

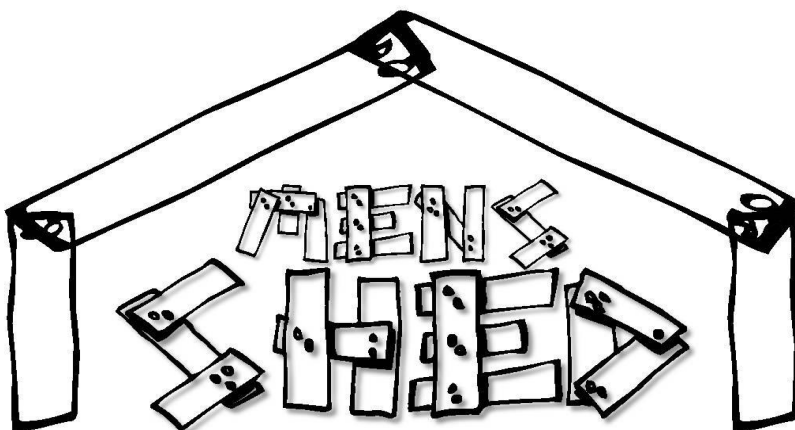
MACKAY- WHITSUNDAY REGION MEN'S SHED NEWSLETTER

What is Men's Shed ?

The Men's Shed concept is a home-grown Aussie initiative that began in the mid-90s as a way to promote social interaction, reduce depression, and improve the overall health and well-being of Aussie men.

Men's Sheds are modelled on the icon backyard shed and provide a space for innovative activity where members can be found busily attending to a range of projects such as furniture restoration, carpentry and fixing lawn mowers, or just enjoying a cuppa and a chat. These sheds aim to foster a sense of camaraderie by encouraging social engagement through activity.

Men of all ages are welcomed and encouraged to attend and engage in ways that are beneficial to promoting quality of life



Iona West Mackay:	7 Brooks Street, West Mackay *0409 570 268
Beaconsfield Mackay:	Beaconsfield Road, North Mackay *07 49423321
Sarina:	40 Lee Street, Sarina *07 49430360
Airlie Beach:	Shute Harbour Rd, Airlie Beach *0408 775 357
Proserpine:	Proserpine Community Centre * 07 4945 5915
Bowen:	5 Sinclair Street, Bowen * 0415 888 778

Fun Facts

- In Old English, men were referred to as *wer*, & the term *man* was used to describe humanity as a whole. In the 13th century, *man* replaced *wer* as the term for an adult male but also retained its use as an expression for humanity collectively
- The brain of an adult male is approximately 10% larger than the adult female brain & requires more neurons to control the body.
- When focused on a task, men tend to use only one side of their brain at a time, devoting all of their attention and concentration to the task at hand. Whereas, women use both sides of the brain at the same time.
- The word "dad" entered the English language in the sixteenth century and is believed to have originated from the Welsh word *tad*, meaning father. The word "father" comes from the Old English term *faeder* and was first used in the 1500s

What's on at a SHED near you??



Iona West Men's Shed

Opening hours:

Monday: 1pm – 4pm

Tues/Wed: 9am-12pm & 1pm-4pm

Saturday: 9am – 1pm

BBQ Breakfast 1st Saturday of the Month @ 7:30am.

Sarina & District Men's Shed

Opening hours:

8am - 12pm Wednesday & Saturday

* Smoko around 9:30am

First Saturday of every month "knock off early" BBQ Lunch

Bowen Men's Shed

Opening hours:

9am – 12pm Tuesday

1pm – 4pm Thursdays

9am – 12pm Saturdays

Bowen's Men's Shed members are active in the community. They enjoy supporting local charities and have recently donated \$500 to RACQ Rescue Helicopters from the proceeds from their monthly Sausage Sizzle at the IGA. If you see them out and about drop in, say Hi & grab a sausage for a good cause.

BUILDING STRENGTH THROUGH COMMUNITY



Proserpine Community Men's Shed

Open: Every Wednesday 8:30am – 12pm

Meet up at the Shed – Proserpine
Community Centre @ 36 Gardenia St.

Beaconsfield Road Men's Shed

OPEN: Every Wednesday 9am-1pm

The Breakfast Club - Iona West

I recently had the pleasure of attending the Iona West Men's Shed monthly BBQ breakfast and what a feast it was - Bacon, eggs, sausages, baked beans all enjoyed in the wonderful company of Men's Shed Members from all over the region.

To keep us all entertained while we enjoyed our morning meal, Bruce Miller tickled our funny bones with a few lively jokes and the fabulous and funny Dr. Jerry of Proserpine Hospital dropped in to chat to the group about men's health. Dr. Jerry is extremely passionate about rural and regional health issues, particularly those that impact the daily lives, health, and longevity of men in our community. Additionally, the ladies from Queensland Health supplied information on bowel screens for the over 50s and Brenda from Hearing Australia was on hand to conduct hearing checks for those who were interested.

Next month Mike Fry from Relationships Australia will be giving a talk on Men issues.

What a yummy and informative way to start the Queen's Birthday long weekend - thank-you all for having me, it was a pleasure to meet you all.

Regards,

Leanne Jones

Gambling Support Counsellor / Community Educator
Relationships Australia (Queensland)



Brenda from Hearing Australia presenting Syd & Ken with a lovely Thank-you Hamper



Hearing Australia @ The Men's Shed Breakfast

Responsible Gambling Awareness Week

27 July – 2 August 2015

Upcoming Events

Family Fun @ Barefoot Bowls @ Northern Beaches Bowls Club



Saturday 1st August 2015

10:30am – 12:30pm

2 for the price of 1 – Plus **FREE** BBQ lunch provided

Gambling Support Services

Gambling can easily get out of control. The impact it can have on finances and relationships can be devastating. The **FREE** GHS can help you to regain control of your gambling offering:

Confidential face-to-face or telephone counselling services for people with a gambling problem and/or to the family or friends of people with a gambling problem

Education and prevention activities in relation to problem gambling.

Referral to other community agencies to better meet the needs of those affected by problem gambling.

Liaison with the gambling industry and assistance in the development of responsible gambling practices and

Consumer protection / harm minimisation strategies

The service involves talking with a Counsellor about any difficulties that you are experiencing or any support you may require. You do not need a referral. Simply call **1300 364 277** to make an appointment.

What's on Where in July



Drug, Alcohol & Gambling Support Group – 2pm-4pm Every Monday @ Relationships Australia Victoria St. Simply call **1300 364 277** to make an appointment.



Aboriginal & Torres Strait Islander Social & Emotional Well-being Men's Group – Every Wednesday morning. Transport available. Please contact Ben on 4951-0847



Ozcare Men's Hostel
1800 692 273
1 Endeavour Street, Mackay



NAIDOC Week 5th-12th

National Farm Safety Week 20th -26th

Stress Down Day 24th

For information on the contents of this newsletter or to make a submission please contact: Leanne Jones @ Relationships Australia (QLD) 4952 4952 ljones@raq.org.au