

MACKAY-WHITSUNDAY REGION

MEN'S SHED NEWSLETTER May 2016

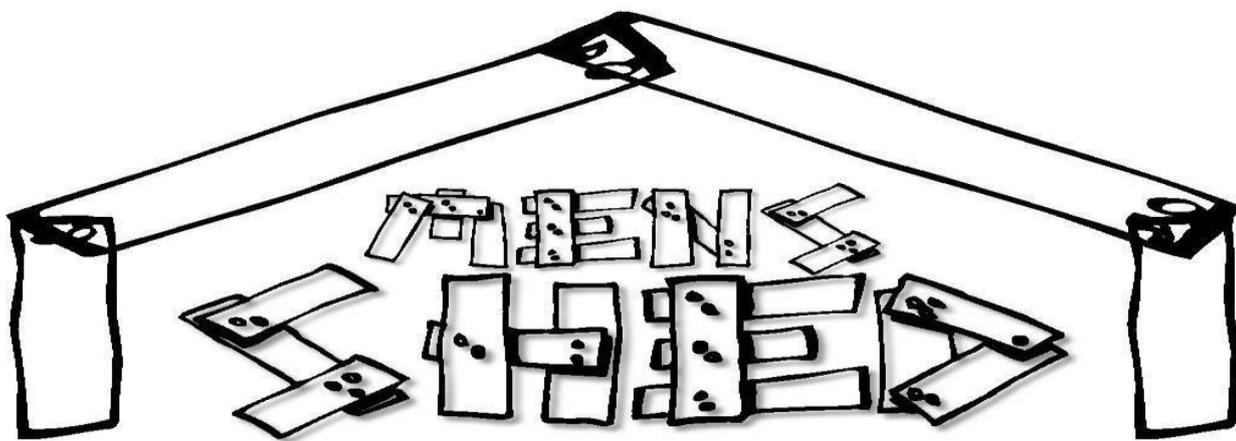
Most men have learned from our culture that they don't talk about feelings and emotions. Many do not take an interest in their own health and well-being. Unlike women, most men are reluctant to talk about their emotions. That means that they usually don't ask for help. Probably because of this, many men are less healthy than women, drink more, take more risks and suffer more from isolation, loneliness and depression. Relationship breakdown, retrenchment or early retirement from a job, loss of children following divorce, physical or mental illness are just some of the problems that men may find difficult to deal with on their own.

Good health is based on many factors including feeling good about yourself, being productive, contributing to community, connecting with friends and maintaining an active body and mind. Becoming a member of a Men's Shed provides a safe and busy environment where men can find many of these things in an atmosphere of old-fashioned mateship. And, importantly, there is no pressure. Men can just come and have a yarn and a cuppa if that is all they're looking for.

Members of Men's Sheds come from all walks of life – the bond that unites them is that they are men with time on their hands and would like something meaningful to do with that time.

A good Men's Shed has a Management Committee that has developed a safe and happy environment where men are welcome to work on community projects, specific Men's Shed projects or a project of their choice in their own time and where the only 'must' is to observe safe working practices....all in a spirit of mateship.

The Men's Shed movement has now become one of the most powerful tools in addressing health and well-being and helping men to once again become valued and productive members of our community.



Iona West Mackay: 7 Brooks Street, West Mackay *0409 570 268

Beaconsfield Mackay: Beaconsfield Road, North Mackay *07 49423321

Sarina: 40 Lee Street, Sarina *0402 248 716

Airlie Beach: Shute Harbour Rd, Cannonvale *0408 775 357

Proserpine: Proserpine Community Centre * 07 4945 5915

Bowen: 5 Sinclair Street, Bowen * 0415 888 778

What's on at a SHED near you??

