



NEWS from the SHED

WOLCOMS

- A network of Men's Sheds across the Wollondilly Shire
- The promotion of men's health and wellbeing through shared learning and activities
- The promotion of connection, communication, companionship and peer support
- The provision of safe, comfortable, welcoming and equitable meeting places

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THREE SHEDS SHOWING THEIR WORTH

A growing number of men are joining the three sheds now operating across the Shire, enjoying the opportunity to meet others with similar interests, enjoy each others company and even making something.

Their success has shown that men's sheds can play a worthwhile role for many men either looking for something new or to just fill in a few hours of their week. Whilst the majority are retired a number of members still work part time or are looking to organise their time off work to coincide when sheds are operating.

Well established sheds elsewhere operate on weekends or at night, something that could happen in Wollondilly sheds down the track and if enough interest is shown.

So if you have not **gotten up** and **gotten in** to a shed yet, its about time you **got going**. You will be made most welcome.

HOW TO GET INVOLVED

Membership of WOLCOMS is open to any community member interested in developing the concept of men's sheds in Wollondilly. A small management committee meets on the first Thursday of each month to drive the organisation and the planning and development of Sheds.

It draws upon members expertise in management of workshops, education and training, men's health issues, and financial management.

Turn to the back page for the contacts for WOLCOMS and become part of this growing community organisation.



From a website in America.
See we do have things
in common.

TAHMOOR UNITING MEN'S SHED

The group is **meeting every Thursday at 10 am** for a Coffee Chat and a bit of project work whilst the finishing touches are put to the construction of the shed.

At present an awning is being finalised and readied for fitting out as a kitchen, BBQ and meeting area that will free up much needed space within the shed.

Paving all around will provide easy access and keep it a bit more "mud free". The addition



Learning the fine art of measuring

of water tanks will give access to water for the urn and the landscaping of the adjoining embankments and future community gardens planned for out the back .

UP AT THE OAKDALE SHED



A small but regular group meets at the Shed next to the Oakdale Workers Club **every Thursday from 9.30 am** making small items that have been sold at the Thirlmere Markets or to people who come pass the shed for a look see. Plus they work on their own projects or just enjoy the company of others.

As more equipment is

Learning a few new skills from each other

purchased the shed is being cleaned up to give the men a bit more elbow room to work in.

The assistance of the Oakdale Workers Club in making the space available is appreciated by all concerned.

More people are encouraged to join the men at Oakdale.

Contacts

Clive 0420 509 540

Jacqy 4659 6232



The Shed's recent AGM saw an Operations Group elected to oversee the shed and a scale of fees decided upon to enable anyone to participate within their own budget.

Drop by and see what is happening.

Contacts

Ken 4684 2363

Trevor 4681 0058

Camden Men's Shed

Has invited all local shed members along to a Happy Day at the Camden Shed on the Bicentennial Equestrian Park, enter from Exeter Street Camden, commencing 10.00 am on **Tuesday 8 December**.

This is simply a get together to meet new friends, share information on sheds and health, and to enjoy good fellowship and hospitality for the festive season.



WARRADALE SHED STARTED UP

For a group of blokes without a formal shed, Warradale are showing the true spirit of the Men's Shed movement.

Meeting every second Friday in a room of at the Warragamba Town Hall they are enjoying the opportunity to come together, exchange ideas and knowledge, do a bit of construction work and

WORKING WITH THE COMMUNITY

Men's Sheds are not just about turning up to a shed and working on a project or having a cuppa and chat. They can also be about helping others in the community and promoting the benefits that sheds provide.

During the last school holidays Clive worked with over 20 children attending the Picton Vacation Care assisting them make a very colourful collection of cars as a craft activity. Clive used scrap material roughly cut out into a shape of a car which the children sanded back, added wheels and a few other accessories and finished off with an individual duco job.

It was a great activity for the children and shows what sheds could do to engage with the younger members of the community.

SUPPORTING OUR LOCAL SUPPLIERS

The new Bunnings store at Narellan will be up and operating by the time you read this newsletter and will be a welcome addition to the places where shedders can spend a bit of time checking out the latest gismos and supplies for that special project they have in mind.

WOLCOMS will be looking to hold a BBQ there in the near future to both raise the profile of local sheds and to raise funds to keep

dream of the time when they have their own shed.

And they are doing something about it with discussion with Council over the possible use of the old Workers Club site and with the Neighbourhood Centre about the Silverdale Progress Hall that has become vacant.

The Shed had a table at the



Our new logo

Warragamba Dam Fest where they raised some funds and promoted the group.

Contact

Leanne on 4774 1273



Happy faces and colourful cars made by children at Picton Vacation Care

Disability Services Australia (DSA) have open up a centre in Picton for local people who have a disability to give them the opportunity to socialise and do activities. They are keen to be involved with local sheds as a way of building up interaction between their members and the community.

operating after all our grants are finished.

The operators of the store have also indicated that they can assist Sheds in other ways through fundraising and donation of materials.

WOLCOMS supports all hardware stores and suppliers in the Shire and wider Macarthur region, which is shown through its purchase of equipment and materials under the grants that have been provided by the government and IMB Community Foundation.

GET
INVOLVED

WOLCOMS INC

PO Box 385
Picton NSW 2571

Clive Hales – President

0420 509 540

Bob Lester – Wollondilly Shire Council

4677 8261

E-mail: bob.lester@wollondilly.nsw.gov.au

Wollondilly Community Men's Shed Inc is an independent community organisation that aims to develop a network of men's sheds across the Wollondilly Shire.

It was initially established under the auspice of Wollondilly Shire Council and now has a Management Committee that meets monthly to continue to develop the organisation and create partnerships with other organisations.

Membership is open to any interested person of any age who is interested in the Men's Shed idea.

To become a member please contact either of the numbers provided or email Bob Lester.

SUPPORTED BY



SYDNEY SOUTH WEST
AREA HEALTH SERVICE



WOLCOMS ANNUAL GENERAL MEETING



A successful meeting was held to report on the activities of WOLCOMS over the past 12 months and to elect a Committee of

management for the coming year.

Held at the Tahmoor Shed on the 22nd October 15 members and visitors listen to reports presented by each of the three affiliated sheds and to what the initial Steering Committee of WOLCOMS has been doing to get sheds established in the Shire.

It has been a very important 12 months for WOLCOMS where a lot of work has been done by many people. Great success has been achieved in such a short period of time which is reflected in the level of activities in each of the individual sheds.

The obtaining of grants through the Federal, and State Governments and the IMB Community Foundation has given local sheds a real kick along. The ongoing support of Wollondilly Shire Council is vital to WOLCOMS and we thank them for this.

Elected members of the Management committee

President— Clive Hales

Vice President — Ken Quarmby

Treasurer— Jacqy Chevis Secretary— Phil Hughes

Committee Members — Terry Atkins, Bob Hudson and John Bartle.

Thanks to all concerned with the organizing of the meeting and I look forward to everyone's continued involvement over the coming year.

Clive Hales – WOLCOMS President