

2019 National Men's Shed Awards Nomination Form

Please circle the relevant award nomination category.

- Unique fundraising activity
- Unusual shed activity
- Best Shed garden
- Outstanding recycling/up-cycling activity
- ** Shed of the year**

Nominated Men's Shed

Buderim Men's Shed Inc.

Nominated Men's Shed Address

38 Advance Road, Kuluin, Qld 4558

Category Nominating for?

Shed of the Year

Position of nominating person

Committee or other?

President

Contact number of nominating person

For further information (if required)

0414 379 932

**Will you or others from the nominated Men's
Shed be attending**

Yes

Please note: Winners from 2017 cannot nominate in 2019

Tell us a bit about the shed

1. History of set up.

Buderim Men's Shed was formed in 2011 with the support of Buderim Rotary Foundation. We started with 20 members and met at St Marks Church Hall. In 2011 Dr Bill Glasson kindly offered us accommodation at his premises in Mill Road, Buderim and this allowed us to provide a large number of activities and accommodate more members. Buderim Men's Shed Inc is registered with the Office of Fair Trading, Queensland as a not-for-profit incorporated association (registration no: IA39523).

2. Our aims.

- a) To provide a safe, supportive and friendly environment for men of all ages where they can do meaningful work for themselves and make a contribution to the local community; and
- b) To educate our members about health and wellbeing.
- c) How we affect men's lives:
 - i) We give a sense of new purpose to retired men so that they feel that they have a worthwhile contribution to make to their fellow members and to the community;
 - ii) We provide a safe environment to enable men to connect socially;
 - iii) We have had letters from members showing how important the shed is to them. A couple of these are attached.

3. The move to our new home.

- a) Reason for the move. The owner of our Mill Road premises wished to re-occupy the premises. We were given a very generous 6 year notice period to find alternative premises.
- b) Our new home. We signed a 90 year lease with the Department of Transport and Main Roads for occupation of 1.1 hectares of unimproved land at 38 Advance Road, Kuluin, Queensland. Under the lease we were entitled to put up buildings to house the Buderim Men's Shed.

Tell us about the shed's activity and/or work for 2018/2019

1. Introduction

a) There are, of course, all the activities that you would expect of a large men's shed and we will list these below.

b) We also continue to integrate into and work with the community and to provide a service for those who need it. We have made good progress on this front in the last 12 months.

c) In addition to these things and what we think makes us a fitting candidate for the AMSA "Shed of the Year" award is this: our members have, through grit, determination and enthusiasm, made a new home. This home will accommodate our current 250 members, with room for more. It will also be a venue for community events. We give below a snapshot of our efforts to fit out our new home.

2. Activities in the Shed

a) List of activities. They include woodwork, wood turning, toy making, metal work, gardening, art and sketching, computing, discussion groups, sport and recreation, French polishing, leather work, library and book group, health and welfare group, music and instrument playing, billiards and upholstery.

b) Welfare of members. We appointed a Welfare Officer whose task is to follow up members who are "doing it tough" and to offer support and (subject to any privacy restrictions) to keep the members informed. This allows members to visit their mate and offer support and to re-integrate him back into shed life.

3. What we have done in the community over the last 2 years

a) We are ready to do any work that will help those who need it. In 2018 we cleaned, prepared and painted a 300m fence in Chancellor Park for those who had low cost housing and could not afford to paint it themselves. We have responded to calls from Buderim residents to help with a clean out. This happens mostly where a surviving wife contacts us to help tidy up her deceased husband's effects. Also in 2018, we made benches for the Kawana Surf Lifesaving Club after theirs had been damaged by fire.

b) We have a shop in Buderim village. The shop premises are provided rent – free for so long as the owner needs to find a tenant. This has meant that we have had to move a few times. All the same, we find that word of mouth ensures that the Buderim community soon finds our new location. We sell things we make but we also aim to provide information to the community about who we are and what we can offer men. Lately we have found that our

women “shoppers” are often just keen for a chat because they are lonely. We are happy to do that and it just means that we increase our rapport with the community.

c) We participate in each annual Buderim Australia Day parade. Following the parade we organise games for children at the local State school, Buderim Mountain State School.

