

Men's Shed Newsletter



MOVING FROM BIS22



Many hands make light work

MOVING INTO THE NEW NAMBOUR MEN'S SHED

It's been a very busy month for the men's shed with the move from the previous shed at 22 National Park Road to the new premises at 40 Doolan Street Nambour.

It's been amazing to see the dedication to the men's shed by some of the members who have really been putting in the hard yards!!! We would like to extend our sincerest thanks and gratitude to all the fellas who have spent so much of their time and energy helping with the move of lots and lots of tools and materials and helping with the figuring out of the layout and setting up in the new shed. It's been an awesome task and it's been a real credit to all the guys involved being pioneers, being part of a great thing making a new home for us in the new location.

Temporary logo.
Final design to be confirmed.

Nambour Men's Shed

Men, Building Community in a Shed

In This Edition:

- Moving into the new Nambour Men's shed.
- Setting up in new shed on progress.
- Thanks Evans & Harch for big donated machinery.
- Thanks to Russell Lunn, who supplied truck with crane to move big machinery.
- Re-opening day Postponed till 31 August 2012.
- Teralba guys were playing game in shed.
- Did you know...
- A note from Brett.
- Duel actions as you assist Men's Shed.



C/ Solutions 4 Learning

22 National Park Road
Nambour QLD

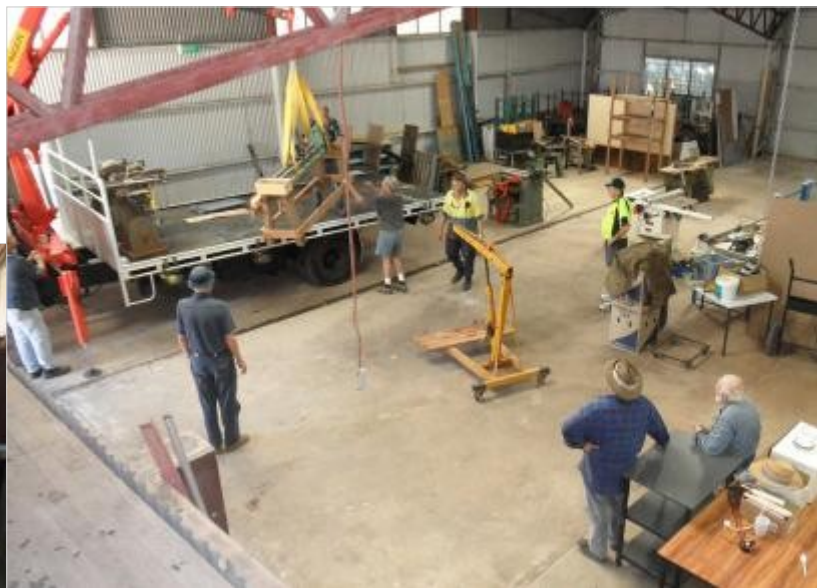
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Nambour QLD 4560

Telephone: 07 5476 2511

Email: blokesinshed22.salc@westnet.com.au



Moving into 40 Doolan Street



OFFICE DESKS FOR SALE:

Going cheap.

Contact Mark: 0439 732 983

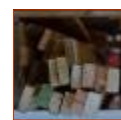
SETTING UP IN NEW SHED

Because the Doolan street shed has got history, there has been a fair bit of cleaning up and repairing to do. The kitchen has been painted and cupboards have needed to be installed. (Any donations of kitchen equipment would be very welcome at this point) North Coast Demolitions at Yandina have donated kitchen urns and louver windows. We still need a stove, kitchen cupboards, kitchen utensils, pots, pans, plates, cutlery etc, so if you have any of those kinds of things that you no longer need then please bring them to the shed where they can have a new home.

URGENT NEED:

The Men's Shed is in need of a deep freezer for frozen meals.

Can you help?!



THE BIG MOVE

Nathan... I like the Men's Shed because I can learn different things and be amongst great people.



Col... What I like about coming to the shed is basically the enjoyment of being with people of my own vocation, wood working, conversation, helping and being part of a team.



Vince has been a great help putting in the hard yards.



I love the fellow-ship!

Hey, that's what Men's Sheds are all about!

