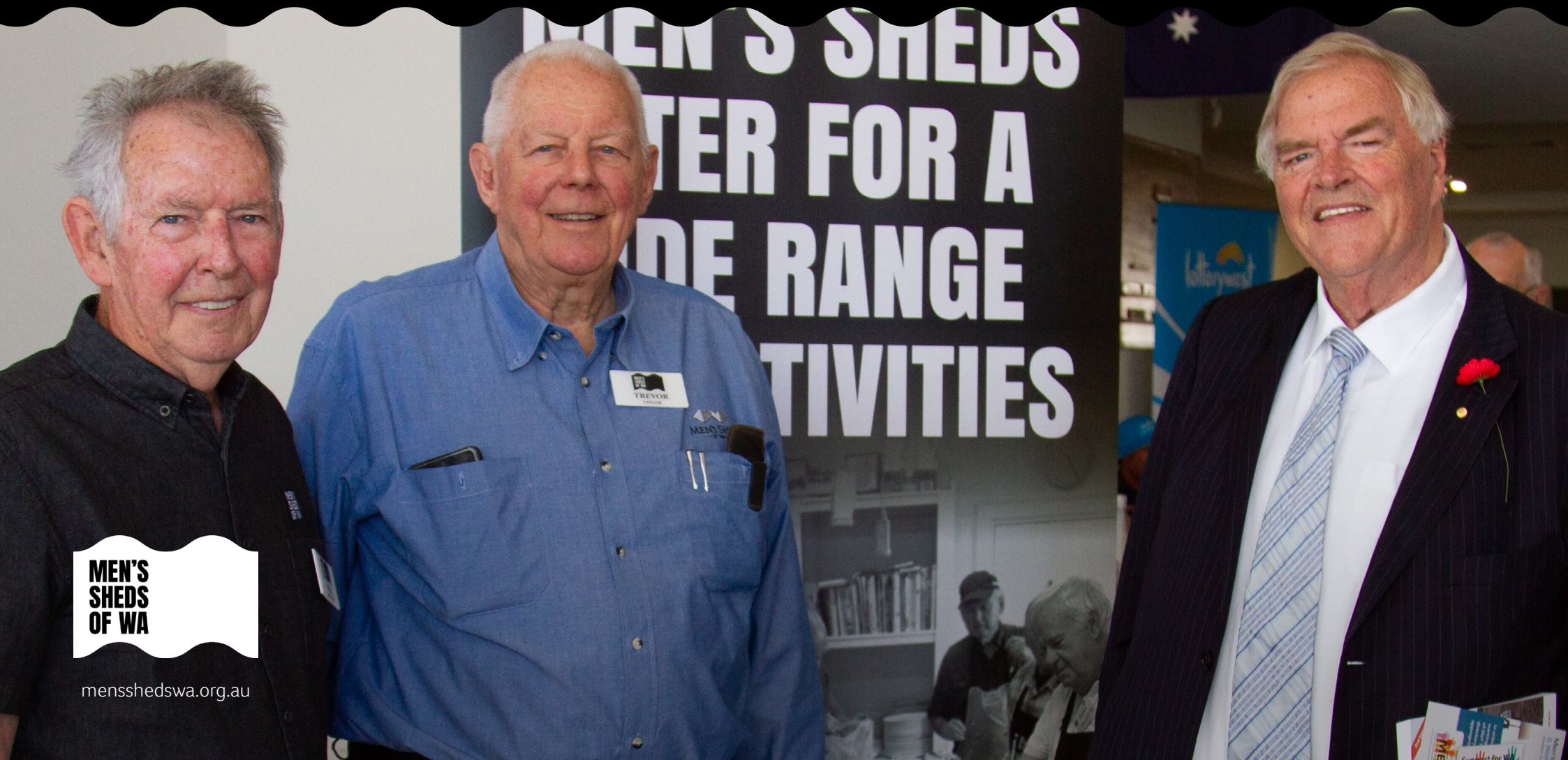


INCLUSIVE THRIVING SHEDS CONFERENCE 2021 SUMMARY

5-6 November 2021 Stirling Adriatic Centre 78 Jones Street Stirling



**MEN'S
SHEDS
OF WA**

mensshedswa.org.au

INTRODUCTION

With the theme of 'Inclusive Thriving Sheds', the Conference was a great opportunity for delegates to discuss some of the key issues that face our sector. It was exciting to see that diversity was high on many Shed's agendas; asking how we can engage more participants and volunteers in the movement.

