



**3<sup>rd</sup> December 2017**

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<http://endeavourhillsmensshed.blogspot.com.au/>

**Next meeting: Tuesday 3<sup>rd</sup> December**

**Guests : The Chordite Choir -Partners Welcome**

**\$10 per person entry **please bring a plate to share.****

**Next Activity – Cycling 14<sup>th</sup> December 10.00 am Essex Park Drive**

**Endeavour Hills  
Men's Shed**

**3<sup>rd</sup> December 2017**

**Guest Speakers**

**Men's Activities**

**Issue 1 # 16**

**ENDEAVOUR HILLS  
MEN' SHED**

16 Essex Park Drive  
Endeavour Hills  
Tuesdays  
10 am – 3.00 pm

## Parks Victoria (PV)

Negotiations continue with PV and they are currently working through the options and requirements for a site at Lysterfield Park. Work continues on the park bench repairs for PV.

## City of Casey

The committee has replied to the council offer of a license over Essex Park Drive. The preferred position is that we do not manage the other men's group. We have received indicative outgoings from council which are substantial but can be managed. We have also requested that council revisit the permanent site options in particular, two for which no information has been received.

## EHMS signage



Attached are some bits that I have to layout the word Hills, now I wonder if my fellow members would like to add to this to make up Endeavour Hills Men's Shed.

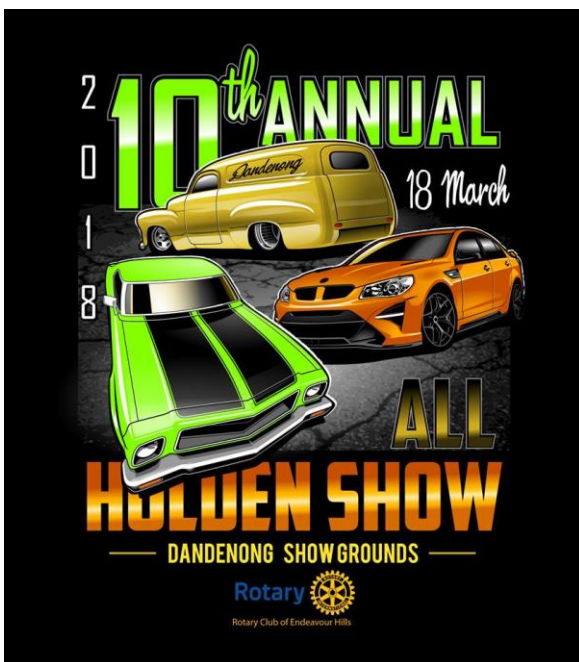
Letters can be made up of anything 'workshop' related and not too heavy or thick.

Letter size is 150mm for caps and 100mm for rest.

These would then be mounted on a sheet to hang or on an A frame.

Looking forward with what you can come up with.  
Hans.

## Dandenong All Holden Car Show on 18<sup>th</sup> March 2018



The EHMS will be barbequing at this event held by the Rotary Club of Endeavour Hills. This will be the 10<sup>th</sup> annual show which was started by Rotary Club of Endeavour Hills and Endeavour Hills Men's Shed member Tony Phillips.

## What happened on Tuesday?

Jim Goodin Chair of Mental Health Australia gave an excellent presentation.

The City of Casey has the highest mental health deaths in Australia. The national suicide rate is double the national road toll.

## Words from our website by Brian Ashworth

Very few people are happy all the time but, some aspect of good Mental Health are

- 80% good and 20% bad
- Not overwhelmed by emotions
- They are comfortable with other people



## Words from our website by Brian Ashwood

Mental illness is a brain disorder.

It is not a consequence of poor parenting.

It is estimated 1 in 2 Australians will suffer a mental health issue (including alcohol or drugs). However 65% do not access treatment.

Highest prevalence of poor mental health is in the 18-24 age group although as people age issues such as dementia become more common.

Some of the statistics are frightening such as on average 8 people commit suicide every day.

3 out of every 4 suicides are by men. Women are more likely to seek treatment than men, or are more likely to survive as overdosing seems to be more often attempted by women, rather than more violent methods.

If you have a friend or relative who seems to be overwhelmed by their problems they should be advised to seek assistance.

## Getting Help

Initially it's a good idea to visit a General Practitioner (GP) to get a Treatment Plan.

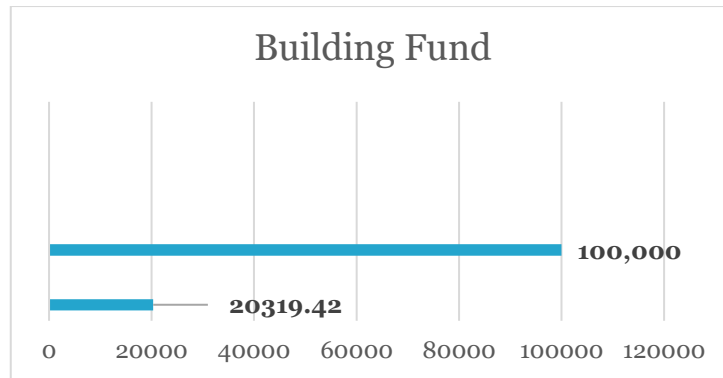
The plan can include getting a referral to a psychologist (for counselling), or a psychiatrist (who has medical training allowing them to prescribe medications).

There are also Community Support organisations such as MHFA, Beyond Blue, SANE, ArcVic, and KidsHelpline.

## Building Fund

Tony Phillips has been quietly fundraising and we now have over \$20,000 in our building fund, thanks Tony.

We have set a target of \$100,000 for our building fund.



Anyone with fund raising ideas please talk to the committee.