

# Sunnybank District Community Men's Shed Inc.

Website : [www.sunnybankshed.org](http://www.sunnybankshed.org)

*Men in sheds, building communities, working shoulder to shoulder.*

**Newsletter : October 2013**

## A.G.M.

The A.G.M. was held at the shed in perfect weather on 21st September. There were many Guests present, as well as nearly all of the current members. Kim Marx, Councillor for Karawatha chaired the election of officers and the following were elected: Chairman is Des Broom, Secretary is Maurice Millsom, Treasurer is Michael Langham. In the committees: Lance Blanch has



membership, Phil Giles has Projects, Sponsorship, & Fund Raising; David Pitt has Publication, Communication and Marketing; Ian Turner is Shed Manager, with responsibility for Health and Safety as well, and the position of Asset Management & Social Activities was not filled. Des will be talking to possible candidates in the weeks to come. Now that the lease has been signed, the next stage of the Development Application has to be addressed – as quickly as possible. Once the development process is complete, organisations such as the Sunnybank Sports and Community Club will be able to give the shed some grant monies. Also, the insurance which was discussed at the AGM will be verified. Des spoke of the development of the shed at the AGM but the above steps need to be completed first. A Birthday cake was presented to us by the Church ladies (with one candle) and was cut by Des with assistance from Kim Marx and Freya Ostapovitch MP, member for Stretton. The Church ladies also provided the excellent morning tea.



Des will be asking each of the members to join one of the 5 committees in the next few weeks. With more people involved in the various tasks, the shed will run a lot smoother, and the 5 leaders will not be suffering from burn out because of their load.

## Shed.

The shed that was featured last issue is now completed. We now have an office and kitchen storage area.



The space that this equipment once occupied inside has now been allocated to effective work space. Once power is available, the fridge and freezer will be installed; the

cupboard and other kitchen facilities are already in place. The preparation of the ground and construction of the floor was carried out in a very professional manner— well done, fellas.

The shed had a visitor on Wednesday, 18th September. Boris Zoubakin called in on a trip around Brisbane. Boris is secretary of Nerang Men's Shed and has been involved in the shed movement for over 15 years. He was interested in our progress in the 12 months since we started and shared his experiences with us as he inspected our set-up. Boris is also assistant Secretary of the Queensland Men's Shed Association. He knows and has worked with Bruce Turnbull until Bruce recently retired from the state secretary's position.



The Queensland Wood Turners Society will be holding their big weekend at Mt Coot-tha on November 30th and December 1st. As well as having no entrance fee this year, Ben Guha will be giving a demonstration on both days.

As a senior citizen was driving down the motorway, his car phone rang. Answering, he heard his wife's voice urgently warning him, "Geoffrey, I have just heard on the news that there's a car going the wrong way on the M1, please be careful!" "Hell," said Geoffrey "It's not just one car. It's hundreds of them" !

**Contacts** : Des Broom - Chairman Ph. 3345 2876 . Michael Langham - Treasurer Ph. 3272 8085  
Secretary –Maurice Millsom –Ph. 3272 4045 Ian Turner—Shed Manager Ph. 0448 045 438

**Location** : Hillcrest St, Sunnybank Hills– Adjacent to Sunnybank Uniting Church parking area.

Postal Address : Unit 5 ,62 Pinelands Road, Sunnybank Hills. QLD. 4109



This shed is the initiative of the Sunnybank RSL Sub Branch and the Sunnybank Uniting Church.



# Your health.

One of the basic foundations of Men's Sheds is that of health and wellbeing. There is a premise that men will talk freely about health issues, including getting medical advice. Men tend not to talk about their health or seek medical advice (they wait for IT to go away).

Men's Shed activity, i.e. men working shoulder to shoulder, assists in breaking down this premise, and it becomes easier to discuss that "problem" with a mate while working with him.

A group called RU OK, was recently formed, and was given some airtime during September. It is designed to work along similar lines. It encourages people (in our case-men) to ask each other "Are you OK?"

