



SHED chatter

ISSUE APRIL 2023

Welcome to Shed Chatter

As we enter a new season, we're excited to bring you a collection of stories, updates, and insights that reflect our vibrant Men's Shed community.

This edition is filled with stories, achievements and activities that have taken place in Sheds across Queensland over the past few months. From woodworking masterpieces to meaningful community projects, there's no shortage of inspiring stories to share. We hope you enjoy reading these stories and celebrate the talent and contributions of your fellow Shedders. And, of course, don't forget to share your Shed stories for future editions of *Shed Chatter*.

This year will see us celebrating Men's Health Week from 12 - 20 June and Queensland Mental Health Week (QMHV) from 7 -15 October, and we would like to take this opportunity to remind everyone of the importance of self-care and wellbeing. Men's Sheds are not only a space for honing skills and engaging in meaningful work but also a sanctuary for fostering connections and promoting health. See page 19 for funding and opportunities currently available for QMHV Events.

In other news, we will soon be launching our redesigned website. The new website will be modern and user-friendly, making navigating and finding the information you need easier. We will also develop more exclusive member-only digital resources. Stay tuned for more updates.

To share your celebrations, stories, successes and challenges with other Shedders, simply, take a photo or two, tell us your yarn, and email it to shedchatter@qmsa.org.au.

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The Opinions expressed in this newsletter are those of the article's author and are not, necessarily, the opinions of the QMSA State Executive nor the Editor.



President's jottings

Greetings Fellow Shedders,

The Shed movement in QLD continues to grow, showing a significant level of maturity. On 14 March, the **Redland Bay Men's Shed** sponsored a meeting in the Redland City Area, with a particular focus on the five Bay Island Sheds. It was primarily a Meet and Greet, with discussions featuring Men's Health and SHED Administration.

A successful cluster meeting was held on 23 March in **Far North Queensland** zone. It was hosted by Malanda Men's Shed and attracted 55 shedders from six tableland Sheds: Malanda, Yungaburra, Atherton, Ravenshoe, Mareeba, and Karanda. Congratulations to our zone representative, Ken Robertson (Edmonton Shed), and Frank Pearce, our Queensland Regional Coordinator, who attended. Frank and Ken took the opportunity to visit several sheds while in the FNQ zone.

The next shed cluster will take place on the **Sunshine Coast** on Wednesday, 17 May at **Noosa Men's Shed**. This promises to be a very worthwhile event with top-class presenters. Sheds, particularly those in the sunshine coast zone, are urged to attend.

Sandgate Men's Shed is hosting a major health forum at the Morton Bay Campus of the Sunshine Coast University (UniSC) on Wednesday, 7 June, which is not to be missed. Ensure your Shed members book their attendance early to guarantee their place at the forum.

Planning is well advanced for the QMSA to sponsor a cluster meeting in **Cairns** on Tuesday, 30 May. All sheds in the FNQ zone are encouraged to reserve the date and participate in this event. More detail will be released soon.

The Australian Men's Shed Association (QMSA) is conducting a **Southeast Queensland Regional Men's**

Shed gathering on Wednesday, 10 May, kicking off with a BBQ Breakfast hosted by the Pimpama Men's Shed. See page 6 for event details

I was privileged to attend two outstanding events during April, both of which involved the 10-year celebration of shed openings. The first of these celebrations involved the **Ipswich Shed** (of which I am a proud member). This morning tea was held at the Shed on Tuesday, 18 April. **The Mount Gravatt Shed** held also held celebratory events, which took place from 17 to 22 April. The official celebration was held in the Shed Recreation room on Wednesday, 19 of April. Both Sheds are very active and successful, and both paid tribute to the founding Presidents, Committee, Volunteers, and Supporters that, through hard work and vision, brought the dreams of their Sheds to fruition. Recognition was also given to the subsequent Presidents, Committees, Volunteers, and Supporters who have maintained the ongoing improvement and growth of both these sheds.

During a meeting with representatives of the **Queensland Department of Communities, Housing, and Digital Economy**, an issue that was discussed was the work being done in the 'Repair Café' space. Repair cafés are a concept that neighbourhood centres of Queensland promote. The 'Repair Café' concept has some synergies with Men's Sheds. Watch out for an information bulletin to be sent out by the QMSA.

