



Nuts & Bolts

AMSA MEMBER BULLETIN

FEBRUARY 2023



In this edition:

AMSA Member Update

NSDP Round 25 closes 3 March

AMSA Insurance 2023 Program now available

Community: Clean Up Australia Day

Men's Health: Advance Care Planning Week

Check out the Shed Diary for upcoming events and programs

Introducing our custom Shed Mates conversation starters

In 2022, with the support of Black Dog Ride, we launched our shedder wellbeing initiative: Shed Mates.

The Shed Mates initiative aims to empower Shed Wellbeing Teams and Shedders with a simple framework and a toolbox of resources for better wellbeing.

To add to this toolbox, we teamed up with the workwear legends at TradeMutt to create a bright and bold design loud enough to kick start conversations about mental wellbeing and health.

You can don our killer new Shed Mates polo and socks at the Shed or around town to help us all in our goal to reduce the stigma around speaking about mental health.

A full size range of polo shirts (\$44.95 +shipping) and socks (\$19.95 +shipping) is now available at The Shed Shop: mensshed.org/the-shed-shop



An AMSA initiative supported by Black Dog Ride | mensshed.org

Celebrating 30 Years of Sheds

Dear Shedders,

Welcome to 2023 and a New Year of Shedding, we are anticipating a big and prosperous year ahead of us all.

Firstly, following the most recent AMSA Board meeting I welcome our new board members. Michael Reddan, Trevor Gorey and Trevor Dobbin were appointed to the Board as elected Directors and we also welcome Luke Clifton as a skills based Director. All Board members have completed their induction and annual governance training provided by NFP law experts, Justice Connect.

Importantly to start 2023, after much negotiation we are able to continue to provide a comprehensive program of insurance, with reputable insurers and sustainable coverage, for \$29 per member. This is a price increase of only \$1.00 per member on last year and is an exceptional result in the current market - as we all know the insurance industry, like many others, is under increasing pressures.

This year also marks 30 years of Sheds.

We hope to see many Sheds involved in celebrations across this year. Throughout 2023 we will acknowledge the significant milestones of the opening of The Shed at Goolwa Heritage Club (1993) 30 years ago, as well as 25 years since the opening of the Dick McGowan Men's Shed (now Tongala Men's Shed, VIC) and Lane Cove Community Men's Shed (NSW). More importantly we acknowledge the significant impact and legacy of Men's Sheds: 30 years of connection, community and camaraderie.

AMSA also celebrates the milestone of 15 years in operation.

AMSA has come a long way in 15 years, providing support and assistance to all Sheds regardless of membership (AMSA is federally funded to support all Sheds). AMSA was initially funded for this support as part of the 2010 National Male Health Policy, when there was less than 300 Men's Sheds in operation across Australia. Today there is over 1,280.

AMSA was funded as a unity model organisation, a business structure that has a centralised core service provision that eliminates the expenses of duplication over multiple levels of administration. The initial funding agreement was for \$750,000 for Shed Support Services and \$250,000 National Shed Development Program (NSDP). Comparatively today AMSA now receives \$850,000 a year for Shed Support and \$1,000,000 for the NSDP.

Despite our significant growth, the funding to service this growth has increased minimally.

With this in mind AMSA has made a formal submission to Treasury for more appropriate funding to be allocated in this year's Federal Budget. We have prepared this submission for the benefit of all Mens Sheds and members, and we know we have your support. We are confident that we will be successful and then be in a strong position for the provision of additional support services.



On a final note, I would like to thank all Sheds who continue to provide us with input, sharing ideas and skills is what AMSA was built on. Due to various reasons (logistics, legal, financial etc) we are not always able to develop all of your ideas and suggestions, but I encourage you all to continue to provide this valued input.

Regards,
David Helmers
Executive Officer

NSDP Round 25 closes 3 March

Round 25 of the Australian Government Department of Health And Aged Care National Shed Development Program closes on Friday 3 March 2023

How to obtain additional support, information, or assistance

Please email amsa@mensshed.net or call 1300 550 009 if you have enquiries about the NSDP, preparing your application, the application process and items/services that are eligible for funding.

Support is provided to all applicants regardless of their location or membership of AMSA.