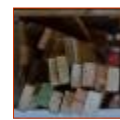


Mark and Ken talking shed at our last fishing camp. You can take the men out of the shed but you cant take the shed out of the men.

Note from Brett



Brett... Hi everyone. As part of my ongoing role I am getting more involved in community activities. So I can be more effective I've decided to do studies in Community Services. This means that I'll be attending classes on Fridays, so Thursday is the main day I'm at the shed now. I'll get to the shed on the odd Friday when I can to say 'G'day!' to the fellas who only come on that day. I'm contactable on 0488 550079.



THANKS EVANS & HARCH!

THANKS EVANS & HARCH!

Thanks for the kind donation of some “big toys” from Evans & Harch. Among the pressies were a large wood thicknesser, rip saw and a surfacer. Many thanks to Evans & Harch we really appreciate it!



Thanks Russell!

Special thanks to Russell Lunn/ Pergian Home Hardware for supplying the truck with crane to move the large things and for donations of materials to use setting up!! Russell’s involvement has been a huge help to us with the enormous task of moving!

Stay tuned for the next update.

Thanks again to everyone for all your help with the move!

Good on ya!!!





Re-Opening Day Postponed

Moving into the new premises and setting up a new layout has been a huge job to-date, and what an amazing job the guys are doing, but there is still so much more to do with the layout as well as ensuring that the shed meets the required Occupational Health and Safety standards.

Since the Men's Shed should always be a safe and stress free environment, it is necessary to postpone the re-opening and open day celebrations date to **31st August**. This will enable the fellas to finish all that needs to be done, without feeling pressured.

Please feel welcomed to call by for a visit if you are curious to see how things are progressing by first calling Mark 0439732983.

Teralba games day at the shed



The guys from Teralba enjoyed a games day in Shed 22 the day before the relocation. A fun day enjoyed by all!

Matthew... The men's shed gives the guys from Teralba a place in the community



Did You Know... ONLINE MENS SHED www.theshedonline.org.au

For people find it difficult getting to their nearest men's shed there is also an online men's shed called The shed Online. They have discussions, news, events, activities, information on health and lifestyle and interesting videos to watch.

In The Shed Online this July you'll find a delicious salmon recipe, film and board game reviews, useful internet security tips, information about walking clubs and how to join one, and a special health and lifestyle focus on carers. To check it out just go to.



What is a Men's Shed?

Article provided by the Australian Men's Shed Association 2011

The basic premise of each Men's Shed is to provide a local, informal location where the men of a community can spend time engaged in manual crafts such as woodworking, metal working or the restoration of old furniture, objects, machines etc.

The Shed is a place for men to be socially active and form friendships, and allows new opportunities for activity and interaction in their lives post-work. The shed are often a few days a week.

Members range from men who are using tools for the first time to experienced woodworkers looking to maintain and hone their existing skills. The shed environment is positive and encouraging no matter what a man's ability, and there is a strong focus on learning new skills, encouraging one another and working together.

BENEFITS: The main purpose of the sheds is to offer men a place

to engage with hands on activities and to interact with other men, and by doing so to develop a sense of meaning and value around the process of completing projects in the Shed.

Through Shared experiences in the Shed, members make friends, build a network of emotional support and develop a sense of belonging all of which facilitate a willingness to communicate often uncommon to men. The health and well-being aspect of the sheds, particularly in terms of preventative health, is perhaps their greatest benefit.

The Shed also provides an environment where productivity and being of value to his community can contribute to a man's feeling of self worth, productivity in the years following retirement, loss or other hardship.

For further information, refer to the Australian Men's Shed Association's web page: www.mensshed.org



You can assist the Men's Shed to further assist the community with...

- Funding/ donations
- Sponsorships
- Much needed tools new & used
- Resource materials timber/steel new & used including building materials
- Hardware, screws nails etc.
- Plant nursery resources
- Work boots & rags
- Trade assistance
- Volunteers
- Your support

Please forward this email onto other s, asking them to email us to become fellow 'Friends of the Nambour Men's Shed' so that they may continue to receive these email newsletters, to keep them up-to-date with our developing progress and community news.

THE NAMBOUR MEN'S SHED EXISTS WITH THE SUPPORT OF:

Solutions 4 Learning



Powered by:

