



Endeavour Hills Men's
Shed

20th January 2020

Guest Speakers

Men's Activities

Issue 4 # 2

20th January 2020

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Secretary - Paul Morris

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Treasurer – John Thornton

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VP and Almoner - Doug Rowley

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

Open: 21st – 23rd January 2020

10.00 – 3.00pm

ENDEAVOUR HILLS
MEN'S SHED

16 Essex Park Drive

Endeavour Hills

Tuesdays, Wednesdays and

Thursdays

10 am – 3.00pm

This week at Endeavour Hills Mens Shed

Tuesday – Shed open from 10.00 am to 3.00 pm. Supervisor Paul Morris

Wednesday - Shed open from 10.00 am to 3.00 pm. Supervisor John Thornton

Thursday - Shed open from 10.00 am to 3.00 pm. Supervisor – Doug Rowley

Please call the nominated supervisor if you need any assistance.

Our lease times are Tuesday, Wednesday and Thursday.

This week

- **Presidents Report**
- **Car Show**
- **Other business open to the floor.**
- **Paper Airplane contest**



Last week members met with Parks Victoria Warden Amanda to develop a program of works for the police paddocks area. This will involve cutting back vegetation to make pathways safer and user friendly and erecting some concrete bollards in strategic areas.

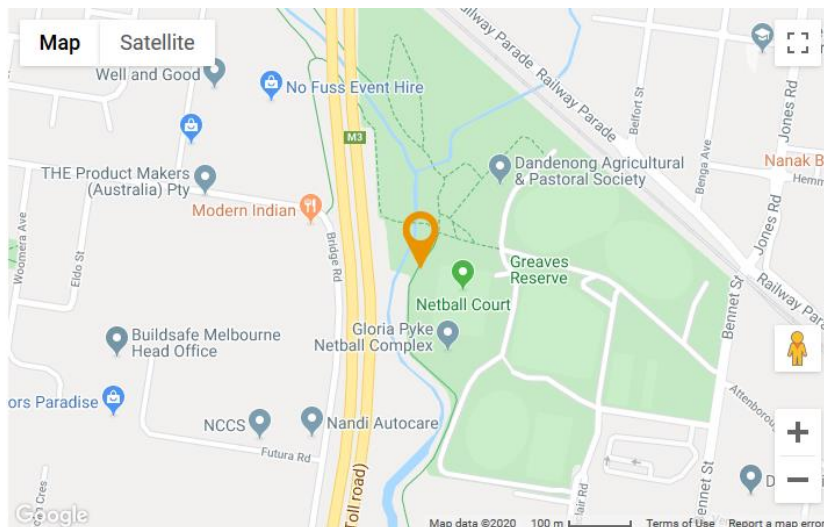


Endeavour Hills Mens Shed working on a project for a local school in Narre Warren

This is a crack team of multi-skilled chaps from EHMS working on repairing, restoring and lacquering furniture from the Fountain Gate Pre-School on 7th January 2020. Quite a production line, Completed in 4 hours with 10 chaps

All Holden Car Show 1st March 2020

The Endeavour Hills Men’s Shed will again be providing BBQ’s for this annual event held by the Rotary Club of Endeavour Hills and this year also assisted by The Rotary Club of Greater Dandenong.



Members Adopted our Health Policy at last week's meeting, this can be seen on the pages below.

ENDEAVOUR HILLS MEN'S SHED HEALTH POLICY



1 Preliminary

- 1.1 The EHMS applies this policy having regard to the following;
- to 'promote good health, well-being and the quality of life for men', as stated in the Model Rules;
 - its 'registration as a Charity with the subtype of Advancing Health'; and
 - its membership.
- 1.2 The EHMS recognizes the Key Issues of Life Stage which are identified in the **National Men's Health Strategy 2020-2030** (p15) and in particular the following **Priority Health Issues** of that Strategy:
- Mental Health;
 - Chronic conditions (including coronary heart disease (CHD), cerebrovascular disease, Type 2 diabetes, bowel cancer and lung cancer. Together, with dementia¹⁴ and chronic obstructive pulmonary disease (COPD), these seven conditions contribute to almost half of all adult male deaths p21);
 - Sexual and reproductive health conditions;
 - Injuries and risk taking; and
 - Healthy ageing.
- 1.3 **The EHMS supports the mission of the Sun Smart Program. This Program is** Jointly funded by [Cancer Council Victoria](#) and the Victorian Health Promotion Foundation ([VicHealth](#)). **SunSmart's mission is to reduce skin cancer incidence, morbidity and mortality through a targeted prevention and early detection program.**
- 1.4 **The EHMS supports the National Policy for Action to Promote Eye Health and Prevent Avoidable Vision Loss, in particular the following Action Areas:**
- Reducing the risk;
 - Increasing early detection;
- 1.5 **The Hearing Health Roadmap**, in particular Identifying hearing Loss and Prevent Hearing Loss p.5 (Supporting all Australians who are deaf or hard of hearing to live well in the community).

