

WAVERLEY COMMUNITY MEN'S SHED INC.

11th ANNUAL REPORT

1 July 2023 – 30 June 2024

BOARD OF MANAGEMENT

President Peter Charlton

Vice President Peter Black

Secretary Graham Ely

Treasurer Charles Gerrard

Board Member Ian Dawes

Board Member Peter Ulmer

Board Member Jeff Silberbach

Board Member William Honeyball (co-opted)

Board Member Brian Sutton (co-opted)

Board Member Rodger Jamieson (co-opted)

Men's Representative Peter Ulmer

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Presented to the Annual General Meeting on

30th October 2024

ANNUAL REPORT 2023-2024

THE ROLE OF '*THE SHED*'

The Waverley Community Men's Shed (the Shed) is an incorporated registered charity operating under the umbrella of the Australian Men's Shed Association (AMSA) – we are Shed No 751 of over 1300 Sheds in the Association. Our Shed is normally open Monday, Tuesday and Wednesday from 10am to 3pm and we invite men to join with us to socialise and work alongside other men on various community and individual projects.

The aim of our Shed is to advance the health and well-being of our members by providing a safe and happy environment where men can, in the company of other men, socialise, use and develop their creative skill, learn new skills, and learn about men's health and well-being.

Our Shed seeks to address the issues of isolation, loneliness and depression sometimes faced by men when they cease full-time employment or are looking for work. We provide space, tools, support and programs. We also offer a referral service to members directed towards meeting their physical, emotional, mental health needs and support for the human spirit.

We support our local community (not-for-profit and individuals) by using our facilities to fill their needs through repairs or custom making.

We support our local trades by refusing requests or commissions from businesses operating for-profit.

The Shed is located on the grounds of War Memorial Hospital Waverley, a Uniting NSW/ACT facility, and we are grateful to both organisations who encouraged the formation of our Men's Shed and continue to provide the physical facilities for our use and development.

Acknowledgment of Country: We acknowledge and pay our respects to the traditional owners and custodians on whose land we walk, work & live.

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It is my pleasure to present this 11th Annual Report.

In summary the Waverley Community Men's Shed Inc. (the Shed or WCMS) is an organisation focused on improving men's health and making a contribution to our community. It is achieving the majority of its aims. The Shed is a place where men can gather to socialise and participate in constructive projects to benefit themselves, the Shed and their communities.

MANAGEMENT and ANNUAL GENERAL MEETING

The Shed is being managed and guided by a group of men who give a great deal of time and effort to ensure that the Shed is strong and a pleasant place for men to spend time and socialise while it supports the communities in which we live.

Under the terms set out in our Constitution, seven (7) Board members are elected for 2 year terms with approximately half of the Board standing down at each AGM, and in 2023 members who continued to hold office from the previous year were **Peter Black, Graham Ely, Charles Gerrard and Peter Charlton**. On the calling for nominations for election **Peter Ulmer, Ian Dawes and Jeff Silberbach** were nominated and available, and they were elected for a 2 year term.

To enable better management and to ensure more members would have the experience to manage the Shed in the future, and to assist with their respective specialty and experience, we co-opted **Rodger Jamieson, Brian Sutton and William Honeyball** to the Board.

The Board is supported by two teams of Supervisors, with at least two in attendance each day, a Technical Supervisor and an Administrative Supervisor. Each with different functions and responsibilities, these are vital roles for the continuing sustainability of the Shed.

The principal role of the Technical Supervisors is to ensure the safety of members and to oversee the safe use of machinery at the Shed, and to help Shedders develop their skills safely. This means advising on designs, processes and the use of machinery, while ensuring all members no matter what their prior knowledge and state of health can, while enjoying themselves, participate in making and mending projects, or just socialising. Other duties include looking after our assets (our valuable machinery and tools).

The role of the Administrative Supervisors is to ensure that the day runs smoothly and harmoniously, that the social climate is appealing to members and that the infrastructure is in place to allow members to do what they want to do.

The Technical Supervisors are **David Brem** (who has led the Technical team for many years), **Peter Black, Rodney Goldberg, Kenny Lazarus, Tom Wolf, Ian Dawes and Peter Charlton**.

The Administrative Supervisors are: **Graham Ely, Mike Barker, Mohan Dhanoya, Peter Chapman, Jeff Silberbach, Rodger Jamieson, Peter Ulmer, Frank Fay and Nick Tyrell**.

We are indebted to all Supervisors and thank them for their time, knowledge and skills. Three members attended a "Test and Tag" electrical certification course and all our electrical equipment is tagged and compliant.

MEMBERSHIP

Membership numbers have remained roughly constant for the last year. We had some 71 members as at July 2024 but in addition we have a waiting list of members wanting to join us but cannot yet join as our facilities are limited.

SHED ACTIVITIES

As well as spending time chatting and having a good time, Shedders make and fix things. Their productive time at the Shed should be roughly divided into three:

- 1/3 of the time making, fixing, painting or assembling items for the Community (See below where some of the range of community centred activities are listed).
- 1/3 of the time is spent assisting in the running of the Shed; and
- 1/3 is spent making/fixing etc things for ourselves/families.
- Plus a lot of time sharing knowledge, chatting and drinking tea/coffee and otherwise solving the world's problems.

