

**MEN'S
SHEDS
OF WA**

2021/22

ANNUAL REPORT

BEGIN



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Men's Sheds of WA operates on the traditional lands of the Whadjuk people of the Noongar nation. We recognise their continuing connection to land, sea, community and culture, and pay our respects to their Elders past, present and emerging.

Men's Sheds of WA Board Members 2021/22

President: **Trevor Taylor**

Vice President: **Trevor Gorey OAM**

Secretary: **David McMullen**

Treasurer: **Miles Protter**

Ordinary Board Members:

Blanche Coyle

Fred Brondsema

Harry White

Reg Tipple

Richard Porter

Men's Sheds of WA team

James Wild, *Chief Executive Officer*

Jaxon Ashley, *Senior Project Officer*

Bill Johnstone, *Senior Shed Advisor*

Bob Coventry, *Veterans Officer*

Richard McAllister, *Shed Chaplain*

Rebecca Talbot, *Regional Health Coordinator*

OVERVIEW

Men's Sheds of WA is the peak body for men's sheds in Western Australia. We are a non-profit charity, funded by the Department of Communities, Lotterywest and the Department of Health (Commonwealth). We are governed by a board of elected members, drawn from nominations from our membership, and three appointed specialist board members and managed by an operations team.

Men's sheds comprise of a network of 181 community organisations supporting over 7,000 men with their mental and physical wellbeing.

Vision

That all men can join a men's shed community, enhancing their wellbeing and health and enriching their lives and the lives of people in the local community.

Mission

To support and promote the wellbeing and health of men through building a sustainable community of men's sheds.

Sheds offer men of all walks of life, age, ability, race and gender a place to come together to connect, create and give back to the community. It's our role to ensure these essential, volunteer led community centres are sustainable and able to support all the men who need them now and in the future.

Values

Community, Collaboration, Inclusiveness, Diversity, Respect, Skills, Innovation, Mateship

Areas of focus

- Wellbeing & health
- Community
- Organisation
- Representation

WELCOME

President's Update

On behalf of the board and officers at Men's Sheds of WA, it is my pleasure to present our 2021/22 annual report.

This year has proved to be yet another challenging but rewarding one. We have continued to support sheds as they undertake important work for their members and create positive changes in their communities.

It is important for all members of men's sheds to feel safe and welcomed in our community spaces. Sheds, like so many community organisations should be commended for their work in combating the effects of social isolation, as a result of the COVID pandemic. When the borders opened, many men's sheds were affected and concerned for their members, especially the more vulnerable members.

I would like to take this opportunity to thank our outgoing patron, His Excellency the Honourable Kim Beazley AC, the 33rd Governor of Western Australia for his support of Men's Sheds of WA. In 2018 the Honourable Kim Beazley AC, accepted our invitation to become our Patron. The Governor showed sincere interest in our work and our people during his tenure; he met many of our team and volunteers at events, including opening our recent WA State Conference held in November 2021, and visited several men's sheds throughout the state. Our team and the members of the sheds throughout the state have greatly appreciated the support of the Governor. We're honoured to welcome His Excellency the Honourable Chris Dawson APM Governor of Western Australia as the new Patron of Men's Sheds of WA. We thank His Excellency for accepting the role of Patron and look forward to partnering with him as we work towards improving men's health throughout Western Australia.

I would also like to take this opportunity to thank both current and past Board members for their efforts and commitment throughout my time at Men's Sheds of WA. As my tenure draws to a close, their knowledge, hard work and dedication has been a continued source of support to myself and the operational team. The elected board members volunteer their time to be the point of contact for their sheds. Much needed particularly in the regional areas. Sheds are community-based organisations managed by the volunteer members who step up to keep them operational.

Sheds depend on strong membership, funding and succession planning; these are core areas of support that the team will continue to expand upon in the coming year to ensure that sheds can thrive.

Thanks for your time and support



Trevor Taylor
President
Men's Sheds of WA



CEO Update

I would like to start by thanking Trevor Taylor for his service to Men's Sheds of WA and to the men's sheds movement. Trevor will be stepping down from his role at the 2022 AGM after completing his full tenure. It was recently remarked upon that after serving eight years on the Men's Sheds of WA (and formerly WAMSA board), Trevor only missed two board meetings. This is a great illustration of Trevor's dedication and commitment to both our organisation and to the wider movement. Trevor's guidance and support to myself, the board and the team has been appreciated and through his service he leaves the organisation stronger and more sustainable.