Kindest regards to all

John Greatrex
President QMSA

Our team

EXECUTIVE COMMITTEE

President John Greatrex
Ipswich Shed

Vice President Lawrie Bingham
Samford Shed and Dayboro Men's Shed

Treasurer Lawrie Bingham (acting)
Samford Shed and Dayboro Men's Shed

Secretary Robert Collins
Spring Hill Shed

Like to Contact QMSA
or a Committee Member?

Visit qmsa.org.au/contact-us



Or, scan our
QR code

MANAGEMENT COMMITTEE

All members of the Executive Committee, and
Metro North Zone Rep
Rodney Hansen Burpengary and District Men's Shed

Downs & South West Qld. Zone Rep
Merv Kahler Pittsworth Shed

Capricornia Zone Rep
Ron Steen Gladstone Shed

Far North Qld. Zone Rep
Ken Robertson Edmonton Men's Shed

Sunshine Coast Zone Representative
Steve Phillips Noosa Men's Shed

Vacant

Metro South Zone Rep

North Qld. Zone Rep

Fraser Coast & Bundaberg Zone Rep

Gold Coast & Scenic Zone Rim Rep

QMSA Patrons

QMSA values and recognises, Her Excellency, the Honourable, Dr Jeanette Young, AC, PSM, Governor of Queensland and her husband, Professor Graeme Nimmo, RFD, as our joint Patrons.

The QMSA Management Committee Acknowledge The Ongoing Support
Provided To The Queensland Men's Shed Movement By Terry Edwards (Director)
And Glenn Jackson (Manager) Representatives Of The Aspley Firm Of

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Men's Health Week 12 - 20 June

Men's Health Week

Men's Health Week runs from Monday, 12 June to Sunday, 20 June 2023, and this year's theme is Healthy Habits.

One of the aims this year is to encourage men and boys to build healthy habits by identifying small changes they can make to benefit their health and wellbeing.

There also be a focus on how workplaces and community groups can take action to support the health and wellbeing of men and boys.

Getting Moving for Men's Health

Australian Men's Health Forum will unveil a new Know Your Man Facts toolkit on Men and Exercise, developed to assist people participating in Men's Health Week.

The toolkit is part of Series 3 of Men's Health Connected. In it, AMHF will look at the evidence linking physical activity to better health outcomes for men and some great projects that are working to improve men's health through sports and exercise.

Find out how to get involved on the Australian Men's Health Forum website www.amhf.org.au.



Help us share your stories, successes and photos

Stories from your Shed can help inspire others, build a strong Shed network and contribute more broadly to the Shed movement in Queensland and beyond.

We'd love to hear from you! Stories from your shed might include:

- Celebrations
- Upcoming or past events
- Achievements from your members
- Shed projects
- Your Sheds experience with funding, grant writing, Shed management or similar topics

Send your submissions to shedchatter@qmsa.org.au

Submissions Close

Submissions close for the next edition of Shed Chatter on Friday 3 June.

Send your submissions to shedchatter@qmsa.org.au



NATIONAL 15-21 MAY 2023
VOLUNTEER
THE CHANGE MAKERS WEEK



Volunteers build strong communities

This May, from Monday 15 to Sunday 21 May 2023, we are celebrating National Volunteer Week (NVW).

NVW is Australia's largest annual celebration of volunteers, it is a time to celebrate, thank and recognise the significant contribution millions of volunteers make across Australia. Volunteers are critical to the success of Men's Sheds, often working tirelessly behind the scenes. An occasional 'thank you' for their hard work can go a long way. By sharing your gratitude for your volunteers' hard work, you help to foster a sense of community, encourage your volunteers, and inspire others to jump on board and lend a hand.

Mount Isa Shed recently acknowledged the hard work of Yvonne, one of their staunch supporters. Richard Lane, from Mount Isa Shed, writes ...

Yvonne's husband was one of a group of men in "the Isa" who grew the idea that a Men's Shed would be the perfect place for a Prostate Cancer Support Group. The project was established with the help of a team of volunteers and support from local businesses and the Mount Isa City Council.

Yvonne took on the role of Secretary/Treasurer and

has worked tirelessly in the position ever since. Several wives of Sheddors have also given their time, energy and support to the men in various behind-the-scenes roles, and their contribution cannot be understated.

While the faces of the Shed members have changed over the years, and numbers have fluctuated, Yvonne has always been there for us.

Recently Yvonne took on the task of applying for funding grants on behalf of the Shed. She was successful in obtaining funding to cover the installation of Solar Panels for the Mount Isa Cancer House Building, where our shed is located, and separate funding for the installation of an industrial evaporative cooling fan.

Mt Isa Shed would like to thank all volunteers and supporters, past and present, who have contributed to the life of our Shed.

Image inset: A Mt Isa Shed representative presents flowers to thank volunteer Yvonne.

A great day for all Sunshine Coast and surrounding Sheds to get together for a fun and informative day.

Guest speakers include Dr Ted Flack, who will discuss governance in Men's Sheds. Dr Rod Edwards, who was a Teacher Education lecturer in Health Education and Exercise Physiology at Griffith University and is now the Health and Wellness Officer at the Dayboro Men's Shed, who will their "Mobility Action Plan" program. Lastly a QMSA representatives will discuss Shed management. Includes a tour of the Noosa Men's Shed property.

All Sheddors are welcome regardless of membership and affiliation.

NOOSA MEN'S SHED

Wednesday, 17 May 9am - 2pm

FREE. LIMITED PLACES. BOOK NOW: email regionalcoordinator@qmsa.org.au.

Noosa Cluster Meeting



All Sheddors
welcome

REGIONAL MEN'S SHED GATHERING

SE Queensland

Pimpama Men's Shed & Community Arts Hall

10 MAY 2023
8.00am - 2.00pm



AUSTRALIAN
MEN'S SHED
ASSOCIATION
Shoulder to Shoulder

Proudly
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Sheds are invited to a Regional Shed Gathering.

The day starts with a BBQ Breakfast hosted by Pimpama Men's Shed followed by guest speakers and interactive workshops. Places are limited. Tickets \$30 per person or \$100 for a group of four.

PIMPAMA MEN'S SHED

Wednesday, 10 May 8am - 2pm

Visit the [AMSA website](#) for more details.



Men's Health Seminars

Dorrington Men's Shed invite interested Sheddors to their monthly Men's Health Seminars. Cost is \$2.

DORRINGTON MEN'S SHED

Dementia Mon 8 May | 10.30am-12pm

Scam Awareness Project

Mon 5 June | 10.30am-12pm

Dealing with Shed Medical Emergencies

Mon 3 July | 10.30am-12pm

RSVP last Friday before event.

For details contact [Dorrington Men's Shed](#).
dorringtonMShealthforum@gmail.com



Sandgate Men's Shed is proud to present the

Making retirement GREAT symposium

This symposium will help blokes and their families navigate opportunities and wellbeing challenges in their retirement journey. This free event includes morning tea and lunch. Places limited booking essential.

UniSC Moreton Bay

1 Moreton Parade Petrie Qld, Wednesday 7 June 2023 | 9am-3pm

Booking essential

Scan the Eventbrite QR Code, visit sandgatemensshed.com.au or phone 0448 233 971



Symposium supported by:





Malanda Men's Shed: Peter Winn Memorial leather working room

by Malanda Men's Shed

Peter Winn joined our shed in 2019. Peter was blind and did not work on projects but did attend meetings and social events. Our members ensured Peter had a cuppa and a plateful of food at these events.

Peter was a ringer during his early life and had plenty of colourful and entertaining tales. Later on, he worked for the fuel company that was then known as Golden Fleece in Townsville.

He also had a great love of working with leather and created artworks like the one shown below on leather as well as a plethora of other items. Much of his leather work was undertaken underneath a high-set house owned by a neighbour.

Peter had accumulated an extensive collection of leather working tools, some of which were made

before the Second World War and are irreplaceable. Unfortunately, Peter became very ill and made the very generous decision to donate his collection of tools and other items to our shed. His only stipulation was that the collection be kept together and not sold off. We readily agreed to this condition.

Peter sadly passed away in 2020.

Our leather workers had been working in a tiny space, and we decided to seek approval from the owners of the building, the Carpentaria Presbytery of the Uniting Church of Australia, to make a non-structural addition to the building to provide a larger work area.



