



## SUNNYBANK DISTRICT COMMUNITY MEN'S SHED

*Men Working Shoulder to Shoulder  
Building Communities*

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### APRIL 2023 SHED NEWS

#### Presidents Report

Well another big month comes to a close, the month of April had something for everyone. The month started with the Easter Break which led straight into Grand-kids day, quickly followed by the shed First-aid course, ANZAC Day ceremony and as always our end of month BBQ with Beyond Blue guest speaker Mike Nowland

The shed was also fortunate to receive 2 x \$500 cheques one from Sunnybank Hills Commonwealth Bank and the other from Sunnybank branch, both cheques were from the result of a community voting opportunity presented by the banks with Sunnybank Men's Shed being the most popular community service. The money will be used wisely The shed members were very excited to receive the money and with the ideas of how to spend them we needed \$5000!!

A supervisors course was also held with 3 new supervisors being trained. This will greatly help spread the load.

#### FIRST AID COURSE

Warwick V arranged a very successful First Aid Course to be held on Friday 14<sup>th</sup> April. This course was made possible by a grant from AMSA. We had 15 attendees which was run by Aspire

The shed tries to hold a first-aid course at least once a year so that as many people as possible are ready to help members who require first-aid

#### GRANT APPLICATIONS

1. AMSA Round \$2185.00 only \$1710.00 was spent on First Aid courses. The balance of \$485.00 we are waiting confirmation to purchase tools.
2. Brisbane City Council - Solar Power system for the shed. The installer gave a discount leaving a surplus of \$871.00, this will be used to purchase new equipment.
3. \$1000.00 from Australia Post, the grant is for a new barbecue. Waiting for notification,
4. \$2272.75 grant from the Bendigo Bank Acacia Ridge, for purchase of AEG battery powered equipment, an English Wheel & a LPG gas powered Forge for Blacksmithing work.
- 5 2 grants of \$500.00 each from the Commonwealth Bank Sunnybank & the Sunnybank Hills.

## GUEST SPEAKER

Male suicide was the topic of this month guest speaker Mike Nowland from Beyond Blue. Mike spoke to us about Beyond Blue and the work they do in the community in raising awareness of Men's Mental health and male suicide in particular.

Mike shared his own story of depression and suicidal thoughts which hit a number of raw nerves with our members. It was obvious that men have some very difficult times in their lives, retirement, financial loss and of course the lose of a partner.

Mate-ship & caring for each other are very important issues addressed by the Men's Shed movement



Mike Nowland and Geoff Curtis

## FINANCIAL REPORT

**Income** for March amounted to \$1,861.

**Expenditure** was \$1,079. The net profit for the month was \$782.

Attendance fees for March were \$1,231. The average weekly Shed attendance was 103 members. Comparable average weekly attendance for the months of February and January were 98 and 80.

## OCCUPATIONAL HEALTH & SAFETY



**Your natural hearing is invaluable, lose it and it is gone forever.**

**Yes, hearing aids are available but it is not the same.**

**Hearing protection MUST be worn when working in a noisy environment such as the wood working shed when sanding or sawing.**

**Also in the metal work shed for drilling grinding and other sheet metal work.**

**HEARING PROTECTION IS SUPPLIED IN ALL AREAS**

## GRANDKIDS DAY



Grand children enjoying a popper and some muffins



Ken T and his grandchildren showing the bird feeders made at the shed

## GENERAL INFORMATION

### MEMBERSHIP KITS

A Membership kit has been prepared for member prospects

The kits consist of

Membership form, medical form & envelope

Membership booklet & Newsletter

### NOTICE TO ALL MEMBERS

#### Machine Accreditation

All members who wish to use any equipment in either sheds must first have accreditation on the equipment they wish to use.

To book for your accreditation please add your name to the whiteboard

## “YOU ARE NOT ALONE”

A Documentary by Peter Waterman

***Battling Back 13 Confronting stories (inc. footage shot at Sunnybank Men’s Shed***

**BOOK ON-LINE** For booking event type in “YOU ARE NOT ALONE”

For postcode 4000 (and hit Brisbane City)

Date 15 June 2023

Then click **Find Events - YOU ARE NOT ALONE** will then come up and click on to book!

Tickets only \$12.50

## SPECIAL GUEST

### My health for Life

- On Monday the 12th June, the start of Men’s Health Week, there will a presentation at the Sunnybank Men’s Shed. This presentation is a Queensland Government funded program all about making healthier choices and adopting healthier habits & why men’s health matters.

Join shed members and presenter Susan from **My health for life**.

**Start 10.30 after morning tea**

**Cost to members is normal \$3.00 attendance**

**Sue will also have some handouts and stay to answer any questions**

### SUPPORT OUR SUNNYBANK DISTRICT MEN’S SHED SUPPORTERS



**BUG GUY**

[www.bugguy.com.au](http://www.bugguy.com.au)

**SOLARHART**

[jeff.washbourne@solarhart.solar](mailto:jeff.washbourne@solarhart.solar)



**BUNNINGS ACACIA RIDGE**

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