We continue to focus our efforts and our funding on programs that help to build our organisational resilience and that of the sheds across WA. Below are just a few examples of how we are going about this:

We are nine months into our **Regional Health Coordinator** agreement with the Commonwealth Department of Health. This program has allowed Men's Sheds of WA to appoint Rebecca Talbot, to our Health Coordinator position. Rebecca has hit the ground running and has already helped sheds to develop a range of wellness programs and assist sheds in applying for the National Shed Development Program grants. A key part of this work has been to help WA sheds to appoint volunteer Wellbeing Health Officers (WHOs), an important role in ensuring that men's health and wellbeing remains a key focus of sheds. This year also saw funding provided from Lotterywest to pilot our **Men's Sheds of WA grants program**. This has been a resounding success and has helped sheds to explore new and innovative ways to improve participation and volunteering and to reduce social isolation in their local area. This is an exciting program that will clearly help grow and sustain WA's shed movement. You will see more about the benefits of this program over the coming months.

I would like to thank all sheds and shedders that participated in our surveys this year. Our **research work with Curtin University** has already produced fascinating results and will help Men's Sheds of WA to demonstrate the important service that sheds bring to their respective communities. We are confident that the report will also showcase the health and wellbeing benefits that sheds bring to men in WA. As we continue to build relationships and work with government at all levels we will be sharing the findings of this research and highlighting how they can help to build and sustain successful sheds across the state.

The **Men's Sheds of WA Conference in 2021** delivered on its aim to facilitate new thinking and to accelerate progress towards a more diverse and sustainable men's shed movement in WA. You'll find out more about the Conference later in this report.

Stay well and in the spirit of men's sheds let's work hard to look after each other.

Many thanks



James Wild
CEO
Men's Sheds of WA



FINANCIAL PERFORMANCE

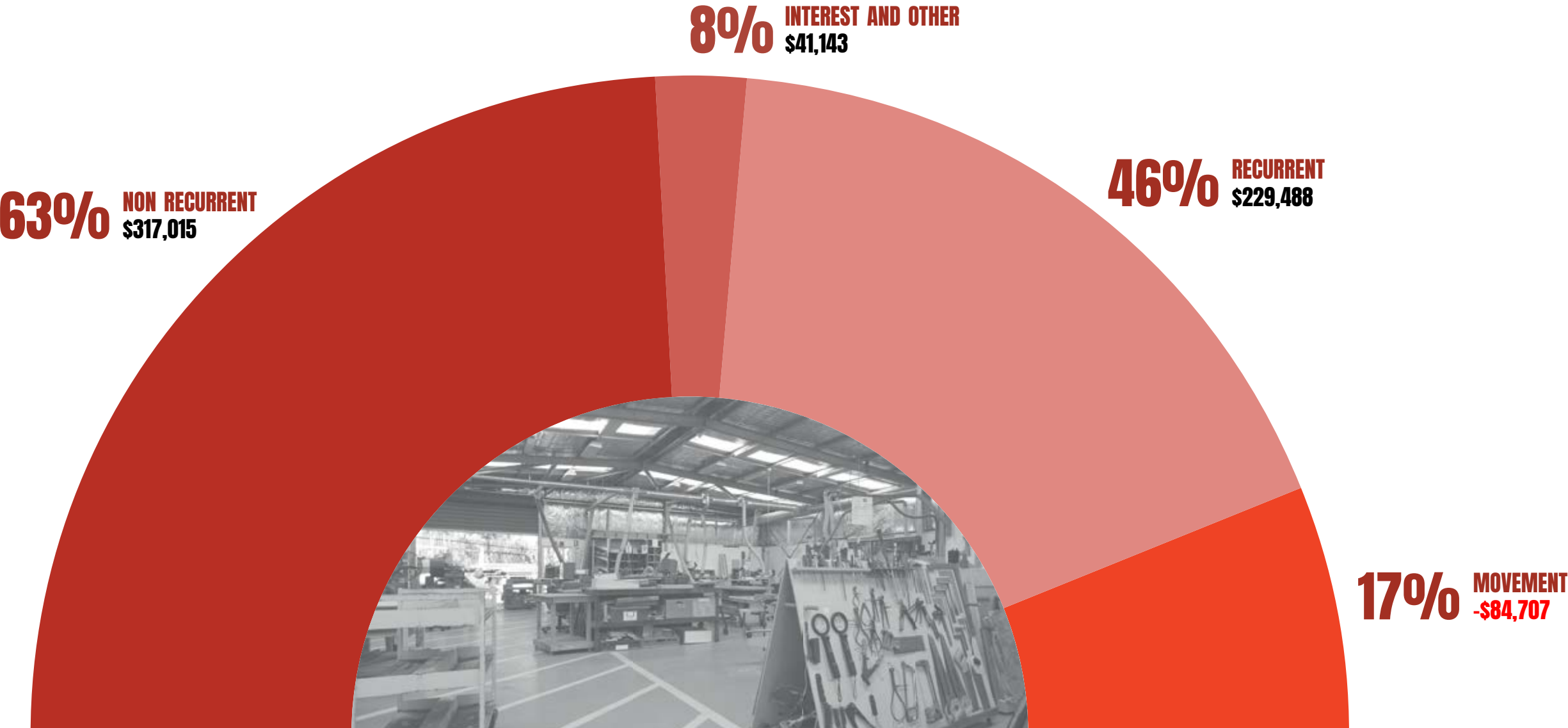
YEAR COMPARISON	2020/21 \$413,582	2021/22 \$672,273
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Our total income for the 2021/22 financial year was \$502,939 compared to total expenses of \$464,080, resulting in a surplus of \$38,859.