They graciously gave their approval. This was duly constructed and provides a greatly improved workspace.

The room is known as the Peter Winn Leather Working Room. **For more information, contact Clem Bebee on phone 0457 885737.**

*Images: Above - Artwork on leather by Peter Winn
Top left - Peter Winn Leather Working Room*

Toowoomba West Men's Shed celebrates 10 years of craftsmanship and mateship



The Toowoomba West Men's Shed has given older men a sense of worth, and mateship and strengthened the community for the past ten years. Retired mental health worker Murray Trewavas founded the Toowoomba West Men's Shed in 2013 as a way to help combat the shockingly high rate of suicide in men aged over 85.

New president Rob Heading said the shed recently received a grant to replace their ageing tools and equipment.

"We will be purchasing a heavy-duty timber thickness planer so we can recycle more pallet wood as new timber is extremely expensive to buy now," Mr Heading said. "We will be servicing our old gear to on-sell and generate some money. What can't be sold will be stripped down and recycled," he said.

"We will donate the money to the Women's Shed and the Lions Club so other organisations can benefit from our windfall."

Member for Toowoomba South David Janetzki MP said men's sheds played a vital role in helping older men regain a sense of purpose in life and enjoy mateship which was often lost after retirement.

"We know that men don't always like to talk face-to-face, so here they can work shoulder-to-shoulder on meaningful projects in the company of other men," Mr Janetzki said.



"Their handiwork is evident throughout the Toowoomba community, including handcrafted wooden toys at our hospitals, buddy benches in our schools and furniture for our charity groups," he said.

"And then when it's tools down for morning tea, there is plenty of chatter, laughter and a few tall tales."

The Toowoomba West Men's Shed is building 150 nesting boxes for birds and possums, which local environmental group HOPE will distribute free of charge to Landcare groups in the region.

The shed is located on Glenvale Road and is open from 9am to midday on Tuesdays, Wednesdays and Thursdays.

Image Inset: Toowoomba West Men's Shed president Rob Heading, David Janetzki MP (centre) and Derek Jones discuss the great work done by shed members.

Calliope River Men's Shed



Calliope River Men's Shed just keeps growing

by Calliope River Men's Shed

A new year and another AGM at Calliope River, and it is time to reflect on the shed's successes in 2022 and look forward to further growth in 2023. Roy Marek is continuing for another term as president, capably assisted by Paul Howkins serving as secretary/treasurer.

It is certainly a shed for all seasons; members are kept occupied sharpening mower blades for a local contractor during the summer months and then bundling up firewood for sale during winter. Between those projects and the sale of raffle tickets at IGA on Saturdays, the shed finances are in good shape, and therefore we do not have to mention the Garden Gate Project (it is a long story or is that time?).

Membership keeps growing, and so do the facilities. Completing the shower/toilet block and adding the morning tea shade area last year ensures our infrastructure and membership will grow together. A significant improvement in the

workshop is the addition of 3-phase power. Thanks to the shed electricians, we now have some great industrial-sized equipment connected to give a quality finish to the big projects.

With the help of grant funding, the Calliope River members are now keenly awaiting the delivery of a Lucas Mill to prepare timber for both the shed's use and sale to others. With community assistance, our stockpile of logs has continued to grow since this photo and members of the "chain saw gang" are looking forward to the day of easier timber milling. If other sheds are looking for slabs,

please get in touch or drop in for a visit. We are open Tuesday and Friday mornings, and the shed is very easy to find on the northern fence line of the Calliope Historical Village right on the Bruce Highway.

In fact, the shed attends the very popular markets at the Calliope Historical Village, and it is a great outlet for selling products as well as some good PR with the community. Also, the Calliope River shed has a

great relationship with the nearby Rio Tinto alumina refinery, and they have given us a Telehandler to recondition for our future use. The refurbishment of the Telehandler has provided an activity to the mechanics amongst us, and we are very close to seeing that running again. Coming up in April, Rio Tinto has invited us for a site tour and morning tea, which even sounds more attractive than playing



Image: Gorgeous handmade Garden Seat made in the shed

around with engines.

With a couple of new faces on the Management Committee, the Calliope River Men's Shed will get the new year rolling with a raffle of a Garden Seat made in the shed and can look forward to more timber sales with the arrival of the Lucas Mill.



