Low Building & Construction,

Cove Hotel, Patterson Lakes

Commonwealth Bank, Chelsea

Supporters

City of Kingston

State Government of Victoria

Commonwealth Government of Australia

Bendigo Bank, Aspendale Gardens

Tim Richardson, MLA Mordialloc

Mark Dreyfus, MHR Isaacs.,

Global Office & Warehouse Solutions, sales@gosolutions.com.au

Partners

Otway Footwear, <https://otwayfootwear.com.au/>

Chelsea Meats, <https://www.chelseameats.com.au/>

In2Ply, <https://in2ply.com.au/>

It is through these sponsorships, partnerships and support that Chelsea Men's Shed can successfully deliver its groups, activities, programs and services.

R
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NQR?

Do you feel out of sorts lately?

Do you feel tired a lot?

Do you have pins and needles in your hands and feet?

How are your waterworks flowing?

Do you feel sad or downhearted?

Are you grumpy a lot?

All these things show that you are ***Not Quite Right.***

Don't think that "I'll be all right, mate."

See your doctor soon or it may be too late, mate!

Be Aware, Take Care!

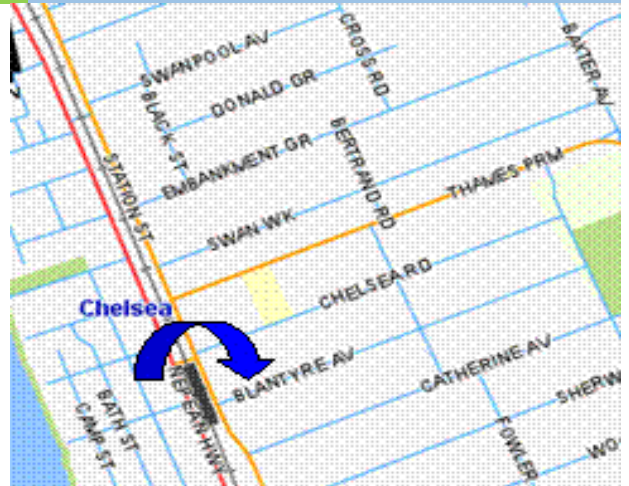
A health concern message from Chelsea Men's Shed

Men's Shed Office

Email: admin@chelseamensshed.org.au

Website: www.chelseamensshed.org.au

Editor: Colin Duggan



Chelsea Men's Shed provides men of all ages and situations with a place to go and spend time talking with other men, do some woodworking, or participate in community projects, as well as participating in men's health and well being programs.

Fees:

\$60 joining fee

\$35 Annual Membership fee and \$5 per week when at the Shed

Chelsea Men's Shed is open:

9.00am to 1.30pm Wednesdays and Thursdays.

9.00am to 12.30pm Saturdays

***Take care,
Be Aware!***

Your health matters!