In December 2021 our external auditor Ray Wooley retired. We have maintained good governance and reporting through strong financial reporting thanks to his efforts.

This year, we appointed HLB Mann Judd to undertake the annual financial audit for Men's Sheds of WA.

INCOME

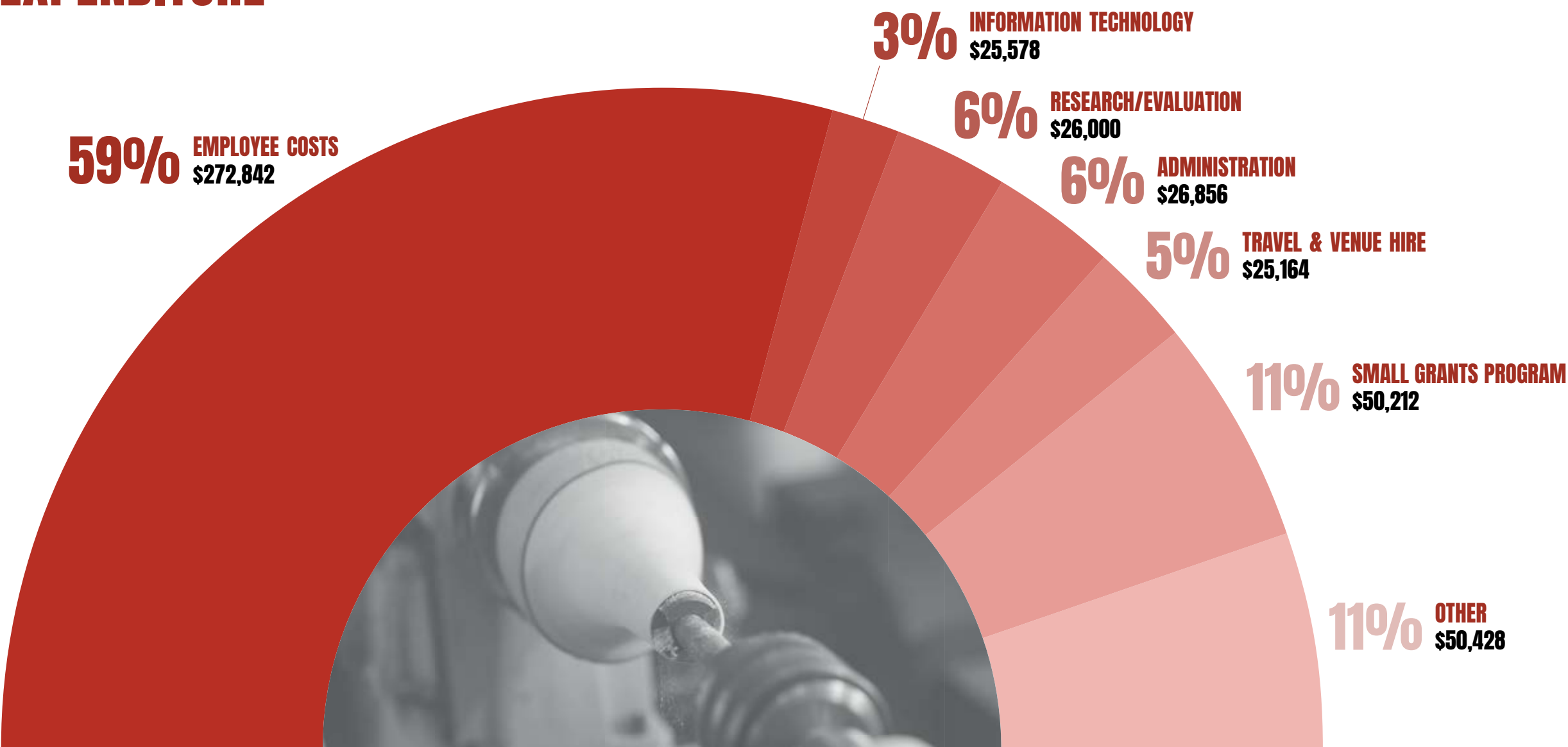


FINANCIAL PERFORMANCE

YEAR COMPARISON	2020/21	2021/22
	\$335,933	\$463,289

Total expenditure for the financial year was \$464,080. At 59% of costs, employee costs remain the largest expenditure.

EXPENDITURE



MEMBERSHIP

Men's Sheds of WA supports 181 men's sheds throughout the state. These sheds range from new developing sheds who are still in their planning stages through to existing and thriving sheds throughout the state.

MEMBERS SATISFACTION SURVEY 2021/22

For the second year Men's Sheds of WA asked members to complete a totally anonymous, brief services satisfaction survey against our performance for the year using a five-star scale rating (with 1 star = bad and 5 stars = excellent).

The results of this survey form part of our reporting to Lotterywest and the Department of Communities.

Our members were notified by email when we opened the survey on 15 August with a closing date of 26 August. On 29 August we extended the deadline to 2 September.

We received **109 responses** to each question (compared to 81 responses last year).



4.1 out of 5 ★★★★★

How would you rate the support provided to you by Men's Sheds of WA?

3.8 out of 5 ★★★★★

How would you rate Men's Sheds of WA contribution to helping sheds build knowledge, organisational skills and governance?

3.6 out of 5 ★★★★★

How would you rate Men's Sheds of WA contribution to helping sheds join resources, expertise or efforts with other sheds and/or other groups or individuals?

3.7 out of 5 ★★★★★

How would you rate Men's Sheds of WA contribution to helping sheds understand information on community issues or needs?

3.8 out of 5 ★★★★★

How would you rate Men's Sheds of WA contribution to helping sheds understand what is happening in government (including sharing key information regarding COVID)?

3.6 out of 5 ★★★★★