The activities at WCMS are at present limited to woodwork as we do not have enough room for many other things that larger Sheds are able to offer. For example, metal work, leather work, gardening, upholstery, art, cooking, computer lessons, computer aided design, computer aided manufacture, discussion groups or music. The Shed is open on Monday, Tuesday and Wednesday from 10am till 3pm. While we regularly discuss what we can do to enable us to be open more often we have been unable to co-opt more supervisors to cover the additional days. With larger premises and more members we would expect to be able to open more days per week.

We run training programs for members in the use of our machinery and have recently up graded our certification processes to help ensure the safety of members as they age and as their state of health changes.

THE SHED'S FUTURE

Our landlord the Uniting War Memorial Hospital is planning a major redevelopment of the Birrell Street site, a development that will include the construction of a large number of independent living apartments for over 55s. This development will involve the removal of our current premises but Uniting have assured us that there will be room within Stage II of their development for a new Shed.

Our problem is finding a location for the years between when we have to leave the Birrell St site and when we can return. The Board is searching for a suitable site for a Shed anywhere between Sydney Harbour and Botany Bay and while we have a list of "possibles" we have at this time no "probables".

When looking for a site we are conscious of the fact that our current restricted space limits the number of men who are able to benefit from the social interaction, skill development, improved health and self-worth that attending a Men's Shed provides members. This, together with the fact that as our city becomes more densely populated and that there are fewer dwellings with garages and spare rooms, the demand for Shed facilities can be expected to rise. Further, experience of Sheds located in other areas in NSW where the local Shed's floor area is divided by the population of potential Shed users, we see that Sydney's Eastern Suburbs have a catchment that would need three large Sheds to accommodate it. As a consequence, our Board is looking for both temporary and permanent sites so that the Shed or Sheds can both provide the service to more Shedders and offer a wider range of activities.

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to assist children to assemble and take home the wooden toys. More wooden toys were made to assist the Sydney Model Shipbuilders Club to run similar activities at these events.



ACCOUNTING and ADMINISTRATION

We are continuing to work to improve our systems (accounting, membership, governance, instruction & training materials and archives) to enable us to maintain the required standards while reducing the time and effort required.

FACILITIES, MACHINERY & WORK BENCHES

Our Shed is well equipped with modern and safe wood working machinery that includes: a table saw, two band saws, three lathes, a drop saw, a thicknesser, a table router, a linisher, a bobbin sander, a scroll saw, two pedestal drills, a mortiser and a range of portable hand tools.

These powered machines are connected in most cases to appropriate dust collection systems that protect members' lungs. We have three dust filters (two in the machine room and one in the bench area) and two air conditioner units (one in each workspace) to assist in keeping the atmosphere conducive to chatting and work. We also have a small kitchen area with sink, microwave oven and tea/coffee making facilities plus importantly an outdoor deck for socialising and lunches.

The Shed has five work benches inside but we have supplemented these with a couple of outside benches for men to work if the weather permits.

During the year we purchased a small desk-top lathe that we propose to use to demonstrate just how easy it is to make small wooden toys. It is planned that we use this to attract new members when we have room to accommodate larger numbers. We especially thank Waverley Council for the grant that made this purchase possible.

SPONSORS / SUPPORTERS

WCMS draws the majority of its members from two federal electorates, three state electorates and three local government areas. We enjoy great support from all levels of Government and for this we thank our Federal Members **Allegra Spender** the member for Wentworth and **Matt Thistlethwaite** the member for Kingsford Smith, plus our Patron and State member for Coogee **Dr Marjorie O'Neill** as well as State MPs **Michael Daley** the member for Maroubra and **Kellie Sloane** the member for Vaucluse.

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Importantly, we thank the Mayors and Councillors from Waverley, Woollahra and Randwick Councils for their support. Waverley Mayor Paula Masselos, Randwick Mayor Philipa Veitch and Woollahra Mayor Richard Shields have been particularly supportive of the Waverley Men's Shed through their grant programs.

Other significant supporters are:

- Uniting NSW/ACT through their entities War Memorial Hospital and Church in the Marketplace for their assistance particularly electricity and rent,
- Officeworks at Bondi Junction, that has supplemented our stationery cupboard,
- 'The One That Got Away' at Bondi, for lovely fish pieces for our birthday party,
- Bunnings at Eastgardens for donations of materials,
- Wolper Hospital which provided a grant to fund our First Aid course.

ACTIVITIES / EVENTS / FUN / PARTIES / VISITS

- On 26 July 2023 we had a 10th birthday party that was well attended by members and a great success. Our Patron **Dr Marjorie O'Neill**, MLA Member for Coogee and Councillor **Paula Masselos** Mayor of Waverley Council attended and gave interesting speeches. Many thanks to our "Manager of Parties" **Mike Barker** and chef **Dave Cowell**.
- **Kellie Sloan** MP, Member for the State seat of Vaucluse visited in early November and we look forward to getting to know her better.
- We had our Annual Xmas Party on 13th Dec, another success.
- Over the year we held several social functions for members including two dinners with partners at the Rusty Shovel Restaurant in Randwick.