The Conference addressed a variety of topics relevant to the theme including current research relating to the health of community group members. We also discussed how to ensure community groups remain sustainable, catering to the needs of their community and evolving to meet the needs of their members.

This Conference aimed to facilitate new thinking that will accelerate progress towards more diverse and sustainable Men's Sheds throughout WA. Emphasis was put on interaction, input and idea exchange and provided a space for participants to share ideas and concerns from their Sheds. Shed leaders were at the center of the discussions as they will be the driving force to ensure that their Shed can adapt and evolve.

The conversation at this year's Conference was focused on how Sheds can continue to evolve, how they can thrive and how they can better support our communities and our members. 'Inclusive Thriving Sheds'. The theme of the Conference reflects where we are in the evolution of the Men's Sheds movement. We want to ensure every Men's Shed in WA can continue to grow into the future. We want to see Sheds reach out to support their communities and to support the wellbeing of all men in WA.

Yours sincerely



Trevor Taylor
President, Men's Sheds of WA



Trevor in his happy place: his local Men's Shed

OUR SPEAKERS

The conference included an incredible group of speakers. All of whom were very knowledgeable and passionate about their area of expertise. It was great to see our exhibitors joining in and listening to the speakers and panels throughout the conference. Here are a few notes that have been on our mind since the Conference.

Professor Alex Haslam, University of Queensland

Tackling Australia's most challenging health problem: Why Men's Sheds are an important part of the solution

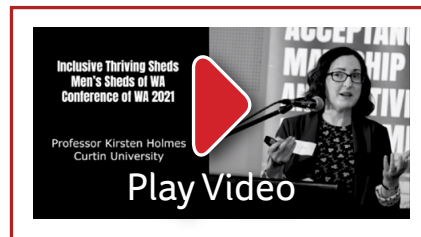
- Losing connection impacts our health measurably.
- Isolation and disconnect are growing.
- Community helps build social identity.
- Talking is as important as participating in workshop activities.



Professor Kirsten Holmes, Curtin University

What makes a successful Men's Shed?

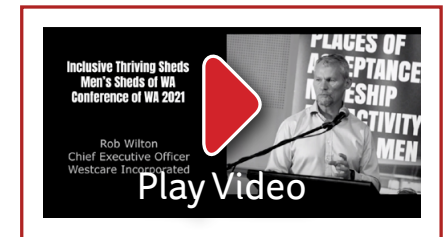
- Factors affecting the success of your Shed: location, size, types of members, shed activities.
- All Sheds need a social area, a workshop/activities area, accessible, well located, safety of building and location.



Rob Wilton, CEO of Westcare Incorporated

Empower Enrich Enhance

- 4.4 million people live with disability, with approximately 80% of disability being acquired in a person's life.
- People who want work but do not have it; is double for working-aged people with disability.
- Ask 'What can you do? Not what can't you do'. Finding the individuals strengths and abilities NOT disabilities.
- We are all one mishap away from disability.
- Contribution and capability are often overlooked / valued for contribution / self-worth.
- Different markets / builds reputation / stronger brands / access to a wider (hidden) talent pool.

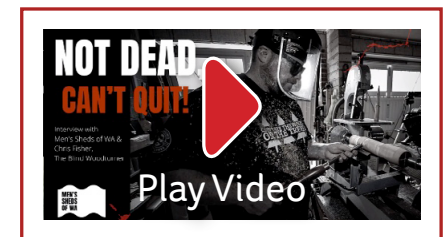


The Blind Woodturner, Chris Fisher RPT

Not dead. Can't quit.

Sheds save lives.

- A cup of tea is an incredible thing.
- People can do more than you and they think they can.
- Give people time.
- Life is nicer when you're nice.



