

INVITATION TO ATTEND THE MIDWEST ZONE MEETING

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

DATE	Wednesday the 3 rd of May 2023
TIME	9:00am to 3:00pm
LOCATION	Jurien Bay Community Men's Shed; 3 Bashford St is the Jurien Bay Sport & Rec Centre - look for the shed across the oval
PARKING	Plenty of parking onsite
COST	\$15 per person, payable on the day to the host shed cover catering costs
RSVP	Jaxon@mensshedswa.org.au by Wednesday the 26 th of April 2023 Please advise when you RSVP if you have any dietary requirements.

MIDWEST ZONE SHEDS:

Bindoon Men's Shed

Gingin Men's Shed

Moora Men's Shed

Carnamah Men's Shed

Green Head Men's Shed

Mount Magnet Men's Shed

Cervantes Community Men's
Shed

Jurien Bay Community Men's
Shed

Mullewa Men's Shed

Chapman Valley Men's Shed

Kalbarri Mens Shed

Northampton Men's Shed

Dongara Men in Sheds

Mingenew Men's Shed

The Menshed Geraldton

The Moore Men's Shed

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



DON'T IGNORE THE YAWNING SIGNS

LACK OF SLEEP SLOWS REACTION



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MEETING AGENDA – MIDWEST 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	Guest Speaker - Cancer Council
11:30 am	Regional Health Coordinator update – Rebecca Talbot and/or Richard McAllister
12:00 pm	Guest speaker – Carbatec – Graham MacKellar
12.30 pm	Lunch
1.30 pm	Alzheimer's in sheds discussion with Rebecca Talbot
1.50 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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