What happens at the Shed?

The photo below shows what the main workbench room looked like early one morning in August '23. It may look like a mess but it gives an idea of how much work is done on an average day. From the right in the photo are:



1. An Asian circular shelf (a family heirloom) for nick-nacks that is in for repair.
2. One of the two Honour Boards from Clovelly Life Saving Club that are here for sprucing up.

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3. A new sight shield to hide one of the Uniting War Memorial Hospital's rubbish bins.
4. An almost completed repair of a chair for a community member.
5. A set of three drawers from a large chest of drawers that need maintenance and new handles.
6. Another chair for a community member that had one of its legs broken off.
7. Behind that is a jewellery box being made for a Shedder's granddaughter.
8. A third chair, almost totally dismantled, but the broken bits have been repaired and it is awaiting re-assembly.
9. A new toy box for a Shedder's grandchildren.
10. A coffee table that has been shortened to suit its new home.
11. A large plastic box that will be part of a set of three planter boxes we are making for the Ronald McDonald House in Randwick.

HEALTH AND WELFARE

A primary objective of Waverley Men's Shed is to enhance the wellbeing of men in the community. Our Shed is a home away from home for many men, one that offers social support, a sense of purpose and belonging. All this has been shown to strengthen our immune systems and improve our health. The 'no work' lunch break, is strictly observed and all daily participants in the Shed get a chance to talk together and solve the world's problems. The conversation is lively and enjoyed by all, assisting in socialisation and inclusion for new members.

Apart from general discussions we have had a series of special presentations at the Shed and are regularly invited to Uniting War Memorial Hospital's health presentations. Some of the events this year included:

- A Uniting seminar 'Cancer Myths and Facts' early in July.
- A presentation for Sheddors by an advocate of the Seniors Rights Service on 29th May.
- A Uniting seminar on 'Hearing and Vision' on 7th August.
- A Uniting seminar on 'Nutrition and Oral Health' on 4th September.
- A Uniting seminar on 'Heart Health' on 6th November.
- The Shed organised a First Aid course for Supervisors on 23 November 2023.
- A talk from Niagara Therapy on Pain and Solutions in January.
- A Uniting seminar on 'Continence' in March.
- A presentation by a member, on 'Prostrate Myths, Problems and Issues' in May.
- Scuttlebutt often includes health related articles.
- A presentation from LifeLine Bondi where we learnt about the LifeLine organisation and its work as well as giving LifeLine an opportunity to recruit volunteers from the Shed membership.

NEWSLETTER

"Scuttlebutt", the Shed's newsletter, is a very important component of what we do. It is a connection to those members who are not able to join us as regularly as they would like, and by including photos of our work helps encourage Sheddors to expand their scope of Shed activities. It has continued to be published monthly under the editorship of **Tom Wolf**. The newsletter is aimed at promoting men's health initiatives and the various issues also contain considerable information for the welfare of members, including event notifications, health promotions and items of general interest. All editions of Scuttlebutt can be found on

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our website, where many of the projects we worked on over the year may be found detailed and often with photographs.

WEBSITE

Our website www.waverleycommunitymensshed.org.au, is a popular site used by members and non-members alike. It is an easily accessible site which promotes our Shed and provides many links to specific activities and interests.

VOTES OF THANKS

We operate because we are underpinned by many organisations and individuals.

We are indebted to and thank:

- The many Shed members who take turns as Administrative and Technical Supervisors, machinery maintenance technicians and perform general management tasks associated with the day to day running of the Shed. I need to particularly thank **Peter Black** who does everything, **Graham Ely** the Secretary, **Charles Gerrard** the Treasurer, **Rodger Jamieson** who just keeps on keeping on with the accounts and the other Board members.
- **Tom Wolf** and **Jeff Silberbach** for their work on Scuttlebutt and the website respectively.
- **Uniting NSW/ACT** through their entities War Memorial Hospital and Church in the Market Place, for enabling us to operate in this wonderful setting.
- The **War Memorial Hospital** for actively supporting the Shed.
- The **Clovelly Community Bank**.
- **Woollahra Council, Waverley Council and Randwick City Council** and their Community Officers for support through their grants programs which enable us to continue to develop and run the Shed.
- **Rev Peter Chapman** and **Church In the Market Place Bondi Junction** for their logistical support.
- **Peter Roebuck** for acting as our honorary auditor.
- Our Patron, **Dr Marjorie O'Neill MP**, State Member for Coogee and the Coogee Electorate Office of the NSW Parliament for supporting and promoting our activities.

But in addition, I thank the Shed members for their trust and support, and I wish to express my gratitude to the Shed's Board who have worked very hard for the benefit of the entire membership.

IN CONCLUSION

I take great pride in the activities and achievements of our Waverley Shed and its past and current members who continually contribute in their own way to the Shed's success. I am constantly reminded of the incredible skills our members possess.

Thank you all for attending our AGM as your support is valued.

Peter Charlton
President
Waverley Community Men's Shed Inc.