



Nuts & Bolts

AMSA MEMBER BULLETIN

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Defibrillators for Men's Sheds Initiative 2020 - Update

It has come to our attention that there are a series of emails being distributed about the defibrillator that was distributed under the Department of Health and Aged Care Defibrillators for Men's Sheds Initiative 2020. The following information will clarify the situation and provide an accurate guide in your decision making.

Sheds that received Cardiac Science defibrillators under the initiative:

- Received the G5 Powerheart defibrillator
- You have not been given inferior or obsolete defibrillators
- Your warranties remain valid
- There are options available when the warranties run out.



A communique from a defibrillator supplier has been sent out to the Sheds that received Cardiac Science defibrillators under the initiative suggesting the unit has been made redundant - it is not accurate, noting that Sheds received the G5 Powerheart defibrillator and not the G3 model.

It also leads Sheds to believe that their batteries and subsequently their defibrillators, will be rendered useless after 4 years. This is just the period for which the batteries are covered under warranty.

- a) The defibrillator units themselves carry an 8-year warranty.
- b) The G5 defibrillator has a battery that is expected to be operational for 5 years in normal circumstances and carries a 4 year full replacement guarantee.
- c) These batteries have an illuminated 5 bar gauge indicating the level of power remaining and allow sheds to track the remaining life in the battery.
- d) The electrodes/pads carry a shelf life of 2 years and the G5 pads are not noticeably more expensive than the pads for other defibrillator makes.
- e) The guarantee does, however, only cover a battery that is faulty or has expired.
- f) The defibrillator runs self-tests daily and will give a message when the pads are no longer viable.
- g) In situations where Sheds require batteries or pads for their defibrillator that are no longer covered under warranty, Sheds can apply for these through the National Shed Development Programme (NSDP) Category 5.

Warranty and General Enquiries

Any warranty related claims relating to your defibrillator can be directed to Zoll Australia (which is the Australian rep for Cardiac Science defibrillators).

Contact the support team - The Department has spoken with this team and they have confirmed that Sheds with warranty issues regarding their Cardiac Science defibrillator should raise it with them.

Phone on 1800 605 555 (Toll free) or via email at info.aus@zoll.com

A look back at 2022

Although the world has not fully returned to normal, for the first time since the beginning of the COVID pandemic we have finally had a year without significant disruption.

The overall feedback from Sheds has been mixed. Where some are experiencing difficulties both financially and with low attendance numbers, others are reporting far more prosperous times and significant increases in attendance. There appears to be no rhyme or reason to these variations, but we believe that Sheds will continue to prosper, and as always the team here at AMSA are always here to help you.

This year we have been back on the road and returned to a full calendar of events. Across the year AMSA staff have visited more than 250 Men's Sheds and we've hosted more than 30 events around the country.

It seems everyone is enjoying getting out and meeting new Sheddors and catching up with old friends. We would like to take this opportunity to thank all of the host Sheds and Regional Coordinators who helped us make 2022 our best year yet in events.

2022 Highlights

- 9th National Men's Shed Gathering was held in Albury (NSW) – an exceptional few days with a large number of Men's Sheds represented.
- 2022 National Men's Shed Awards recognised outstanding Men's Sheds and Sheddors. Congratulations again to Wodonga Men's Shed (Shed of the Year) and other recipients.
- We launched our *Shed Mates* Shedder wellbeing initiative with more to come in 2023!
- JPY returned for a second year hosting The Shed Wireless podcast (Series 4). Listen at www.mensshed.org/theshedwireless
- Our new website delivered improved the functionality and introduced new features including the Member Portal and The Shed Shop. Our website continues to be the world's most visited website for Shed-related information.
- The Regional Coordinator Initiative (funded by the Australian Government Department of Health & Aged Care) has provided support to Men's Sheds in each state and territory. We have had very positive feedback from Sheds across NSW/ACT and SA/NT in regards to our implementation of this initiative.