2 PURPOSE

2.1 This policy:

- establishes the framework for advancing the good health, well-being and the quality of life for men through educational, recreational and social activities, the sharing of skills and ideas which are of interest to men, undertaking projects and partner with other organisations which contribute positively to the wider community; and
- establishes a framework for identifying, addressing and achieving positive outcomes for **Priority Health Issues** when planning and implementing the program of EHMS activities.

3 SCOPE

3.1 This policy applies to the management committee and to the members of the EHMS.

4 POLICY STATEMENT

4.1 Opportunities to address the following health related actions will be addressed when planning, implementing and carrying out the activities of the EHMS, these include:

- disseminating topical health related information;
- promoting and advancing the values of healthy eating and nutrition;
- embracing physical exercise to enhance physical well-being;
- encouraging social engagement through participation, inclusiveness and building relationships, to reduce the risks associated with social isolation, build self-esteem, respect and personal identity;
- providing activities which maintain or introduce physical skills and abilities and provide mental stimulation;
- encouraging new experiences, new interests to build self-confidence and shared experiences;
- building community partnerships (including other Men's Sheds) which help to extend personal networks, community identity and connectedness.
- Addressing Priority Health Topics through presentations, information and our activities on a rotating (or as needs basis) on a three-yearly cycle.

5 RESPONSIBILITIES

Compliance, monitoring and review

5.1 It is the responsibility of the management committee to:

- Advance and promote health and well-being by ensuring that activities of the EHMS are planned and implemented to reflect the **Priority Health Issues** of this policy; and
- on an annual basis assess the health-related outcomes;

5.2 It is the responsibility of the EHMS members to:

- Positively embrace the **Priority Health Issues** identified in this policy;
- Actively participate in implementing the **Priority Health Issues** of this policy.

Reporting

6 On an annual basis assess health-related outcomes in relation to the **Priority Health Issues**; and report the findings of that assessment to members.

7 RELATED LEGISLATION AND DOCUMENTS

8 Reference documents

National Men's Health Strategy 2020-2030

SunSmart Community organization Policy

National Framework for Action to Promote Eye Health and Prevent Avoidable Blindness and Vision Loss.

Adopted by A Meeting of Members 14.1.2020

NEW BUILDING



Tenders closed on the 11/12/19. Later we were advised by council that several strong tenders had been received, however the cost was over budget. Council is presently reviewing the budget and it may go to a finance committee meeting in late January.

It is unlikely that we will hear from council until early February, meanwhile we are looking at possible cost reductions without compromising the size of the building.

Projects

- Construction of base and installation of Scalextric Racing Set – completed.
- Construction of base and installation of Hornby OO train set.
- Mounting of 23 Barometers
- Woodwork Toys

We have more models to work from i.e.: - Truck, Steam Roller. Please call in on our project days Wednesday & Thursday to help. Sandy has plans for a grader now completed plus truck money box's

Plans are available to commence projects now

Shedders we have the equipment please roll up on **Wednesday & Thursdays** to make the most of our project days

Great to see members, making use, of our project days. Airplanes galore

Guys if you are looking for anything in the storerooms. Just ask Neill B he knows where everything is.

EHMS Accounts

Any members with queries should contact Treasurer John Thornton.

Endeavour Hills Men's Shed Committees

Program

BBQ

Management

Graeme Seymour
Andras Jakab
Neil Bennett
John Grennan

Stan Ashley
Ivan Stiglic
Graeme Seymour

Trevor Ratcliffe John Grennan
Doug Rowley Neil Bennett
Paul Morris Laurie Canfield
John Thornton Neil Evans
 Robert Kay

Working with Children Checks held by:

John Grennan
Geoff Brown
Doug Rowley
Howard DeZylva
Stan Ashley
Paul Morris
Gordon Harris
Geoff Lacey
Neil Evans
David Robinson

Tony Phillips
Neil Bennett
Andras Jakab
David Taylor
Brian Ashworth
Hans van Dyk
Robert Kay
Will Beattie
David Taylor

First Aiders:

Trevor Ratcliffe
Paul Morris
Doug Rowley
John Thornton
Brian Ashworth
Neil Bennett
Tony Cannata
Howard De Zylva
Garrick Williams
Stan Ashley