



## Shed Planning Day – January 10<sup>th</sup>

### Attention all shedders!

**You are formally invited to our Shed Planning Day on  
January 10<sup>th</sup> at 10:30am.**

On the 10<sup>th</sup>, the shed will be having a **Shed planning** meeting for the new year. This meeting will allow the opportunity for all shedders to put their ideas and feedback forward to be discussed and acted upon in 2024.

As the topics discussed in this meeting are aimed at bettering the shed and the activities it provides, we will be **closing the Workshop, Turner Hall, from 10:30-12pm** the duration of the event, and we will also be **providing a free lunch at 12pm**. This is to ensure as many shedders as possible get their say in this discussion.

In preparation for this event, a survey will be sent out via email. We ask all shedders complete this and hand them in on the day.

A printed-out version of the survey can also be found at the shed, just contact Daniel or the boss cocky in on the day.

Now is the time to think about what you want your shed to be like next in 2024, what activities would we like? Would we like to collaborate with anyone? Is there something we need to change? Is there something we need to improve on?



**We appreciate all ideas and thoughts you guys come up with. We want this  
shed to be the best it can possibly be for its members.**

The following is the agenda for the Shed Planning Day on January 10<sup>th</sup>

**9:30-10:30** – Workshop Open

**10:30** – Welcome and Introduction

**10:40** – Activities Discussions and planning for 2024

**11:10** – Health Event Support for 2024

**11:20** – Equipment needs discussion

**11:40** – Additional Events and ideas

**11:55** – Summary

**12:00** – Lunch

**12:00-1:30** – Workshop reopens

See you there!

## Alpha Hearing

Our friends of the shed at Alpha Hearing have formalised our relationship as a shed sponsor! In lieu of this relationship, Michael Wong, Principal Audiologist is offering shedders a 10% discount on all Alpha Hearing products and services, including hearing assessments and hearing aids, to all Monash Men's Shed members effective immediately!

Plus, any members who are pensioners or veterans will receive free services at Alpha Hearing, funded by the Government Hearing Services Program – through which Alpha Hearing has accreditation.



Alpha Hearing is located on 294 Stephenson's Rd, Mount Waverley for any shedders in need of a trusted hearing specialist.

# Shed Christmas Party

Thank you very much to all who attended the shed Christmas Party on the 13<sup>th</sup> of December at the Waverley RSL. A delicious Christmas roast was served while shedders took the chance to drink and be merry with their mates. A great time was had by all, including our visitors, John Mullahy our member for Glen Waverley, Carina Garland our member for Chisholm, Deputy Mayor Brian Little and Jessica and our friends from First National.



Congratulations to the shedders that achieved the honour of a 10-year membership.

And a very special congratulations to shedders Bob Knowles and Robbie Williams for their honorary membership! Their time, effort and commitment has helped the shed become the successful shed we are today.



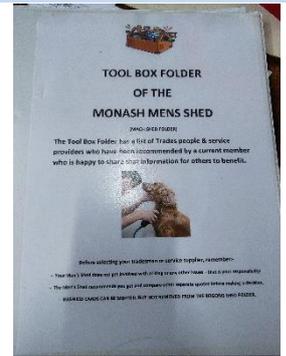
Also, a very special thank you to all who contributed to the raffle on the day, we managed to raise \$230 which will go towards the running of the shed next year. Congratulations to our door prize winners and to George Beavan for winning the First National grand prize hamper!



Also, many thanks to John Schwarzman for taking photos on the day!

## Know a good tradie?

This is a reminder to all shedders that in Bogong Hall and Turner Hall a Shed Toolbox Folder can be found where shedders can find tradies and other services personally recommended by other shedders. The Turner Hall folder can be found under the sign in desk and the Bogong Hall folder can be found on the brochure stand. Want to recommend a service you have used recently? Talk to shedders Don Lambie or John Schwarzman or contact the shed on [info@monashshed.org.au](mailto:info@monashshed.org.au). Thank you, Don, and John, for this great idea!



## Container Disposal Scheme - Donation Partner

Thank you to Shedder Chris Ive who had the idea of having us a donation partner for the new Victorian Container Disposal Scheme! Now when people all around the North and East of Victoria go to recycle their containers, they have the option to donate to a list of different charities now including us! Look out for more info in the next Nuts and Bolts.



## MMS Health Events

**It is time to take your health seriously.**

We have several strong relationships with health talk providers whom we invite to our shed to assist with reducing common health issues in the community. We do this by each month holding a health event for our members and opening it to members of the Monash area. Each event is about a different, equally important aspect of living a long and healthy life. Guest speakers who are professionals in their specific fields provide talks on how aspects of health can be improved. The shed members who attend these events have benefitted considerably from these talks and have made use of the information given to improve the wellbeing of themselves and their families.

The events also are a social occasion as shedders are invited to bring along their friends and family. Before each event there is an affordable tasty lunch available for \$2 provided by our talented cooking team.

This service that the Monash Mens Shed provides not only attracts a lot of attention to the shed but also often inspires new members to join. So, if you aren't coming to these already, **you're missing out!**

**Check out the health events for the new year on the next page.**

Time : 12pm-1pm  
 Location : Monash Men's Shed  
 Address : 49-77 Bogong Avenue, Glen Waverley  
 Parking : Parking available onsite  
 Cost : FREE  
 Bookings : Call 9561 8557



Lunch provided for a \$2 donation

### 2024 Schedule of Community Health Events

2024 dates	Topic	Presented by
Wednesday, February 21	Healthy Feet	Bolton Clarke
Wednesday, March 6	Exercise	Alliance Health
Wednesday, March 20	Parkinson's	Fight Parkinson's
Wednesday, April 17	Healthy Bladder	Bolton Clarke
Wednesday, May 15	The importance of having a caring GP	Dr Bernie Crimmins
Wednesday, June 19	Healthy Eating and Nutrition	Bolton Clarke
Wednesday, July 17	Hearing Health	Alpha Hearing
Wednesday, August 21	Stroke Safe	Stroke Foundation
Wednesday, September 18	CPR and Defib Basics	Bolton Clarke
Wednesday, October 16	First Aid	Bolton Clarke
Wednesday, November 20	Falls Prevention	Bolton Clarke

Email in your submissions to the newsletter to [info@monashshed.org.au](mailto:info@monashshed.org.au)

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