CONFERENCE HIGHLIGHTS

So much stood out over the two-day conference.

Conference Opening

Mr Len Yarran provided a unique and special Welcome to Country that encouraged all men to learn from each other, support each other and live-in harmony with each other.

Our patron the Governor Kim Beazley AC, opened the Conference with an inspiring speech in which he congratulated all Men's Shed in bearing witness to the theme of the Conference - 'Inclusive and Thriving Sheds' by our endeavours to bring men together regardless of creed, race, ability, social status or outlook on life.

Exhibitor displays

The room was full of interesting tradeshow exhibitors from a range of health, tool shop and other industries throughout WA.

Narrative story telling panel

Nickiy Tennant is a graphic narrator who wowed attendees with her visual story telling. The Conference leaders regularly used Nickiy's drawings to reflect and summarise the discussions throughout the two days. This was a great help and sparked many interesting conversations.

The Conference dinner (sponsored by Australian Men's Shed Association)

The Australian Men's Shed Association kindly sponsored our Conference dinner. The dinner consisted of authentic spit-roast beef and lamb with perfectly cooked roast vegetables while the wonderful Jook Joint Band entertained guests with their blue-grass tunes.



Bill and Jackie Johnstone.

Appointment of Vice-Patron

Bill Johnstone was the spirit behind the Fremantle Community Men's Shed, one of the first men's sheds in WA. Bill also became Chair of the committee, formed in 2009 at the first men's shed state conference that developed the Men's Sheds of WA state body. Bill is still involved in the WA men's shed movement offering his time and knowledge to many Sheds as they start up or when they need other advice. In acknowledgement of his incredible support, Bill was named Vice Patron of Men's Sheds of WA during the dinner.

KEY NOTES

The conference included an incredible group of speakers. All of whom were very knowledgeable and passionate about their area of expertise and it was great to see our exhibitors joining in and listening to the speakers and panels throughout the conference.

The presenters followed a series of themes:

Wellbeing of Shedders

- People can do more than you and they think they can.
- Give people time.
- Vision deteriorates with age.
- Make things bigger, brighter, bolder. Be organised.
- People can live well with dementia so long as they are supported to do so.
- Your Shed will likely encounter a participant, or a spouse being diagnosed with dementia.
- Slow down / take time.
- Get creative in supporting membership options that meet individual needs.
- Avoid clutter and obstacles, have good lighting, increase your signage, consider ergonomic adaptations.
- Find a role for every member in the Shed.
- When members can no longer participate. Plan for transition with dignity.

Building and maintaining successful Sheds

- A cup of tea is an incredible thing.
- Factors affecting the success of your Shed: location, size, types of members, shed activities.
- All Sheds need a social area, a workshop/activities area, accessible, well located, safety of building and location.
- Sheds need committee members, regular volunteers, casual volunteers.
- Encourage role rotation / beware burn out.
- Delegation is empowerment.

- Open your Shed to new activities but make participants responsible.
- 80% of the work will be done by 20% of the members.
- Ask 'What can you do? Not what can't you do'. Finding an individual's strengths and abilities NOT disabilities.

Men's wellbeing

- Losing connection impacts our health measurably.
- Isolation and disconnect are growing.
- Sheds save lives.
- Build relationships for tomorrow.
- A conversation can save a life.
- An estimated 24% of Australians are living alone.



OUR THANKS

We want to thank Lotterywest for their ongoing support of Men's Sheds of WA as well as their support of many Men's Sheds throughout the State. Their support has touched and improved the lives of many men and their families and communities.

We also want to thank the WA Department of Communities for their ongoing support and funding.

The Conference was supported by sponsors and contributors from throughout the State. There was considerable support from the City of Stirling, state government agencies, likeminded not-for-profits and health agencies and Shed workshop supporters. We also had over 150 delegates attend the meeting coming from across the State from Paraburdoo down to Albany.