How would you rate Men's Sheds of WA contribution to standing up for sheds' priorities and concerns / Promoting shed's achievements and influencing decision-making, policy, practice and resource allocation?

MEMBERSHIP GROWTH

The men's shed movement continues to grow throughout WA with two new sheds joining our membership throughout 2021/22. No:

Bremer Bay Community Men's Shed

A core group of roughly ten men are pushing the development of the Bremer Bay Community Men's Shed.

They have succeeded in being granted the title to land near the local sporting clubs. Subsequently local businesses have agreed to support the shed and to prepare the area through clearing the land and laying the foundation for the shed.

The group is currently deciding on the building plans to proceed, to ensure that the shed is appropriate for their group into the future. Throughout this process they have benefited from local support, including from the local Community Resource Centre.



Gidgegannup Men's Shed

Gidgegannup Men's Shed Inc

Not long after the February 2021 bushfire swept across the communities of Wooroloo and Gidgegannup, the community came together to brainstorm options that would help towards social recovery efforts. As well as sundowners and regular information sessions, a men's group rated highly on the community's recovery wish-list.

In June 2021 the Gidgegannup Men's Shed was formed and since then they've played a vital role in fostering recovery efforts.

The men's shed is primarily focused on mental health, forming friendships and drawing people out of their homes and into a vibrant centre. They pride themselves on being more than just a wood and metal workshop, they have built a much broader community hub.

Since its inception the group has taken over permanent management of the Gidgegannup Tool Library designed to provide resources for bushfire affected residents and are working with BlazeAid to build a trailer and build a team to re-fence properties.

They run a milling program, harvesting jarrah slabs from fallen trees on local properties, with the intention of making the slabs into dining tables and giving them to members of the bushfire affected community.

In March 2022, the shed committee opened its doors to women, and have been running welding classes.

The group currently operates from a pavilion at the Gidgegannup Showgrounds, but they are intending to significantly upsize, to adequately serve their targeted community spanning 45km from Red Hill to Morangup.

TEAM AND GOVERNANCE

Appointment of a Regional Health Coordinator

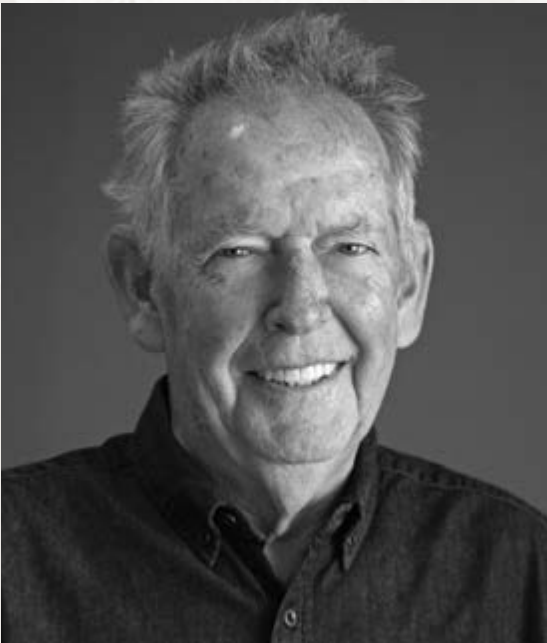
Rebecca Talbot joined us on 4 January 2022 as our Regional Health Coordinator. This is a new role, funded by the federal Department of Health to design and develop a state wide program assisting sheds in promoting the advancement of men’s health and reducing social isolation in their communities.

With a background in community service and health Rebecca is a perfect fit for the role, sharing our commitment to supporting men’s wellbeing through a state wide inclusive thriving shed movement.

New Vice Patron for Men’s Sheds of WA

Bill Johnstone, founder and member of the Fremantle Community Men’s Shed has been a strong and dedicated source of support to men’s sheds. He is affectionately known as the *grandfather of the sheds* offering his time and knowledge to many sheds over the last 10 years as they have become established.

In acknowledgement of his incredible support of the shed movement and the work he has done to support the wellbeing of men in the WA community, Bill was named Vice Patron of Men’s Sheds of WA at our Conference in 2021.



Team numbers and gender diversity

Men’s Sheds of WA employees volunteers and casual contract team as well as four team members employed under the Social, Community, Home Care and Disability Services Industry Award 2010.

	2021/22	2020/21
Full time employees	1	1
Part time employees	3	2
Casual employees	2	2
Volunteers	10	10
TOTAL	16	15
Male	13	13
Female	3	2

Board Member appointments

At our Annual General Meeting in 2021 two board member vacancies were filled when two standing board members were both re-elected to the Board for a second three-year term:

Reg Tipple of Wundowie and Districts Men's Shed

Fred Brondsema of Bunbury Men's Shed

Board meetings

Under our constitution we are required to hold a minimum of four board meetings a year.

During the 2021/22 financial year there were eight board meetings.

Two decisions were made by email outside of meetings.



Board Members meeting attendance

8

Trevor Taylor

8

Richard Porter

6

Trevor Gorey

6

Blanche Coyle

5

David McMullen

8

Reg Tipple

7

Miles Protter

6

Harry White

6

Fred Brondsema

HIGHLIGHTS

Men's Sheds of WA & Curtin University research project

What makes a successful thriving shed?

In 2021 Men's Sheds of WA and Curtin University researchers developed a program of evaluation and research that aimed to improve our understanding of the factors associated with greater success in mutual aid organisations such as Men's Sheds. The work was initiated by Men's Sheds of WA to inform future policy and practice.

The three phases in the planned program are:

Phase 1: a systematic review of past research that has identified factors associated with larger improvements in social and emotional wellbeing (SEWB) for members of mutual aid organisations (completed in 2021).