Sarina & District Men's Shed

Opening hours: 8am - 12pm Wednesday & Saturday

* Smoko around 9:30am

First Saturday of every month (7th May) *"knock off early" BBQ Lunch*

Iona West Men's Shed

Opening hours:

Monday: 1pm – 4pm

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

Saturday: 9am – 1pm

March Breakfast @ the Iona West Hall

7 Brooks St, West Mackay

First Saturday of the Month

7th May @ 7:30am

Cost: \$5.00

Guest Speaker: Doug Scells (Engaging Fathers)

Bowen's Men's Shed members are active in the community. They enjoy supporting local charities by donating the proceeds from their monthly Sausage Sizzle at the IGA. If you see them out and about drop in, say G 'Day, & grab a sausage.

Opening hours: 9am – 12:30pm Tuesday, 1pm – 4:30pm Thursdays, 9am – 12pm Saturdays

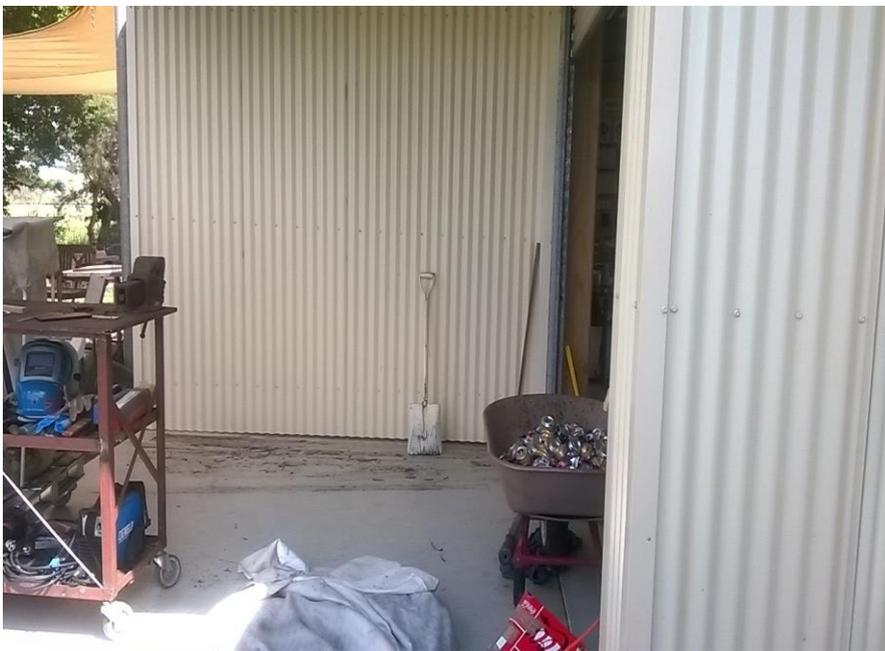
Beaconsfield Road Men's Shed *OPEN: Every Monday and Wednesday 9am-1pm*

*Airlie Beach Men's Shed – located on the corner of
Cannonvale- Shute Harbour Road – opposite McDonalds.*



BUILDING STRENGTH THROUGH COMMUNITY

Beaconsfield Road Men's Shed (BRMS)



The guys over at Beaconsfield Road have been very busy. Pictured above are some recent extensions to the shed. Opening hours are now from 9am to 1pm Monday and Wednesdays. The men also host a sausage sizzle at Bunnings North-side on the 2nd Friday of each month. BRMS are very grateful to Bunnings, Porters and the local community for all the support and donations. Helpful hint – if visiting the shed, smoko is usually at 10am – there is ample coffee and cake on offer.

Engaging Fathers and Father-Figures Forum 19th May

The Event

The Mackay Family Support Alliance in conjunction with the Department of Communities, Child Safety and Disability Services is holding an Engaging Fathers and Father Figures Seminar in Mackay on 19 May 2016. This free event is being held at the Clarion Hotel Mackay Marina from 9:30AM to 5 PM.

The initiative is aimed at service providers supporting them to better engage with father and father figures and providing them with strategies and tools to do so. In turn it is hoped that fathers and father figures become more involved in the lives of their children and children have a positive connection with a father figure.

The Program

The seminar will hear from fathers about their positive and less than positive experiences engaging with services, what worries them about contact with services and what works best for them. What messages do fathers want to give to service providers including being aware of culturally specific issues?

