



## Newsletter #3

### The Shed's First Community Service Project

The new Melbourne's Men's Shed was proud to celebrate the completion of its first community project when it hands over 30 handmade toys to the Royal Children's Hospital on 27 August 2014. The toys, designed by RMIT student Jessica Mew, were created from old shipping crates and pallets. The project provided an opportunity for the Men's Shed participants to learn new up-cycling skills and be resourceful with simple hand tools in a team environment. Frank Coppens, Vice Chairman of the Shed said the team has been working hard and is thrilled to be making such a meaningful contribution to the hospital. "Becoming involved in a range of new activities, events and initiatives and meeting a diverse group of new mates undoubtedly improves our health and emotional well-being," he said. The group provides a supportive and respectful environment that enables anyone with an interest in coming together in the Shed environment to participate," he said. Being involved in the toy project has been a rewarding experience for Lachlan Jones, a former Paralympian who owns his own business selling the *Big Issue*. He has been a regular participant at the Shed since seeking help to have his trailer fixed.



### Walking Tours now a Regular Event at the Shed



With the support of the Heart Foundation and Parks Victoria and under the leadership of Ray Brett and Peter Brent the Shed program now features walking tours of the most livable city in the world. Walking tours were one of the most sought after shed activities in the needs survey done last year. Come rain or come shine this hardy mob can be found on a Monday morning somewhere between a coffee shop and Fed Square. Ray despite having suffered a stroke some years ago plans the walks and sets the pace. It sounds simple but this program makes a real contribution to Men's Health – a core objective of our Shed

## Expanding Program attracts 700 visits in 2014

Over the 50 weeks the Shed is open over 700 visits have been recorded reflecting the range of programs the Shed is working on. Apart from woodwork and walking tours the team has worked on the Pop Up Patch, supported a Rotary Hat Day during Spring Carnival, raised over \$400 for Movember. The Shed has become very much part of the Federation Square offering. The work of the Shed was recognized at a “Soft Opening” in May attended by 32 members and guests including Cr Ken Ong of the City of Melbourne. The Committee is hard at work preparing for a major equipment upgrade in the workshop and the computer area which will help us extend the opening hours and grow membership.



Dr Anita Munoz, Tony Bright, Ian Cunliffe, Hamdi Ali and John Howarth at the Melbourne Men's Shed. *Source: News*

## Inaugural Chairman steps down – a bit!

Anybody who has visited the Shed will have met Tony Bright, our inaugural Chairman. He's the guy with the grin and the saw in the photo above. Tony put up his hand two years ago at the original interest meeting and has worked tirelessly with the committee to establish the shed at Federation Square, to secure grants from both DHS and the City of Melbourne to redevelop the site, to establish a network of supporters, to run the programs described above and generally talk to anybody who will listen about the Shed. The Management Committee has thanked Tony for all that he has done and is delighted he is staying on as the Program Manager. The new Chairman is Alan Seale, a retired engineer and East Melbourne resident. Tony said “ I am very satisfied Alan took on the role, his expertise & leadership is vital in the next stage of the sheds development. “ I would like to acknowledge the committees support and name a few key people and organizations who helped me keep things rolling. The Lord Mayor of Melbourne the Hon Robert Doyle, Mary Wooldridge MP, Cr Ken Ong, Cr Richard Foster, Simon Warrender, Dr Anita Monuz, Bryan Lipmann - CEO Wintringham, David Woodward, Paul Sladdin, David Reid- Salvation Army, Ray Brett, Carlton Men's Shed, The Heart Foundation and the East Melbourne Group.