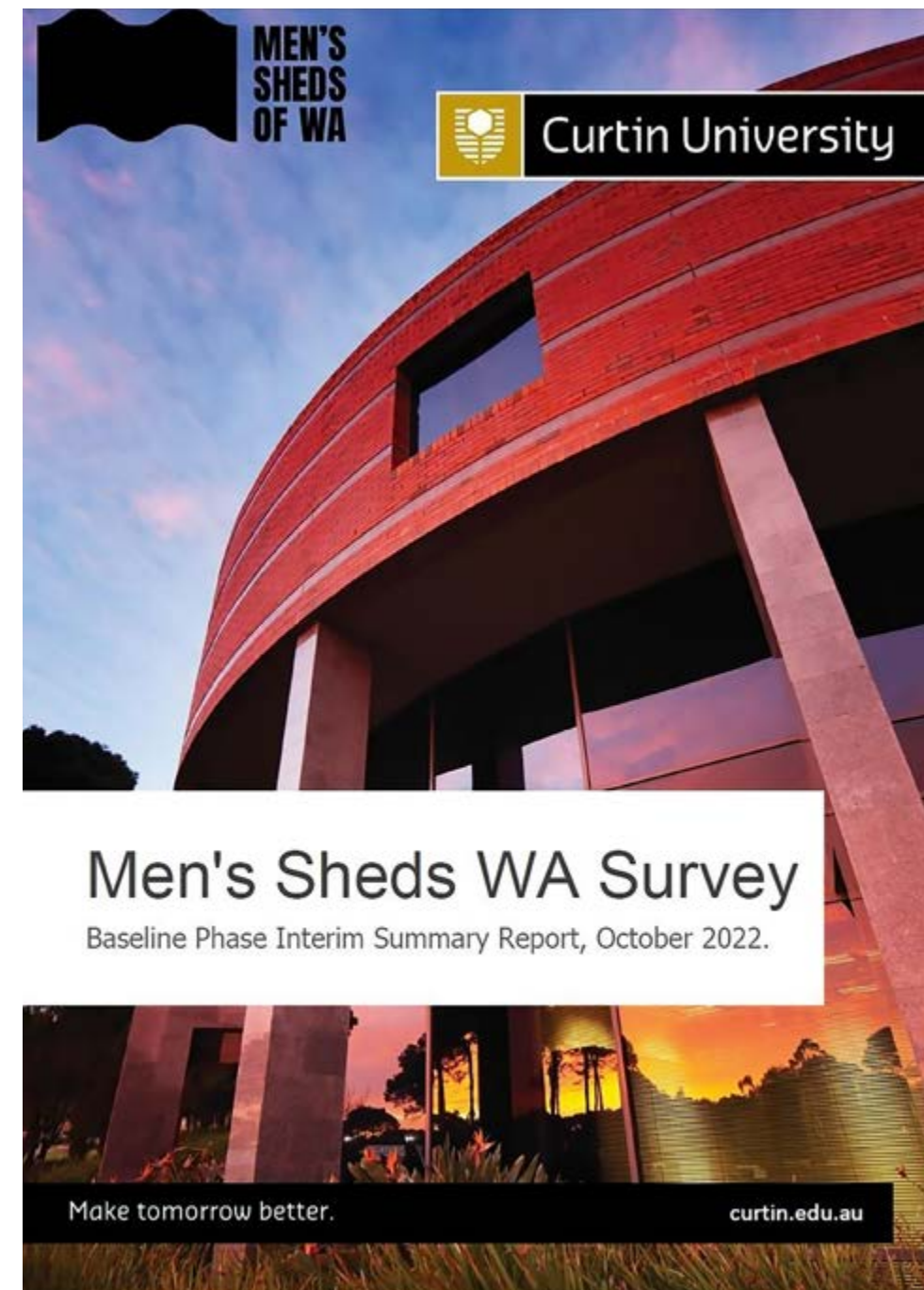
Phase 2: a cross-sectional study of organisational and individual factors associated with members' SEWB, which included an online survey and qualitative interviews (completed in September 2022).

Phase 3: a prospective study of members' SEWB over 12 months, along with factors associated with changes in wellbeing.

Phase 2 commenced in April 2022, with the online survey open from the 8th of April to the 22nd of July. A total sample of 333 men's shed members from 76 different Western Australian sheds participated in the online survey. A report has been completed which presents the findings from this Phase 2 online survey.

The final journal publication will report on the relationships between shed safety, shed engagement (frequency, duration, and diversity of activities), social networks, behavioural activation, physical activity, alcohol use, meaning in life, wellbeing, health-related quality of life, and loneliness.

The findings will be used to communicate the value of men's sheds with key stakeholders and funders.



Launch of small grants program

During 2021/22 we launched a small grants program. Our grants program is open to all men's sheds and community sheds throughout the state and is focused on achieving positive outcomes in sheds by increasing diversity, membership and volunteerism in sheds and reducing social isolation in the WA community.

