

INVITATION TO ATTEND THE METROPOLITAN FOOTHILLS ZONE MEETING

Three members of each shed are invited to attend the upcoming Zone Meeting hosted by the **Foothills Men's Shed**

DATE	Monday, 17 April 2023
TIME	9:00am to 3:00pm
LOCATION	Foothills Men's Shed; 24 Anderson Rd Forrestfield, WA 6058
PARKING	Plenty of parking onsite or at the nearby shops
COST	\$15 per person, payable on the day to cover catering costs
RSVP	Jaxon@mensshedswa.org.au by Monday 10 April 2023 Please advise when you RSVP if you have any dietary requirements.

METROPOLITAN FOOTHILLS ZONE SHEDS:

Armadale Community Men's Shed	Midland Men's Shed
Crossways Community Men's Shed	Moorditj Mia Program
Foothills Men's Shed	Mundaring Community Men's Shed
Gosnells Community Men's Shed	RGE Men's Shed*
Harrisdale Men's Shed	Rise Men's Program South*
Heart & Soul Men's Shed	Roleystone Men's Community Shed
Kalamunda Men's Shed	Serpentine Jarrahdale Men's Shed
Maddington Men's Community Shed	Station Street Men's Shed

Your Zone Meeting will be attended by your MSWA Board representative, Reg Tipple.



DON'T IGNORE THE YAWNING SIGNS

LACK OF SLEEP SLOWS REACTION



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MEETING AGENDA – METROPOLITAN FOOTHILLS ZONE MEETING

9.00 am	Arrive and have a cuppa
9.30 am	Opening of Zone Meeting - Welcome and introductions <ul style="list-style-type: none"> • Welcome by host Shed • Welcome by Men's Sheds of WA Board Member
9.40 am	Let's talk - around the Sheds <ul style="list-style-type: none"> • Sharing your Sheds information - membership numbers and achievements • Please also prepare 3 do's or don'ts for starting a shed (to be compiled for developing sheds)
10.30 am	Coffee and tea break
11.00 am	MSWA Presidents update – Trevor Gorey
11.05 am	Guest Speaker - Cancer Council
11.35 am	Regional Health Coordinator and Chaplain update – Rebecca Talbot and Richard McAllister
12:05 pm	Guest speaker – Carbatec – Graham MacKellar
12.30 pm	Lunch
1.30 pm	Guest Speaker – Alzheimer's WA
2.15 pm	News and updates <ul style="list-style-type: none"> • Men's Sheds of WA administration and policy updates • Latest shed wide developments
2.55pm	Next Zone Meeting details: Location and date
3.00 pm	Farewell to Shedders and close

Photos may be taken on the day for use in Men's Sheds of WA publications, website and social media. Please advise on the day if you are uncomfortable with your picture being used.

This event is supported by the Government of Western Australia's Road Safety Community Grants Program



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