



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

INSIDE THIS ISSUE:

Tahmoor Shed is completed	2
Up at Oakdale	2
News from Warradale	3
What is TAD?	3
Be part of Seniors Week 2010	3
Australian Men's Shed Association	4
Not to be confused with	4
Shed Locator on line	4
WOLCOMS Contacts	5
WOLCOMS in 2010	5

HEADING INTO A NEW YEAR

It is nearly 18 months since the first meeting was held to start the process of establishing Men's Sheds in the Wollondilly area. Looking back at the ideas that people expressed at that meeting those "shedders" who have been involved along the way have achieved much in bringing these ideas to reality.

Nearly 50 men are regular participants at the three local sheds with a larger number of supporters out in the community.

Awareness of Men's Sheds is growing locally with promotion at special events and through Wollondilly Shire Council's information points. The New Residents pack includes the WOLCOMS brochure and the markets at Thirlmere show off the skills of shed members.

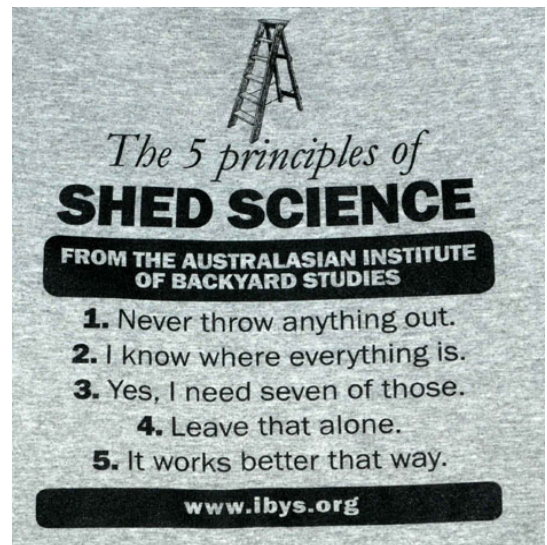
Remember—Get into a shed today. It's a great place to be.

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.



Can you solve our puzzle on Page 6?

TAHMOOR SHED IS COMPLETED



Building work is now finally complete. Council's final inspection took place on Thursday 28th January and a Certificate of Completion granted – shed is now fully operational. Well done to all concerned with this fantastic achievement.



The last few pavers go in

Camp kitchen and BBQ area is providing a very attractive chat and rest facility. Some minor paving and landscaping work will continue as we dress up the Shed and its surrounds.

TUMS members provided a project session for the school holidays vacation activity centre on 13th January – 18 pre-cut kits were prepared for assembly by

the kids – voted a success.

Projects have been undertaken for the ladies craft groups meeting in the adjoining Church Centre, something that can be offered to other groups in the area as we get more organised.

Current attendance – 12 to 18 per day – total signed up membership is 32.

Purchases from MACAAS and DVA grants are proceeding for workshop, outdoor and computing equipment. This will make the Shed a wonderful facility and able to cater for a wide range of interests.

Fixed Annual membership fee and session attendance fees now payable at a sliding scale according to term paid in advance. This will enable the shed to operate properly into the future.

Contacts

Ken 4684 2363

Alan 4681 8442

UP AT OAKDALE

Our regular band of members have returned for another year of enjoyment in the Shed at Oakdale. A few different projects are planned for this year along with a membership drive to broaden our membership base.

With a number of different groups associated with the Workers Club using the Shed and the continued need to garage the Club's bus, we will be undertaking a good clean out of all the accumulated "stuff". This will give the shed proper space for use of the equipment we are purchasing with the IMB Community Foundation funding. If anyone has some storage units we can put them to good use.

The electricity supply to the Shed has been upgraded and are waiting on the Club's approval to do a few more improvements to the main switch board.

We are already dreaming of expanding the shed into the area adjoining with the Workers Club giving encouragement to do so. Just the minor issue of funding and man power!! - but this can be overcome with the usual Shed Men's vigor.

Contacts

Clive 0420 509 540

Jacqy 4659 6232



Can we fit a few more people in?

NEWS FROM WARRADALE

Up to twelve men are meeting every Friday from 10 am in the annex of the Warragamba Town Hall discussing all those important issues men talk about and dreaming of having their own shed.

Bob from Council came along to see how the opportunity to use the old Silverdale Progress Association Hall could be progressed. Hopefully the local Neighbourhood Centre

organisation can take on the hall so we can use it and benefit not only our members but the wider community through involvement in community projects and events.

Tools crossed ✂

Our wish list of essential equipment has been drawn up with promises of donation of tools from members and the community.



We are working with WOLCOMS to access funding that may be available. Plenty of ideas for projects but that space need is essential.

Contact

Terry 4653 1943

WHAT IS TAD?



Bill Phippen in his shed

TADNSW customises or modifies equipment for people who have a disability to maximise their opportunities and live their lives more fully. The work is performed by skilled volunteers under the supervision of professional staff, so costs to clients are minimised.

Volunteers come a variety of backgrounds and experiences and are provided with support and skill development by the organisation.

"TADNSW is the new name for Technical Aid to the Disabled. One of the programs it runs is a Freedom

Wheels program to get kids onto bikes through simple well engineered designs.

The President of TADNSW Bill Phippen lives in the Wollondilly Shire and has been involved for the past 33 years, right from when TAD began. A licensed builder, he has gained enormous satisfaction in the roles he has undertaken and the positive results for children who have a disability.