d) We help with the annual Buderim Street party. This is an event for the Buderim community with stalls and music in the main street. We help with the set-up of the electric power for the stalls.

e) We continue to look for ways to link up with the wider community:

i) We have established links with the University of the Sunshine Coast. This is to participate in men’s health research. In 2018 we were involved with the USC Thompson Institute in researching the impact of a Mediterranean diet on combatting dementia. In 2018 and this year we have also been involved in the Masters research of USC post graduate student, Ms Collen Tully-Wilson on the link between social interaction and cognitive functions.

ii) In 2018 we arranged with Regis Aged Care (Kuluin) to visit their facility twice a month. We provided “flat packs” of small wooden toys for the men to sand and put together. They enjoyed the men’s shed experience and we expect to re-start our visits in August this year.

iii) We have provided volunteers to help with traffic and crowd control for the Noosa Triathlon, the Sunshine Coast Marathon and the Mooloolaba Velathon.

iv) We provide a room for the Sunshine Coast Writers’ Group which is a workshop for writers.

v) We help with set up and clearing at various community events: Easter book fair in Buderim, Foote Sanctuary concert in July, ANZAC day celebrations, the bi-monthly “welcome to Buderim” event for new-comers, St Marks fete and garage sale, the October Buderim Foundation Grants event, the 11th November Remembrance Ceremony at Foote Sanctuary and the Buderim Christmas carols event.

vi) We provide a room for painting classes for the public at our shed.

vii) We aim to act as a hub for other men’s sheds. In February 2019 we had a visit 4 indigenous shedders from Wadeye Community, NT (Thamarrurr Development Corp) so that we could share our expertise on setting up a wood turning section for them.

f) We have lobbied Federal politician, Ted O’Brien, to bring about a change in the law so that men’s sheds nationally will be able to claim DGR (Donor Grant Recipient) status. We were assured by Mr O’Brien in April 2019 that this legislative change will be implemented in 2020.

4. Fit out by members of our new home at Kuluin, Queensland

a) Getting the funds together. We worked hard in 2018 to secure the funds for our new home. This was done with a combination of Federal Government grants, member contributions (which were in excess of \$500,000.00) and fundraising ventures (including sausage sizzles, speaker's breakfast, musical afternoon, raffles, open days and garage sales).

b) Managing the project. The project to put up the 3 buildings was managed by a 2 man New Shed Sub-committee of the Management Committee. Once the buildings were up we formed a "Move" Sub-committee to oversee the re-vegetation of the site and the fit-out. This was a big project which required a huge commitment for it to succeed.

c) The building of our new home. The site was on the slope of a disused quarry. We negotiated with a construction company to do the earthworks at a much reduced rate. A considerable amount of spoil was removed to create a platform to receive the 3 buildings. These include a workshop, a studio and an administration building. The workshop and studio are in the nature of large metal clad sheds. The buildings were completed in January 2019. In addition to the building we have had to meet the development requirements of the Sunshine Coast Regional Council with regard to re-vegetation. Specific native vegetation had to be planted not only on our new site but on another site in Bli Bli. The latter site was Council land that required re-vegetation. This was to off-set the footprint of our buildings and is an on-going commitment for 3 years.

d) The fit-out by Sheddies and the re-vegetation effort. Our funds did not stretch to getting a fit-out of the buildings. Our members have thrown their full energies and enthusiasm into the work. To give an idea of the scale of the work over the first 6 months of this year:

i) We have planted over 4,800 native trees and bushes. And that meant digging the same number of holes for them;

ii) We have laid 1000m² of turf;

iii) We have wheelbarrowed over 60m³ of garden mulch;

iv) We have wheelbarrowed over 20m³ of crusher dust for paving and laid over 6100 pavers round the buildings;

v) We have wheelbarrowed over 24m³ of crushed concrete for the foundations of our garden shed;

vi) We have painted the interior of the 3 buildings;

vii) We have built 20 benches and made cupboards, shelves and desks;

viii) We have installed the electrical fittings and lights under the supervision of a qualified electrician;

ix) We have shifted the tools and equipment to our new home – some of them being heavy woodworking and metal working tools.

e) And all of the work was done with good humour and banter! Not bad for a bunch of retired men where the average age is over 70. We are attaching some photos of our efforts.

f) Our new home was officially opened on 30 April 2019 with Federal politicians, VIP's, QMSA, sponsors, shedders and their wives.

g) Though officially open we still had a lot of work with the fit-out before we could all move in. That is now coming to an end and the big move is scheduled for the week beginning 15th July. We are looking forward to it.