Round 1 of our small grants program went live on 6 December 2021 with applications closing on 15 January 2022. All men's sheds in WA were eligible to apply for a grant of up to \$5,000 (ex GST) to undertake projects aimed at increasing participation in sheds.

We awarded 17 grants totalling a little over \$50,000 to sheds for a range of different outcomes including:

- Increasing IT capabilities in three Sheds. Increasing members independence and online connectivity.
- Supporting four sheds to hold open days to encourage membership and promote men's health in the community.
- Facilitating community education sessions through the purchase of small tools for the newly formed Bayswater Women's Hub.
- Helping Mandurah Men's Shed with a membership drive by funding the creation and production of posters and flyers encouraging men to visit and join the men's shed.
- Funding a 3D printer to increase the range of activities available for members at the Broome Men's Shed.
- Aiding five shed extensions to support accessibility and membership growth.
- Improving the safety and wellbeing of shed members and the wider public with funding 20 Mental Health First Aid courses and 26 first aid courses.

Applications for round 2 opened on 1 May and closed on 30 June 2022.

VOLUNTEER TRAINING/ SKILLS

Bayswater Women's Hub	Facilitating educational sessions
Denmark Men's Shed	10 members attend first aid training
Geraldton Men's Shed	5 members attend first aid training
Midland Men's Shed	5 members attend first aid training
Northam Community Men's Shed	Mental Health First Aid training for 20 people
Station Street Men's Shed	Set up a computer area to instruct members on IT

MEN'S HEALTH/ EVENTS/ COMMUNITY ENGAGEMENT

Bicton Men's Shed	Materials to extend workshop
Brunswick Junction Men's Shed	Funds to host men's health event, hold first aid training for members, purchase IT equipment and COVID PPE
Cockburn Community Men's Shed	Open community day
Falcon Community Menshed	Open community day
Mandurah Men's Shed	Membership drive
Melville Community Men's Shed	Open community day

EQUIPMENT/ BUILDING IMPROVEMENTS TO INCREASE ACCESSIBILITY AND PARTICIPATION

Broome Men's Shed	Computer, printer and WiFi package + 3D printer
Donnybrook Men's Shed	Outdoor veranda and meeting area
Dunsborough Community Men's Shed	Improve safety and access to accommodate manoeuvrability for people with wheelchairs.
Kellerberrin Community Men's Shed	Improvements to allow wheelchair access to the building
Margaret River Men's Shed	Meeting room improvements to increase usage



Grant Outcome Report - Brunswick Junction Men's Shed

Brunswick Men's Shed hosted a men's health & wellbeing event aimed at men's sheds in the South West region but also reached out to members from the local & surrounding communities. Their event comprised a variety of interactive displays where people could talk to individual service providers and have free medical support, including hearing and skin cancer checks.

The theme of the day Moving Forward: 2022 & Beyond involved presentations on a wide range of subjects.

Special guests:

Hon. Nola Marino MP and Commander Brad Sorrell APM WA Police.

Service providers in attendance:

The Australian Men's Shed Association, Men's Sheds of WA, Council for the Aging WA, Carers WA, WA Police - Community Engagement, Department of Fire and Emergency Services, Regional Men's Health Initiative, Cancer Council WA, South West Aboriginal Medical Service, Hearing Australia, Lions Skin Cancer Bus.

Outcomes:



No. of volunteers
involved in your
project? **14**



Community
participation **40**



How many members of
your shed attended /
participated **10**



Community
members
benefiting **100**

Volunteering: six members received First Aid Training in case of an emergency on the day of the event.

Inclusion: South West Aboriginal Medical Service (SWAMS) brought their Men's Group along to participate in the day's event. They were very impressed with the men's shed movement and the way that they were made to feel welcomed and included, the shed is now working alongside them to help their men's group become part of the men's shed movement. It was also great to see some female Shedders in attendance.



State Conference 2021 - Inclusive Thriving Sheds

With the theme of 'Inclusive Thriving Sheds', our biannual conference was an opportunity for delegates to discuss some of the key issues that face our sector.

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 on interaction, input and idea exchange and provided a space for participants to share ideas and concerns from their sheds. Men's shed leaders were at the centre 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 that every men's shed in WA can continue to grow into the future. We want to help sheds to reach out to their communities and to support the wellbeing of all men in WA.

To watch the Conference presentations and to view the illustrator's summary of the key messages click here.

