



# The Rockhampton Men's Shed Inc.

Registered Charity with ACNC

A Member  
The Australian Men's Shed  
Association



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Hello Everyone

I have put together information which brings you up to date with plans which the Rockhampton Men's Shed Inc are formulating **post coronavirus**. You may wish to participate in the Plan/ or even support the Plan which the Rockhampton Men's Shed Inc have to help the Community of Rockhampton. The Plan is achievable and will benefit and help those in the Community who are open to getting back to some kind of normality in their life once again.

**Please take the time to read this document through to the end and then sit and think about how you can help those less fortunate than ourselves and to be a part of bringing our Community back to happier and less stressful times.**

## WHO CAN THE PLAN HELP?

- current Members
- those persons (both men and women) who will join the Shed in the future,
- those currently retrenched and looking to get back into the workforce – (this would also include those who are currently coming to the shed under the Job search program)
- the socially isolated
- those suffering from anxiety and depression
- it has the ability to ward off domestic violence and suicide prevention by providing an outlet to be with peers and so discuss their problems before these problems become insurmountable in their minds - (The Rockhampton Men's Shed Inc have found by experience that men and women are reluctant to speak with Clinicians and would prefer to discuss their problems over morning tea with their peers. - we do not claim to be clinicians but we do have a network we can pass urgent cases onto with the person's permission)
- it can also benefit younger persons who wish to experience being in a workshop/or team environment before commencing an apprenticeship/or joining the workforce for the first time
- it can give those persons (young or more mature) the experience of mixing with men and women of different ages and background as a means of

gaining an insight into how vulnerable people can become when they experience the unknown

- it is great for those who wish to just come and have a chat and a cuppa.
- It can also help sub-contractors on our building project to keep their crews employed, as well as draughtsmen, surveyors, concreters and shed erectors and electricians – all people involved with the Project.

**The first part of the Plan is to carry out the following;-**

## **THE PLAN**

**Step 1** The first part of the Plan is to complete the erection of the 3 buildings. The first shed has been paid for together with the cost of the erection and concrete pad. Also the concrete pad for the second shed will be poured at the same time as the first shed – this also has been paid for. Plumbing Plans are currently at Rockhampton Regional Council and awaiting approval due to the current Virus upset. When approval is received the Plumber will move in and do what he has to do before the foundations for the concrete can be poured. Once the slabs (for the first shed and the second shed) are cured then the erection of the first shed can progress.

In order to complete the second and third sheds an amount of approximately **\$428K** will need to be raised as a matter of urgency. This amount covers the shells of the remaining two buildings - the interior can be completed gradually by our members. In the meantime room dividers will suffice. It also covers water and sewerage connection as well as electricity connection.

The completion of the sheds is critical to the Plan being able to function efficiently – Space is required for the anticipated increase in a) members, b) persons who are interested in the Projects offered to help with their re- entry back into the workforce and c) help to reduce the anxiety, loneliness, depression and social isolation caused by the corona virus and other stressors in their lives.

The 3 Buildings will be used at follows and allow for ample space now and into the future. Each shed is approximately 9 x 24m. The first building (No 1) to be erected will be the woodwork and metalwork building as well as a 3D Printing area. Building No 2 will house the ladies (the ladies form part of the Auxiliary and mostly carry out arts and crafts as well as pottery and ceramic work and fundraising). There is also a gym, first aid room and office in this building. Building No 3 – is the Recreation Hall where social events will be held and also some of our Projects will be carried out in this building.

**These steps are imperative to the overall plan and will become obvious as we move through the plan**

**Step 2** The next step would then be to have a discussion with the person/s to ascertain what their needs are and why they want to come to the shed, the appropriate type of Project they are looking for and if the Rockhampton Men's Shed

Inc needs to broaden their current list of projects to cater for the person's needs at the current time.

**Currently Projects** on offer (these have been cut drastically due to lack of space) are:

- Woodwork
- Metalwork
- Woodburning
- Arts and Crafts
- Social Card Games
- Preparing those on Job Search (previously Work for the Dole) to re enter the workforce. This program has been in existence with Rockhampton Men's Shed Inc in conjunction with Community Solutions for the past two years with some success.
- Training those retired from the workforce in new skills as a hobby (eg a retired clerk learning to operating a wood or metal lathe).

**Projects planned to be re-introduced** (as in addition to the above Projects in existence currently)

- Cookery classes for men and women
- Laundry classes for those who are recently widowed or divorced and feel a little unsure on how to go about their laundry or how to iron a shirt etc
- Regular talks by facilitators on Health and wellbeing (eg dietitians, mental health clinicians, talks on Will making and Power of Attorney)
- Pottery classes
- Regular (monthly) morning teas to bridge the intergenerational gap and bring the Members and the Community together.
- Art classes
- Photography
- IT Classes for Seniors
- 3D Printing classes
- Gym (small in size for health and well being)
- 2 way radio tuition for members (certificate course conducted by Rockhampton Radar Club with whom the Rockhampton Men's Shed Inc is associated)
- Interior work on the sheds for those wanting to use their building skills

The majority of these Projects will take place in the 3<sup>rd</sup> Building – the Recreation Hall. The Pottery and Art Classes will take place in Building 2.

