



LOCKDOWN OFFICE HOURS:
Monday to Saturday 9.30 to 1:30
For Public holidays, contact our office
on 9561 8557



firstnational
REAL ESTATE

Waverley City



Monash Men's Shed Inc. at Bogong Reserve,
1/49-77 Bogong Avenue, Glen Waverley, Victoria, Australia, 3150
Phone 9561 8557

October 2021

Member support

The COVID lockdowns can have significant effect on ourselves and our families. Remember to keep in contact with your friends and family and stay active where you can. Also when taking advantage of the easing of lockdowns be sure to stay safe. If any member feels that they may benefit from support from the Shed please contact Welfare Team leader Phil Terry Ph: 0419 137 313



Workshop Bathrooms



We have received a grant from the government to install new bathrooms in the workshop. The state and federal government have both contributed to putting in top of the line accessible bathrooms in place of our old ones. We are currently working out how the workshop will function when the upgrade begins. The bathrooms have been the same since long before the Shed began and is a very welcome change!

MP Matt Fregon

Our member for Mount Waverley Matt Fregon has been of great help to the shed throughout this covid period. From his well attended and received electricity rebate talk to contributing to our Burglary GoFundMe to providing us with a \$1500 grant in regards to mental health. He has been a friend of the shed for a number of years now and is currently looking for more ways to assist the shed where he can in the future.



Burglary Update



We have made progress in recovering from our loss. A very big thank you to everyone who contributed to the sheds GoFundMe page, the money donated will be put towards much needed power tools. A CCTV system has also been very graciously donated to us, our shed Co-ordinator Aden Green has been finalising the council documents required before installation can begin. We are also well in to the process of putting together our insurance claim.

If you would like to donate to the shed, please contact the shed during office hours on 9561 8557. Any contribution will be very much appreciated.

October's Birthday boys

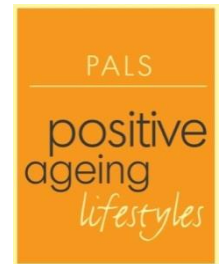
A very Happy Birthday to the following Shedders!

Clive Allen 31 st	Noel Anguin 8 th	Stephen Britton 14th
Michael Gajic 19 th	George Elliston 13 th	Bryan Godfrey 1st
John Matthews 13 th	Sarath Mendis	Charles Mercieca 6th
Geoff Ogden 21 st	Leigh Rogers 16 th	John Saddington
Douglas Wegener 27 th	James Zombos	



Seniors Festival

This Month is the annual Seniors festival! Throughout this month, the City of Monash through their PALS: Positive Aging Lifestyles Program have a number of community events to get involved with. Some of these activities include an Older Adults Fitness class, a Family barefoot bowling session, a "Bring back the Bush" conservation walk and many more. For more information check out the Victoria Seniors Festival on the Monash website here. <https://www.monash.vic.gov.au/About-Us/News/Victorian-Seniors-Festival-is-here>



Shed Zoom

Are you missing the shed and your mates this lockdown? Looking to learn what all this "zoom" and "video chat" stuff is all about? Are you bored outta your mind?! Then join our Zoom sessions! We currently have a group that meet and have a yarn every Friday at 11am. If you are interested in our Shed Zoom group, send an email to Daniel at danielroper2522@gmail.com.



Stroke Research

Are you looking to help a good cause? Menzies Institute for Medical Research is collaborating with Monash University in researching the management of contributing factors for Stroke. If you are interested in lending a hand, the following flyer has all the information you need.



Prevent Stroke. Join our research trial.

Did you know that 1 in 4 people will have a stroke in their lifetime? Knowing your risk factors for stroke may help you to prevent stroke.

The **PER**sonalised Knowledge to reduce the risk of **Stroke (PERKS)** clinical trial compares two different ways of showing people their risk factors for stroke. We will test whether one method is better than the other at helping people to manage their stroke risk factors. Stroke risk factors are things like blood pressure, exercise and diet.

The first step is a short online questionnaire to check if you can be in the study.

If you are eligible and agree to participate, you will be assigned to one of two groups and receive information on your risk factors for stroke. The method used to provide information about how you could change these risk factors will depend on which group you are in.

Scan the QR code or use this link to access the study and see if you are eligible to participate.

redcap.utas.edu.au/surveys/?s=M7N8DHFE3J



Who can participate?

You may be eligible if you:

- are aged 35 to 75
- have at least two risk factors for stroke (but not had a stroke or heart attack)
- have a smartphone
- can travel to a clinic for a health-check two times during the study
- do not have problems with memory or thinking

Over 12 months we would like you to:

- do an online questionnaire and face-to-face health check at the start of the study (60 minutes)
- do an online questionnaire at 3, 6 and 12 months (30 minutes each)
- attend a face-to-face health check at 6 months (30 min)

If needed, your parking and travel costs can be refunded

Email in your submissions to the newsletter to danielroper2522@gmail.com

It could be Shed related or a photo of something you've made, something significant that has happened in your life or even a joke or fact you would like to share. Anything you like.

We would love to hear from you!

Thank you to our Partners and Supporters



Waverley City



HELPLINES

Emergency Services: 000



24-hour helpline
Free phone 1300 22 4636



Suicide Call Back Service: 1300 659 467

Men's Line: 1300 78 99 78 Veterans Line: 1800 011 046

Men's Referral Service for help to avoid domestic violence: 1300 766 491

Grief Line: 03 9935 7400 12-3pm 7 days Pain Management Line: 1300 340 357

Sane Australia: 1800 18 7263

Mind Australia Carer Helpline: 1300 554 660