



Men's Sheds - Hunter Cluster Inc.

ABN 91 914 085 536

Monthly Newsletter

Volume I

Newsletter Date

February 2015

Committee

President

Stephen Wall 0408 055 517
mshc.president@gmail.com

Vice President

Vacant

Secretary

Paul Battle 0414 213 001
mshc.secretary@gmail.com

Treasurer

Baden Milne 0407 067 457
mshc.treasurer@gmail.com

General Committee

Alan Sams
Gerry Egan
John King

Next Meeting

18 March 2015 @
Raymond Terrace Men's
Shed

The Shed is located at
51 William Street
Raymond Terrace
NSW @ 10 30am

President's Spiel

Stephen Wall welcomed the members present and thanked the committee and members from the Karuah Men's Shed for hosting the Men's Sheds Hunter Cluster February 2015 gathering. Again we had an excellent attendance with 13 Men's Sheds present and over 30 from the Sheds. It was specially pleasing to see the new sheds represented (Mayfield/Waratah and Elermore Vale) along with a repre-



sentative from the Bulahdelah Men's Shed.

A rather robust discussion proceeded the guest speaker for the day and some of the topics discuss was:-

- The official opening of the Wangi Men's Shed on the 28 March 2015 with all sheds welcome
- Sheds interested in mentoring of young people in the schools and other groups, please advise the MSHC committee. Members were reminded that the MSHC is a member of the Hunter Youth Mentoring Collaborative (HYMC) and shed interested in this activity are welcome and eligible to attend HYMC Meeting and training. An email from the HYMC will be circulated to all member regarding the "Mentoring Training". Please contact me if your shed is interested.
- Redhead Men's Shed has tendered their resignation to

be a member of the MSHC

- List of Shed Gathering for 2015:-
18 Mar Raymond Terrace
15 April Newcastle
20 May Wangi
17 June 2322
15 July Cessnock
19 Aug Mayfield/Waratah
16 Sept Singleton
21 Oct B/Greta & AGM
18 Nov Salamander
16 Dec Hawkins Village

These date are subject to change, watch the website for coming events.

- Both the MSHC & NSWMSA website was discussed. It was suggested that a presentation be given at a future Gathering to show the features of the sites including access to the "Members Section" on the MSHC site. It was also suggested that we have a "Buy/Sell/Swap" page on the MSHC website.

- The MSHC has had an offer to use a section of the Newcastle Men's Shed to store surplus machinery and tooling. This matter is to be further investigated and report back to the next Gathering.

After a lengthy discussion time Stephen introduced the guest speaker for the MSHC Gathering arranged by Karuah Men's Shed, Aaron Elliott. Aaron is HPCA's primary men's health counsellor and presenter. He has worked with men with prostate cancer for over 6 years now, and often travels far and wide delivering preventative health based presentations to thousands of men throughout the Hunter New England area each year.

Aaron has been passionate about men's health for many years throughout his personal

and professional life, having completed a Bachelors of Psychology, a Diploma in professional counselling, and numerous nutrition certificates. He loves helping men develop the right skills to overcome their health challenges and create healthy habits. Prevention is the best cure!
The Hunter Prostate Cancer



Alliance (HPCA) is to provide psychosocial and information support through high quality, responsive, short-term counselling for the following identified target groups:

- Men with a high risk of developing prostate cancer
- Men newly diagnosed with prostate cancer
- Men experiencing side effects of prostate cancer treatment
- Men with advanced prostate cancer
- Families, and carers, of men diagnosed with prostate cancer
- Men seeking support regarding PSA (Prostate Specific



Antigen) test results.

Next Gathering

March Gathering is to be held at Raymond Terrace Men's Shed on 18 March 2015