AMSA Men's Shed Insurance 2023

We are excited to open the 2023 AMSA Insurance Program, for the policy period of 28 February 2023 to 28 February 2024.

After much negotiation we are able to continue to provide a comprehensive program of insurance, with reputable insurers and sustainable coverage, for \$29.00 per member.

This price is an increase of only \$1.00 per member on last year and is an exceptional result in the current market.

We invite the 1,000+ Men's Sheds and Community Groups currently on the package to reapply for the current policy period, and we welcome other Men's Sheds and Community groups to apply.

For more information and application visit mensshed.org/for-mens-sheds/insurance

COMMUNITY

Clean Up Australia Day

Help tackle our environmental pollution challenges and sign up for Clean Up Australia Day on 5 March 2023

As our world faces unprecedented environmental challenges, Australians are being encouraged to join together to take positive action.

Pip Kiernan, Chair of Clean Up Australia says "Our environment is facing pressure unlike ever before. As all Australians know, over the past two years, we've seen severe bushfires, cyclones and floods, and increased pressures on our biodiversity and an ever-growing volume of waste which leaks into our natural and marine environment."

"Australians tell us every day that they are concerned about the world we live in but often feel frustrated and unsure how to make a positive impact. Clean Up Australia Day is a great opportunity to work together and take practical action. We seek the support of all Australians. Together we can all make a real difference," Pip continued.

Registration is free, and participants receive a free Clean Up kit, containing gloves and bags and other resources, with packs for community groups available.

Do you know a spot near the Shed in need of a tidy up? Rally the troops and register at cleanup.org.au/community for your free kit. A free BBQ before or after the Clean Up will be sure to entice a few members into lending a hand!

MEN'S HEALTH

National Advance Care Planning Week

National Advance Care Planning Week encourages Australians, regardless of age or health status, to make their future health care preferences known. The week's goal is to challenge everyone to discuss what living well means and to consider who they would want to speak for them, if they could no longer communicate or make their own health care decisions. It's been successful in starting tough but important conversations across the country.

Join a free webinar for more information:

Advance Care Planning and Dementia - Wednesday 22 March, 1:30 PM AEDT

Tailored for people living with dementia and their families and carers. This webinar will explore how to effectively prepare and plan for future health care decisions.

Advance Care Planning for Your Future Health Care - Thursday 23 March, 1 PM AEDT

Learn about all things related to advance care planning: how to plan for your future health care, how to appoint someone to make decisions on your behalf, and how to share your plan with your family.

Advance Care Planning & My Health Record for Carers - Wednesday 29 March 1:45 PM AEDT

Explore advance care planning for carers including how you can upload advance care planning documents to My Health Record. [Register here.](#)

Find out more about how to get involved in National Advance Care Planning Week and register for a webinar at advancecareplanning.org.au/nacpweek



**AUSTRALIAN
MEN'S SHED
ASSOCIATION**
Shoulder to Shoulder



Shed Diary 2023

Find out more and submit events at mensshed.org/events

17 February	Men's Shed Muster – Glen Innes Hosted by Glen Innes Men's Shed
28 February	AMSA Insurance Due Find out more at mensshed.org/for-mens-sheds/shed-insurance
3 March	NSDP Round 25 closes Find out more at mensshed.org/nsdp
5 March	Clean Up Australia Day Register a Clean Up at cleanup.org.au/community
20 – 26 March	National Advance Care Planning Week Find out more at advancecareplanning.org.au
21 March	NSW Far North Coast Men's Sheds Men's Health Muster Club Sapphire, Merimbula NSW
21 – 22 March	SA Men's Shed Governance Seminar Education Development Centre, Hindmarsh Find out more at mensshed.org/events
14 – 16 April	National MENZSHED NZ Conference 2023 Find out more at menzshed.org.nz/conferences/
12 – 18 June	Men's Health Week
3 – 10 July	NAIDOC Week
28 July	Schools Tree Day
3 – 9 September	Men's Shed Week Celebrating 30 Years of Sheds
4 – 8 September	Men's Shed Week Tour de Shed VIC/SA
10 October	World Mental Health Day
11 & 12 November	Garage Sale Trail
18 & 19 November	Garage Sale Trail
19 November	International Men's Day



**AUSTRALIAN
MEN'S SHED
ASSOCIATION**
Shoulder to Shoulder

