

INVITATION TO ATTEND THE SOUTHERN METROPOLITAN ZONE MEETING

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

DATE	Friday, 14 April 2023
TIME	9:00am to 3:00pm
LOCATION	Cockburn Community Men's Shed; 2 Sullivan St, Cockburn Central WA 6164
PARKING	Plenty of parking on roadside
COST	\$15 per person, payable on the day to the host shed to cover catering costs
RSVP	Jaxon@mensshedsWA.org.au by Friday 7 April 2023 Please advise when you RSVP if you have any dietary requirements.

SOUTHERN METROPOLITAN ZONE SHEDS:

Baldivis & District Community Men's Shed	Cockburn Community Men's Shed	Langford Aboriginal Association Men's Shed
Beananging Kwuart Institute	Coolbellup Community Men's Shed	Mandurah Gardens Estate Men's Shed*
Belmont Community Workshop	Falcon Menshed	Mandurah Men's Shed
Belmont Men's Shed	First Marine Menshed	Manning Men's Shed
Bethanie Waters Men Shed*	Fremantle Men's Community Shed	Pinjarra Community Men's Shed
Bicton Men's Shed	Karnet Prison Men's Shed*	Peel Community Men's Shed
Canning Community Men's Shed	Kwinana Men's Shed*	Rockingham Community Shed for Men
		Victoria Park Men's Shed

Your Zone Meeting will be attended by your MSWA Board representative Fred Brondsema.



DON'T IGNORE THE YAWNING SIGNS

LACK OF SLEEP SLOWS REACTION



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MEETING AGENDA – SOUTHERN METROPOLITAN ZONE MEETING

9.00 am	Arrive and have a cuppa
9.30 am	<p>Welcome and introductions</p> <ul style="list-style-type: none"> • Welcome by host Shed • Welcome by Men's Sheds of WA Board Member
9.40 am	<p>Let's talk - around the Sheds</p> <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	Handling groups using the shed – Mike Murphy
2.30 pm	<p>News and updates</p> <ul style="list-style-type: none"> • Men's Sheds of WA administration and policy updates • Latest shed wide developments
2.55 pm	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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