### **Step 3 –**

- It is also envisaged that through discussions with the secondary schools in the Community that students in their final year at High School might be interested in a 2 week work experience course whereby (even if they are not contemplating moving into an industrial career) they could experience working in a team environment and learning what it is like when they are about to enter the workforce.
- Politicians from Local, State and Federal Governments would be asked to come and talk to people attending the sheds on a quarterly basis (as time

permits) at one of the regular morning teas which are planned to be held. This way the Community would get to know their representative and any questions they may have can be answered. The Chaplain for CQ University would also be asked to come along on a regular basis.

With this Coronavirus being around for a long time, it is affecting all of our lives. There are a lot of people in our Community hurting at the moment (we are continuing to get telephone calls asking when the shed will be re-opening) . In fact, post Coronavirus the Rockhampton Men's Shed Inc and the Community will find that a lot of changes will happen from the normal way of doing things. The Executive of The Rockhampton Men's Shed are already seeing the need for our Men's Shed to embrace these changes. Our Community and the whole of the World is suffering right now. We are locked into our homes to save our lives. Perhaps this is a good time to sit and ponder how we can come out of this predicament **together** and still stay safe. Our heads of Governments are doing their best to keep us safe but we must also play our part by listening to what we are being asked to do to keep ourselves and our loved ones out of danger.

The aim of the Rockhampton Men's Shed Inc is to play its part in getting our Community back to some sense of normality as soon as our Leaders advise it is ok to do so. We cannot do this alone and need your help. People need a place to go where they feel they can talk to their peers and feel safe – the Rockhampton Men's Shed Inc can help with this if given the co-operation to finish their Building project.

## **HOW YOU CAN HELP**

- **Help to raise the funding (\$428K) by advising of Grants available now (and not taking 6 months to settle)/or advising other ways to obtain the funding/or by making donations no matter how large or how small – we appreciate times are tough but by completing this Project it will give our Community the feeling of togetherness**
- **Becoming a part of the shed by offering your time to meet with members of the Community seeking our Men's Shed help – a smile and a kind word never goes astray when a person is lonely, anxious and seeking assurance and just wants a place to go and feel safe**
- **Facilitating Projects**
- **Helping to organise morning teas (members of the Community and our own members can sit and chat and have a cuppa – (works miracles every time!)**
- **Making current shed members aware of persons in the Community who need help**
- **If you are a senior – taking the time to pass your knowledge onto those just starting their working career – eg how to work within a team, what it is like to work in a workshop environment etc**

- **Reaching out – by word of mouth – that the Rockhampton Men’s Shed Inc is happy to help in whatever way it can to try and make things a little easier (if possible) for those in the Community who need help the most.**

I know that we have received the response from Governments that “there is no money” but in the grand scale of things, the amount we need is not a large amount. Surely, there is some provision in the current subsidies being offered that can be of benefit to this Project. Please have a think about it. Also, large Organisations in the Private Section will be asked to contribute and this document will be forwarded to as many of them as possible. If you have any contacts with these large organisations, please intercede on our behalf. We shall be only too willing to speak with them.

Thank you for taking the time to read through this document, I hope that as a result you will be a part of being involved with the Rockhampton Men’s Shed Inc’s Plan and also bring with you your ideas to be “put into the pot” in order to take our Community forward post coronavirus. The Rockhampton Men’s Shed Inc also thanks those businesses and organisations who have supported us to this point in time (see attachment for listing). Should you wish to contact myself re this document I shall be only too happy to discuss the contents with you. I can be reached on 0497221121.



Secretary/Treasurer  
On behalf of the Rockhampton Men’s Shed Inc Executive  
James Lawler – President  
Les Brooks – Senior Vice president  
Ray Mulder – Junior Vice President  
Murray Smith – Committee member  
Maureen Swadling – Women’s Representative.

## **ORGANISATIONS IN THE COMMUNITY WHO HAVE HELPED THE ROCKHAMPTON MEN'S SHED INC TO THIS POINT IN TIME**

As you would be fully aware no Community Project can achieve its goal unless it has the support of its Community. In this case we have been fortunate up to this stage to have had the ongoing support of the following Organisations and Private citizens:

<b>The Iwasaki Foundation</b>	<b>Hopkins Bros</b>
<b>Hastings Deering</b>	<b>The Caves Quarries</b>
<b>McMurtrie Civil Engineering</b>	<b>C Q University</b>
<b>Depco Drilling</b>	<b>Rufus Design Group</b>
<b>Rockhampton Radar Club</b>	<b>P Riddle</b>
<b>M Brady Joncris Sentinel Services</b>	<b>Rockhampton Regional Council</b>
<b>Community Benefits Fund</b>	<b>Community Solutions</b>
<b>Patch Happy</b>	<b>L Brooks</b>
<b>J &amp; M Lawler</b>	<b>B Egan</b>
<b>G Canoy</b>	<b>Hutchinson Builders</b>
<b>Reg and Phil Abbott</b>	<b>Fair Dinkum Sheds/BF Sheds</b>
<b>AMSA</b>	
<b>Rockhampton Certifiers</b>	
<b>The Rockhampton Morning Bulletin</b>	
<b>Numerous members of the Rockhampton Men's Shed Inc</b>	