<https://mensshedswa.org.au/event/conference-2021/>



'Find a shed' website resource launched

We launched our 'find a shed' website directory in October 2021. 'Find a shed' is an active directory of all our member sheds throughout the state.

People can use the search filters to find sheds by name, location (suburb or postcode) or activity or they can simply scroll our A-Z list in ascending or descending alphabetical order or by distance.

Each shed has its own page with information about membership, activities and contact information. We designed the directory to be a one-stop shop for anyone wanting to learn more or wanting to connect with their local shed.

In its first six months our find a shed page received nearly 10,000 visits and 20,000 engagements such as clicks, scrolls and search views.

Each shed on our website has a contact form built in so members of the public can engage directly with that shed and 130 forms were sent to sheds from these pages in that time.



www.mensshedswa.org.au

Act Belong Commit partnership

Act Belong Commit is a positive mental health promotion program coordinated by Mentally Healthy WA at the School of Population Health, Curtin University.

The Program is implemented through community groups and in health, education, worksite and recreation settings.

Mentally Healthy WA's mission is to enhance people's mental health and wellbeing by strengthening individual resilience and building community cohesion. The Act Belong Commit campaign's goal is to encourage people to become more proactive about their mental health.

We signed a MOU on 1 February 2022, stating the intention of Men's Sheds of WA to proactively support positive mental health promotion in individuals and the community through strategies that:

- provide opportunities for individuals to be mentally, physically, spiritually and socially active (ACT).
- encourage individuals to join and actively participate in the organisation's activities and those of partner organisations (BELONG).
- encourage individuals to become a volunteer for the organisation, to set personal goals for achievement in the activities of the organisation and to be more broadly involved in other community events and environments (COMMIT).



State wide men's shed networking meetings

We held our annual series of men's sheds networking meetings between 6 and 31 May 2022.

Hosted by 10 different sheds throughout the state with representatives from 72 sheds attending.

These meetings were supported by the Road Safety Commission and several organisations and individuals participated through trade displays and presentations.

Presenters at this years meetings included:

- Men's Sheds of WA Chaplain - Richard McAllister
- Carers WA - Laura Malcolm
- Boston Scientific - Kent Brinklow
- WA Police – Various local representatives
- Blaze Aid - Rob Edwards
- Disaster Relief Australia – Rebecca Talbot

We also encouraged our host sheds to provide a member or local subject matter expert to provide a general interest presentation. We had presentations from shedders discussing everything from WW2, Apollo missions to the construction of wooden bi-planes and skiffs.

10

regional
and metro
meetings

165

people
attending

72

sheds
attended
representing

3000+
shedders

3500^{km+}

traveled
by the
Men's Sheds
of WA team
to host events





Shed Wellbeing and Health

Wellbeing and Health Officers

Wellbeing and Health Officers (WHOs) are volunteers in sheds who look after their members, and support their general welfare. They check up on members who haven't attended in a while, organise wellbeing and health talks in the sheds and lend an ear to anyone who needs it and directs them to appropriate resources.


Our Regional Health Coordinator, Rebecca Talbot, has been instrumental in her first six months, in promoting the value of WHOs in sheds. Rebecca has supported sheds to create WHO roles in their sheds and has helped to upskill WHOs to feel more comfortable in their role.

Three training sessions were held between January and June 2022 with a total of 92 attendees.

Shed Health Events and Open Days

Funded by our small grants program and supported by Rebecca Talbot, a number of men's sheds held public health events and invited the community to participate.

Brunswick Junction Men's Shed, Cockburn Community Men's Shed, Falcon Community Menshed, Mandurah Men's Shed, Peel Community Men's Shed and Timbers Edge Community Workshop and Men's Shed all ran very successful events educating the attendees on health issues, promoting the value of sheds in the community and highlighting their contribution to men's health and wellbeing.

A background image of two men smiling in a shed, overlaid with a semi-transparent red filter. The man on the left is wearing a dark jacket, and the man on the right is wearing a light-colored shirt with a logo and glasses, holding a wooden post.

**MEN'S
SHEDS
OF WA**

THANK YOU

We want to say thank you to our members and to our funders, the Department of Communities, Department of Health (Commonwealth) and Lotterywest for your ongoing support.

Thank you also to the Road Safety Commission who funded our state wide shed networking meetings through their grants program and to WACOSS for funding our Wellbeing and Health Project through their capacity building grant.

We also acknowledge and appreciate the support of local governments and shires throughout WA who support the men's sheds in their area.

Men's Sheds of WA

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