We would like to personally thank everyone who attended:

Our speakers

- The Honourable Kim Beazley AC, Governor of Western Australia
- Hon. David Michael MLA Bec
- Lorna Pritchard, Lotterywest
- Len Yarran, Wadjak North Side Aboriginal Community Group
- Professor Alex Haslam, University of Queensland
- Professor Kirsten Holmes, Curtin University
- Rob Wilton, Westcare Incorporated
- Chris Fisher RPT, The Blind Woodturner
- Michelle Taylor, Dementia WA
- David Vosnacos, VisAbility WA
- Adam Williams, Lotterywest
- Mike Wiggin, Showgrounds Community Men's Shed
- Gary Gaunt, Subiaco Men's Shed



Our special guests

- Hon Keith Wilson AM, Vice Patron Men's Sheds
- Hon Donna Faragher JP MLC
- Mark Irwin, Mayor of Stirling
- Angela Lemon, Department of Communities
- Carol Leen Huish, Women's Shed Movement WA Founder

Our major supporter

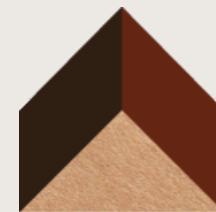
- Lotterywest

Our sponsors

- Australian Men's Shed Association, for sponsoring our conference dinner
- Carbatec, for sponsoring our lunch and tea breaks
- City of Stirling
- Jobs Australia
- North Perth Community Bank
- Road Safety Commission
- Timbecon

Our exhibitors

- Act Belong Commit
- Beyond Tools
- Boston Scientific
- Canning Community Computer Club
- Carbatec
- Fishability
- Helping Minds
- Jobs Australia
- Lotterywest
- Men's Health and Wellbeing WA
- PBF
- Songfest – ShedSong
- The Regional Men's Health Initiative
- Timbecon
- Treasured Youth Co
- VisAbility
- Wadjak North Side Aboriginal Community Group
- WestCycle



**Australian
Men's Shed
Association**
SHOULDER TO SHOULDER



Funded by
**ROAD SAFETY
COMMISSION**

COMMUNITY
GRANTS PROGRAM



North Perth Community Bank (Bendigo)



Attendees

- Albany MenShed
- Armadale Community Men's Shed
- Bassendean Community Men's Shed
- Bayswater Community Men's Shed
- Bethanie Beachside Shed
- Bicton Men's Shed
- Broome Men's Shed
- Bunbury Men's Shed
- Collie Men's Shed
- Dianella Men's Shed
- Dunsborough Men's Shed
- Ellenbrook & Districts Men's Shed
- Falcon Community Menshed
- Fremantle Community Men's Shed
- Gidgegannup Men's Shed
- Gosnells Community Men's Shed
- Hanwell Way Community Men's Shed
- Hedland Men's Shed
- Jones Street Community Craft Shed
- Joondalup Men's Shed
- Kalamunda Men's Shed
- Kalbarri Men's Shed
- Karrinyup Men's Shed
- Kellerberrin Men's Shed
- Lake Monger Community Shed
- Leschenault Men's Shed
- Manji Men's Shed
- Manning Men's Shed
- Melville Community Men's Shed
- Men in Sheds 107.3 HFM
- The Menshed Geraldton
- Moora Men's Shed
- Mosman Park Men's Shed
- Mundaring Community Men's Shed
- Northam Community Men's Shed
- Northampton Men's Shed
- Paraburdoo Men's Shed
- Peel Community Men's Shed
- Pilbara Community Men's Shed
- Pinjarra Community Men's Shed
- Roleystone Men's Community Shed
- Serpentine Jarrahdale Men's Shed
- Showgrounds Community Men's Shed
- Stirling Adriatic Pottery Club
- Stirling Community Men's Shed
- Subiaco Community Men's Shed
- Vincent Men's Shed
- Wanneroo Community Men's Shed
- Wheelchairs for Kids
- The Williams Men's Shed
- Wongan Ballidu & District Menshed
- Wundowie Men's Shed
- Yanchep Community Men's Shed

For more information

We have published many of the presentations on our website mensshedswa.org.au/event/conference-2021 to share as much of the Conference learnings as possible.



mensshedswa.org.au