The main thrust behind this movement is suicide prevention, but asking the question helps to open up any type of problem that might exist.

In percentage terms, many more men commit suicide than their female counterparts, and by getting men to ask each other RU OK, the founders hope it might help to reduce this number.

Most men find it hard, sometimes embarrassing, if a mate opens up about personal problems. Counselling someone is a difficult proposition, but the RU OK website offers some basic advice to assist. You don't have to be an expert to support someone going through a tough time.

You just need to be able to listen to their concerns without judgment and take the time to follow up with them.

On their website [www.ruokday.com](http://www.ruokday.com) advice is given on some simple steps in starting a conversation.

1. Ask R U OK?
2. Listen without judgement
3. Encourage action
4. Follow up

The Australian Men's Shed movement is supported by Beyond Blue ([www.beyondblue.org.au](http://www.beyondblue.org.au)) and this organisation was started as a way of tackling the same problem, but in a different way. They try to recognise and assist the treatment of depression and offer telephone and personal counselling for men, similar to Lifeline's service.

RUOK seeks to take it to a more personal level, helping the mate you are working with to come to grips with the realization that he might have an emotional or personal problem. Once this is realized, Telephone or professional help can then be sought.

You may think that active men meeting together as we do would not be in this category, but most who lose loved ones to suicide are bewildered because there were no signs that a problem existed. **RUOK?**

Beyond Blue and UltraFeedback are conducting a survey on Men's Health and Well-being and are conducting this survey Australia wide.

Survey packs are available at the shed or you can complete it online at

<http://survey.ultrafeedback.com/menshealth>.

The aim of this type of research is to find out ways to assist the sheds in improving the health and well-being of its members. (us)

**Guest Speaker:** The Guest speaker for September was **Andrew Ross**, the Minister from the Sunnybank Uniting Church.

When the first attempt to start a men's shed at the RSL hall was abandoned because of red tape and costs, it was Andrew who invited us to use the bus shed on the Church property.

Andrew congratulated us for our achievements in our first year. He then explained the outreaching nature of the Uniting Church in this area, commencing 35 years ago when it moved from the Mains/ Beenleigh Road Church, now used as the Playhouse. This Church has always tried to reach out into the community and assist people to meet and communicate with each other.

He mentioned the after school/ playgroup/ vacation care that the Church engages in, the craft group on Friday mornings, the assistance it offers to overseas students in the universities, and the English as a second language it conducts in the church for our Asian neighbours.

He likened all of these to our group, the Men's shed, engaging in reaching out to our local community.

Andrew then outlined his thoughts on expansion of the shed. He felt building along the edge of the parking area would give us best access to our buildings. He outlined the area where he sees a community garden being developed, and would like to see a quiet area under the trees at the rear of our shed, near the Carramar roadway. He told us of the possibility of a Community building being located near the entrance to the parking area, which would give us access to meeting rooms, toilets, and kitchen facilities. Many questions were answered by Andrew before he left, and Des thanked him for being our Guest Speaker.



We are pleased to invite you to

## Well Ways – Building a Future

for families and friends of people with a mental illness

### Three hours per week - 12 week course

This course aims to increase the capacity for families to provide care and support to other family members, and their relatives with a lived experience.

Research has shown improved communication skills, self efficacy, empowerment, a sense of hope and ability to empathise as highly helpful aspects of the program.

When: Commencing Wednesday 9 October 2013  
6pm to 9pm

Where: Training Room  
Kyabra Community Association  
Kyabra Street, RUNCORN (plenty of parking and access to public transport)  
Supper provided

For more information, please contact  
Ruth or Sandiellen on 0413 949 724, [krc@kyabra.org](mailto:krc@kyabra.org)



This SBDCMS Inc. Newsletter is compiled by David Pitt, Publicity Officer for the Shed.

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Australian Men's Shed Assoc. website is  
[www.mensshed.org](http://www.mensshed.org)