Participants will also take advantage of hearing from a range of local and visiting people who have reflected on the importance of engaging fathers and father figures. The key note speaker is Dr Richard Fletcher, senior lecturer at the Family Action Centre, University of Newcastle who is involved with assisting community services to become more inclusive of Fathers and Father Figures in their practice. Dr Fletcher has conducted a number of these seminars across Queensland. With his expertise and input, participants will leave the seminar with greater confidence in their knowledge and skills and a collective commitment to improve practice and systems in this important area of work.

Service providers themselves will share their experiences about the barriers and challenges involved in their work when engaging with fathers. Why do they think it is important? What has worked well? How do they know how well they are doing at engaging? And in light of the presentations during the seminar, what do they think are changes they can make to be more father-inclusive in their practice.

The ultimate aim being that through the developing practice of these service providers, father and father figures become more engaged with decision-making in relation to their children, they are more engaged as parents in the lives of their children, and become strong drivers of change and safety for their children.

Registration

Registration for this event is organised through EVENTBRITE. To register follow the link below, provide your details, reserve your seat and receive your ticket. There are limited numbers of seats available so respond early. Please limit the number of registrations for your agency so we can have a good spread of agencies attending. We would also appreciate if once you have your seat reserved and for some reason you are not able to attend that you let us know so we can make that seat available to others who may be on a waitlist.

<https://www.eventbrite.com/e/engaging-fathers-and-father-figures-seminar-mackay-tickets-24640234605>

Signs of a problem

Not sure if someone has a problem? Find out about the common signs of problem gambling.

Gambling behaviour is often hidden

It can be difficult to know if someone has a problem with gambling. Initially we may not want to believe that someone we know or love has a problem with gambling. It can also be difficult to detect a gambling problem because many people who gamble do not show their feelings and may lie or get angry if questioned about their behaviour.

It is helpful to know some common warning signs of problem gambling so that you can identify whether someone you know might need help with their gambling behaviour.

Signs of a Problem

Knowing the warning signs can help you decide what action to take

If gambling is a problem for someone you know, you might notice changes in the person's mood, schedule or finances. Problem gamblers may be moody, have unexplained periods of absence from home or work, or they may always seem to be running out of money.

Financial signs

Some common financial warning signs that someone may have a problem with gambling include:

- Money missing from bank accounts, wallet/purse or money jar
- Household items and valuables missing
- Regularly short of money even though they earn a wage
- Borrowing money on a regular basis
- Having many loans at the one time
- Being secretive about financial records or payslips
- Unpaid bills/disconnection notices
- Lack of food in the house

Mood and behaviour signs

When someone develops a gambling problem, there are often noticeable changes to their mood and behaviour, including:

- Becoming withdrawn from others/family events
- Performance at work is being affected
- Seeming worried, agitated or upset for no apparent reason
- Reporting feeling hopeless, depressed, frustrated or suicidal
- Changes in personality - sleeping, eating, or sexual relationship patterns
- Controlling and/or manipulative behaviour
- Using threats, lies or charm to manipulate others

<http://www.gamblinghelponline.org.au/concerned-about-someone/signs-of-a-problem/>

Dad Jokes that make you laugh or cringe

A panda walks into a bar and says to the bartender "I'll have a Scotch and . . .

. Coke thank you".

"Sure thing" the bartender replies and asks "but what's with the big pause?"

The panda holds up his hands and says "I was born with them"

Did you hear about the new restaurant on the moon?

The food is great, but there's just no atmosphere!

I went to a book store and asked the saleswoman where the Self Help section was.

She said if she told me it would defeat the purpose.

If you're struggling to think of what to give someone for a birthday present.

Get them a fridge and watch their face light up when they open it.

www.livin3.com 100 Bad Dad Jokes that will make you Laugh or ... - Livin3

For more details or to make a submission to this newsletter please contact;

mfry@raq.org.au

Gambling^{gh}help

MACKAY AND WHITSUNDAY
07 4957 4542