Celebrating 30 Years of Sheds

Next year will mark the 30th anniversary of the beginnings of the Men's Shed movement. We'll be celebrating with a special series of events beginning in early 2023. We hope to see many Sheds involved in celebrations across this year – acknowledging this very special milestone and the impacts of Sheds since humble beginnings in regional South Australia (Goolwa) in 1993.

As always, we'll be out on the ground visiting Sheds throughout 2023. Please let us know when you're holding events (you can also add them to our new website Calendar), as we do our best to get involved.

With the AMSA Board ratifying our AMSA 2022-2024 Strategic Plan and organisation values we will continue to embed the strategic priorities into our everyday business strengthening the Shed movement and connecting Men's Shed communities for better male wellbeing and health.

Early next year we will again be asking for your formal feedback through the AMSA Member Survey. The survey is a great opportunity for us to collect a national snapshot of the composition of the Australian Men's Shed movement, as well as gain a deeper understanding of your needs and challenges.

Finally we thank you – our members – for your continued support in 2022. Next year is already shaping up to be a great one for Sheds.

We acknowledge and thank the AMSA staff for their efforts throughout the year. As you may not be aware, AMSA employs just ten people who continue to provide excellent support to 1,257 Men's Sheds around Australia.

On behalf of the AMSA team, I wish you a safe and happy Christmas. Look out for your mates who might not have many people around them at this time.

Paul & David
Chairman // Executive Officer

Do your Men's Shed Board/Committee Members need a director ID?

We have recently been receiving a number of enquiries regarding Director's ID. Fortunately, directors of an unincorporated association or an incorporated association established under state or territory legislation are not required to have a Director's ID.

Director ID's are a new requirement for Company Directors under Federal legislation in a step to prevent the use of false or fraudulent director identities. This applies to nationally registered companies, such as a company limited by guarantee (LTD) or proprietary limited company (Pty Ltd), not for committee members of incorporated entities (Inc) under State legislations.

As majority of Men's Sheds are incorporated under the relevant State Government Incorporation Acts, committee members are exempt from the requirement to have a Directors ID.

If you would like further information visit www.abrs.gov.au/director-identification-number

2023 Shedder's Calendar bundles now available

Pre-order a copy of the AMSA 2023 Shedder's Calendar at The Shed Shop: www.mensshed.org/the-shed-shop

Order a single copy for yourself or a pack of 15 for Shed members and supporters.

Individual copy: \$4.95 + shipping

Pack of 15: \$34.95 + shipping

Pre-orders will be sent from the AMSA Office in the week commencing 12 December 2022. We'll keep in touch with tracking details via email.



Mental Health First Aid (MHFA) *Conversations About Suicide* – Free course for Men’s Sheds

Free course for men interested in learning how to better support friends and family members who may be struggling with their mental health – targeting Men’s Sheds in NSW, VIC, QLD, WA, SA & ACT

Researchers from the University of Melbourne would like your support to help us evaluate the Mental Health First Aid (MHFA) *Conversations About Suicide* course in Men’s Sheds across Australia.

The free course aims to empower men with skills to support people they know who might be at risk of suicide. We know that starting conversations about this topic can be difficult. This 4-hour course teaches participants how to identify, approach and support someone who feels like life is not worth living.

This research study will help us find out if the course is effective. If it is, then it can be made more widely available in the community. Our website can be found here: <https://lifeinmind.org.au/buoy-project/conversations-about-suicide>

About the project

- The course will be offered to Shed members for free.
- A qualified MHFA instructor will teach the course at the Men’s Shed.
- The date of the course will be determined after Shed members have registered their interest.
- All Shed members who sign up for the course will be asked to complete 3 questionnaires, each questionnaire will take approximately 20-30 minutes to complete.
- Some Sheds will do the course after completing the 3 questionnaires over a period of 7 months. Others will do the course after the first questionnaire and complete the other questionnaires 1 and 7 months after the course. This is determined randomly, like drawing names from a hat.
- Please get in touch with any questions and/or to discuss how to join our study via: **MHFA-study@unimelb.edu.au** or phone Dr Anna Ross on 03 8344 7888 or Prof Nicola Reavley on 03 9035 7628