Bill is quite happy to come and talk to our shed members in the near future and see how our sheds are working.

Source www.tadnsw.org.au

BE A PART OF SENIORS WEEK 2010

WOLCOMS will again be part of the activities being organised during Seniors Week that runs from 21st March to 27th March across NSW.

The Wollondilly Seniors Advisory Group in conjunction with Council have organised a full, informative and fun program of activities and events for Wollondilly residents to enjoy.

Men's Sheds will be involved at:

Information Expo **Tuesday 23rd Picton Bowling Club**

Bargo Activities Day **Thursday 25th Bargo Sports Club**

Services and Trivia Day **Saturday 27th Oakdale Workers Club**

Why not come and join in and learn what is happening in your shire?



Wood Turner's display at Oakdale 2009

Keep an eye out for details in your local paper over the coming weeks for full program details.

AUSTRALIAN MEN'S SHED ASSOCIATION

This community based organisation represents independent community men's sheds across Australia and have celebrated the 400th Shed joining the Association.

"The Association is now without a doubt the largest association in Australia focused on Men's Sheds and the well being of men" said the President Mort Shearer in the Association's latest newsletter.

The Association has worked towards networking sheds in various parts of the country with a NSW Branch being developed to offer better communication and sharing of ideas and benefits.

One of these benefits is the offer of heavily reduced insurance premiums for member sheds—a must have protection for all sheds. WOLCOMS is a member of the Association and will look into their insurance coverage when our existing premium falls due.

Check out all the information that the Association has on their website www.mensshed.org

NOT TO BE CONFUSED WITH

Mens Sheds Australia—which is also an organisation that represents various sheds across Australia and provides support and advice to its members. Council joined this association to access their wealth of knowledge when WOLCOMS was being established and receives their regular newsletter that shows what other shedders are doing elsewhere.

Oberon has a new shed in the grounds of the Oberon Showground and welcomes people passing through to drop in. Bridgetown, 270 km south of Perth is the home of the Grumpy Old Men's Shed that was opened in 2006 with the assistance of the local RSL club and retirement village operators. Sheds can be found in most areas of Australia, so for all you grey nomads when you are passing through a country town look out for their local shed and say hello.

Mensheds Australia ph. 9890 83541 web www.mensheds.com.au

SHED LOCATOR

Both these organisation's website have a Shed Locator tool where you can find the nearest shed to your location or where you may be headed off to.

Wollondilly's three sheds can be found on the sites and it's a good way of organising your trip around some blokey stuff!!

Wellington Conference

A number of local shed members took the opportunity to travel to Wellington (NSW that is) to hear how the shed movement is going in the more rural areas of the state. Over 130 people attended the one day event and heard from speakers on Men's Health, setting up a shed and how to network for better results.

A lot of ideas and information were brought back that can be used locally by our three sheds and to assist in developing others as the need arises.

Well done to the organisers and to Ross Muller our local DVA Peer Support Worker who spoke on the day.



The well laid out Bridgetown workshop.

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 ROLE IN 2010



With three sheds operating in Wollondilly the efforts of WOLCOMS can only be seen as being highly successful in 2009.

Being organised is important There is a need to consolidate the sheds, their membership and support Warradale in their efforts to find a permanent shed to call home.

In 2010 there will be the opportunity to look at the need for other sheds and possible sites, with Picton and Menangle already on the horizon.

Sheds do not need to be lavish affairs and can only have a membership base of 20 people. They just need to serve the purpose of bringing men together to share their skills and enjoy some companionship.

WOLCOMS can assist any shed to get started drawing upon its members experience and skills, contacts we have in the community and avenues for possible start up funding.

In 2010 WOLCOMS will strengthen its ties with our local Health Services to help promote men's health issues and with local community groups to encourage interaction with young people and other members of the community.

Training of members in First Aid and OH&S requirements will be a priority with funds available through grants received in 2009.

Promotion of the men's shed movement in Wollondilly will continue through involvement at Australia Day, the Thirlmere Markets and during events like Seniors Week in March.

Clive Hales – WOLCOMS President

Wollondilly Men's Sheds

Find our hidden message

P L E A S E J O Y Y I W C N U
 E L A D K A O B S L X A O W Q
 B K G E P I B C S L E R M B V
 L I C N U O C U T I H R M S C
 V O C E H N P E A D T A U L W
 N L D Y N P E V H N L G N L W
 F O K I O R G M M O A A I I R
 A J T R F H J T O L E M T K F
 P J T O B O G Y O L H B Y S U
 S T C E J O R P R O A A I Y N
 P I H S E T A M G W J Y H T F
 Z U Y A C T I V I T I E S E X
 W O L C O M S M E M B E R F L
 L A I C O S L E A R N D W A K
 E E R I H S M I I D V A T S V

Search for these words in the above puzzle with left over letters making our hidden message

- | | | |
|-------------|------------|---------|
| ACTIVITIES | COMMUNITY | COUNCIL |
| FUN | HEALTH | HOBBY |
| LEARN | MATESHIP | MEET |
| MEMBER | MEN | OAKDALE |
| PROJECTS | SAFETY | SHIRE |
| SKILLS | SOCIAL | SUPPORT |
| TAHMOOR | WARRAGAMBA | WOLCOMS |
| WOLLONDILLY | | |

Message Reads