Photographs of Buderim Men's Shed

For more photographs, please see:

https://www.facebook.com/buderimmensshed/?ref=aymt_homepage_panel

The building site at 38 Advance Road, Kuluin



The re-vegetation team on site at Bli Bli



he high wire act for the electric cabling



A painting team



Positioning some of the heavy metal work machinery



Ready for the official opening



The official opening speeches



Letters from our members showing how important the Shed is to them

Michael Harman
19 Glasshouse View Court
Buderim
Queensland 4556
20th May 2019

The President & Committee
Buderim Men's Shed
53 Mill Road
Buderim

Dear Barry & Committee members,

As you may know, I was a police officer with the NSW Police Force for 30 years. Over that time I was extremely proud and honoured to serve the people of that State. While gaining a great deal of personal satisfaction through protecting life and property and the detection and prevention of crime, at the same time the constant onslaught of stress and pressure associated with policing over so many years took its toll on both my mental and physical health. So much so, 12 months prior to my retirement (in 2008) I was diagnosed with major clinical depression and anxiety and underwent professional psychiatric treatment and counselling for 2 years.

The purpose of this letter is to express my sincere heartfelt thanks to the **Buderim Men's Shed** for the considerable therapeutic contribution that being a member of the Shed has had on me finally making a complete recovery from my mental 'demons'. I have absolutely no doubt that the friendly interaction and association with other members, the welcoming atmosphere of the Shed and participation in community projects has had a significant positive effect on my overall health and quality of life. I have spoken with many other Shed members who have also expressed similar benefits.

Having been a member of the **Buderim Men's Shed** since 2011, I truly appreciate the valuable role that the Shed plays in not just the community but, more particularly in my case, to the health and well-being of its members. It is through the positive and ongoing efforts of organisations such as the **Buderim Men's Shed** that makes such a real difference to a person in need. In my case, it was life saving.

Yours sincerely,



"MEN'S SHEDDER - BRUCE COWAN"

I left school at 15 years of age and commenced work on 14th January 1952 as an Apprentice Aircraft Engineer with Butler Air Transport in Sydney.

My work entailed working on all different types of aircraft.

My responsibility as a Licenced Aircraft Engineer was to certify our planes were safe to fly.

I really enjoyed my working life.

Butler Air Transport was taken over by Ansett Airlines in 1958.

This was a significant year in many ways as I married my wife Lorna, together we raised our three children in Sydney.

Both our Daughters moved to the Sunshine Coast several years ago.

With the completion of forty four years at my job I thought it's time to retire and perhaps a Sea Change would be the way to go. We moved to the Sunshine Coast in 2010.

After living a very active life, retirement didn't seem enough!!

I attended the Men's Breakfast at the Buderim Uniting Church, the speaker was Rick Beasley from The Buderim Men's Shed. I was so impressed, the following Monday I was on the doorstep of the Buderim Men's Shed to find out what it was all about.

I joined up there and then and this has really filled my life.

My working life was in engineering and I thought I would try something different, Woodworking. I have learnt so much.

The guidance and companionship of the Sheddors is amazing. We all work as a team.

Approximately four years ago under the guidance of Craig Allingham a Fitness Gym was started, three mornings per week. I wouldn't miss this as it is so beneficial to our health and Wellbeing, the mateship is amazing!

We are all very proud of our new premises at Kuluin and looking forward to moving in.

This is an amazing facility and a credit to all the planners and the Sheddors who all have worked together to bring this dream to fruition.

I am now 82 years of age and thanks to the Men's Shed I feel 10 years younger.

There is no need to be depressed or lonely in retirement!!! Come and join The Men's Shed!

Our President Barry Cheales really is a great leader and together with our other leaders and the Sheddors our future looks excellent!

Bruce Cowan
5th May 2019