



Men's Sheds - Hunter Cluster Inc

ABN 91 914 085 536

Monthly Newsletter

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Newsletter Date

October 2014

Committee

President

Stephen Wall 0408 055 517
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Vice President

Frank Holden

Secretary

Paul Battle 0414 213 001
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Treasurer

Baden Milne 0407 067 457
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General Committee

Bill Way
Alan Sams
Gerry Egan

Next Meeting

19 November 2014
Stroud Men's Shed
67 Cowper Street
STROUD NSW 2425
@ 10 30am

President's Spiel

Stephen Wall welcomed the members present and thanked the committee and members from the Raymond Terrace Men's Shed for hosting the Men's Sheds Hunter Cluster October 2014 gathering and 2014 AGM. Again we had an excellent attendance thanks to the effort of Grahame Berthold. A comment was made that they had their arm twisted by the Terrace terror. The presenter, arranged by Raymond Terrace Men's Shed, was supportive and helpful with her information.

Glenys Francis spoke about how the Integratedliving's Staying Strong with Telehealth Service offers remote monitoring of a person's vital health signs and symptoms in their own home through effective use of technology. Flexible, timely services are provided that respond to the health and wellbeing needs of individual consumers, supporting them to be independent and receive enhanced choice and quality of life.

Telehealth services use technology to remotely monitor your vital health signs. Our registered nurse will work with

you and your GP to develop your Health and Monitoring Plan based on your health needs. Your Monitoring Plan will determine what vital health signs will be measured and how frequently. Your responses will be transmitted to a database that will alert and prioritise readings outside the Monitoring Plan range. If an alert is raised, our nurse will coordinate an appropriate response, in consultation with you, your GP or Health Service.



More about Integratedliving's Staying Strong with Telehealth service can be found on their website: <http://integratedliving.org.au/> or you may contact Integratedliving's on 1300 782 896 .

Glenys then helped out with the AGM by being the Returning Officer for the election of MSHC Committee. For the first time in a number of years, thanks to Glenys, we will have a full committee.

The new MSHC Committee for 2015 is:-

President

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

Vice President

Frank Holden

Secretary

Paul Battle 0414 213 001
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Treasurer

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A special thanks to the members from the Raymond Terrace Men's Shed that stepped up with a Guest Speaker and the MSHC AGM, and then cooked up a great lunch

Gathering Items for Clarification.

From the discussion on the day, the new MSHC Committee will review the Cluster's Constitution and report back to the MSHC members at our next Gathering at Stroud on the 19 November 2014.

It is around the time that all sheds are required to report to NSW Fair Trading and the ACNA. Sheds are reminded to carry out their regulative requirement for these organisa-

tions.

MSHC Sheds are reminded that their Annual Fees are due and are required to be paid before the end of the calendar year. (Section 8 of the MSHC Constitution).

Next Gathering

November Gathering is to be held at Stroud Men's Shed and members are reminded to RSVP to the MSHC Secretary

on the date required, but at least before the Friday of the week before the Gathering.

Men's Shed Hunter Cluster Website

Shed Representatives are also reminded to provide the MSHC Secretary with details of shed committee composition and contact details after AGMs so the MSHC website and records can be brought up to date.