



# THE NUMURKAH SHED PROJECT

A COMMUNITY RESOURCE DEVELOPMENT

## “Men’s Shed” Project - We have a shed!

Welcome to the second edition of The Shed Newsletter.

You will notice a change of title - to provide for a facility focused on the “Men’s Shed” activities, and also allows for program involving other groups and organisations.

Hence the title—“**The Numurkah Shed**” or just “**The Shed**”.

Secondly, the search for a suitable shed has now been resolved—we are delighted that the premises known as “**Webb’s Fences**” in Knox Street, Numurkah will be purchased by the Moira Healthcare Alliance and with the “Shed” committee responsible for the delivery of programs. The site is an ideal central location, with a large shed and power and water supplies, and great potential for development into a multi-purpose community facility.

Our thanks to Donna Richards and the board at Moira



### So it’s now all systems go!

Immediate requirements are to comply with the Shire planning laws, including the installation of suitable toilets, lunch-room facilities, a meeting area, adequate parking, a personnel exit door (for emergencies), as well as a number of recommended works to make the building more secure and comfortable.

*Your ideas and participation will be greatly appreciated, and some of the ways you can assist are attached.*

This is the opportunity to get more involved in setting up and equipping the shed.

**Keep tuned for further information.**

Healthcare Alliance, led by Phillip Pullar, for taking up this opportunity.

Thirdly, the response to fundraising has been marvelous. At this stage, cash donations from individuals total \$1,100, together with a pledge from the Rotary Club of Numurkah for \$500. We are also hopeful of receiving a grant from the Moira Shire in the recent Community Infrastructure funding. *Please continue to give!*

## A Men's Shed story (from Hamilton, Vic.)

“Happiness is found mucking around in a shed..”

The Hamilton Men's Shed repairs broken motors and furniture—it also mends damaged lives.

- Initiative of the Uniting Church in Hamilton, Vic.
- A self support group for men over 55
- Created to relieve boredom,

stress, depression and low self-esteem

- Participants repair toys, small machinery and equipment. They also do home maintenance, run educational seminars and discuss men’s health issues
- Day to day running of the program is by a community based steering committee

- During the first year, facilitators aim to provide weekly meetings with at least 25 men to assess the activities, increase participant awareness of support services available and reduce the number of men experiencing social isolation and resultant trauma

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Representatives:

### ROTARY CLUB

Pat O’Brien

Alby Barton

Geoff Holmes

### COMMUNITY HEALTH CENTRE

Neil Stott

### MOIRA HEALTH CARE ALLIANCE

Donna Richards

### MORA SHIRE

Cr Frank Malcolm

### CFA/YOUTH CLUB

Paul Rees

### LIONS CLUB

Frank Baines

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Des Ginnane

### SENIOR CITIZENS

Ian Price

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### COLLEGE

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## *What do others Men's Sheds do?*

Here a few selections of some of the activities Men's Sheds are involved with. What may happen at the Numurkah Shed will depend on what the participants want.

### **Boort Men's Shed**

Social interaction and support, learning skills and information, community projects, physical activity

### **Creswick Men's Shed**

Mainly wood work, Lots of community involvement. Sitting around the pot belly heater - cuppa and chat

### **Darebin Men's Shed**

Woodwork, Welding, Computers, Pool/ Table Tennis, Boche/ Cards, Gardening, Cooking, Bus outings

### **Donald Men's Shed**

We do a wide range of projects from restoring agricultural machinery to community based projects. You can just drop in for a chat or a cuppa

### **Mensheds Bendigo Inc**

One woodworking workshop, two days a week, (Building second workshop). Refitting shipping container into modern A/C office at community centre. Assisting with labour on community garden. Social activities

### **Yea Men's Shed**

Men's Group currently involved mainly in woodworking, furniture repairs, and community projects, social meetings



## **How can I assist?**

### 1 Be a participant

Take part in what appeals to you— activities, health issues, or just a chat and a cuppa.

### 2 Be a contributor

- Supply tools and materials, eg. for woodwork, mechanical work.  
*(A more extensive list will be provided in the next issue.)*
- Donations to assist in purchasing resources and providing programs.  
*(These can be made to the Rotary Club of Numurkah Inc.)*

### 3 Be a provider

The Shed will welcome people ready to provide tuition, instruction and advice — e.g. welding, woodwork, cooking, gardening, computing, networking, getting and keeping healthy.

### 4 Be an adviser

Men (and women) have a lifetime of experience and expertise.

Your advice in planning what the Shed does and how it operates will be invaluable.

Remember

**EDUCATION IS WHAT YOU GET WHEN YOU READ THE FINE PRINT**

**EXPERIENCE IS WHAT YOU GET WHEN YOU DON'T!**

*Men's Shed— just the place to create it, fix it, or just bugger it up.*