Image: Beautiful timber for sale

Dorrington Men's Shed Health Forums

Each month the blokes at Dorrington Men's Shed get together to talk about Men's Health. Recent topics have covered prostate health and depression.

Recently, the Brisbane CEO of Brisbane Airport Corporation presented a certificate of appreciation to Brian Brebner, president of the Dorrington Men's Shed. The certificate was presented to celebrate the Shed receiving a grant to help run the Forums. Shedders Rick Boyce and Brian Devlin are keen advocates and organisers of the program in the Shed.

Image: CEO of Brisbane Airport Corporation (right) presents a certificate to Dorrington Shed President Brian Brebner (centre) and Rick Boyce (left).



Crows Nest & District Mens Shed



A new shed for Crows Nest & District Men's Shed

by Crows Nest & District Mens Shed

Late in the year 2017 AD, a wise man saw the need for a Men's Shed in the small country town where he lived, so he called together all like-minded brethren and said:

"Let's start a Men's Shed".

And it was so! Miraculously, suitable premises were found, and so they flourished. So much so that only two years passed before they outgrew their place of fellowship and camaraderie, and they cried out in a loud voice,

"We need more room".

The local Council heard their cries and said, **"We have a piece of ground where you may build your Shed"**, and they all rejoiced. —

It has been a long, hard journey since we realised that we needed to expand. A great deal of discussion and meetings with the Council followed, and in November 2020, we were granted the lease of a block of ground. Little did we know

how arduous a journey it would turn out to be.

The next twelve months involved a massive effort from our Architect (who just happened to be a member of the shed). Dennis (retired builder) was appointed Building Supervisor, Peter (President), Nick (Secretary) and Dennis (Treasurer) spent huge amounts of time applying for Grants, organising quotes and a multitude of other things.

It wasn't until May 2022 that we finally received permission to commence building. Earthworks were done, concrete was poured, and the shed kit was moved onto the site so that construction could start as soon as possible. The transportable building that was destined to be our office/quiet room was also moved onto the site.

All of this was completed in about three months, in between periods of rain. Construction was finally commenced in September and completed in October. At last, we had a lockable building with a roof.

To date, the electrician and plumber have finished, and all of our members have been busy erecting walls, building the toilet and kitchen areas, painting, and goodness knows what else. We are just waiting now for final permission to move in. We are indebted to many people, local companies, our local community bank for their help and moral support, and most importantly, our hard-working members.

Photos of progress can be viewed online at:
<https://crowsnestmensshed.com.au/new%20shed.html>



SongScroll resource for musical Shedders

Daylesford Men's Shed has a group that regularly enjoys jamming on a guitar or ukulele. One of their members, Brian Murphy, has created an online resource "SongScroll" to avoid the

constant need to print out paper song sheets.

For more information visit
www.daylesfordmensshed.com.



Have your say on the future of philanthropy

The Productivity Commission will open public submissions for its [review into Australian philanthropy](#), inviting the for-purpose sector to contribute insights and information on a range of topics.

The review aims to analyse motivations for charitable giving across the country and identify opportunities for growth, helping to fulfill a federal government election promise to double philanthropy by 2030.

It follows a raft of sector-focused policy reform, including the implementation of a [National Volunteering Strategy](#), legislation to move all [Deductible Gift Recipient \(DGR\) categories](#) to the Australian Tax Office, and nationally harmonised fundraising regulations, all of which help to reduce red tape, increase effectiveness and build capacity.

The Productivity Commission is seeking input from the philanthropic, not-for-profit and business sectors, as well as subject matter experts and the

broader community including those from diverse backgrounds, on a broad range of issues.

This includes the role and effectiveness of the DGR framework and other tax concessions; emerging risks or regulatory gaps in areas such as cybersecurity; factors to consider in expanding or changing information reporting requirements; and approaches that could be used to attract new donors and different demographics into philanthropy, among other topics.

Submissions can be made online through the [Productivity Commission's website](#) until 05 May 2023.

A draft report will be released in late November 2023, which will form the basis of public hearings held early next year. The final report is set to be provided to the government by 11 May 2024.

Extract from original article by Ruby Kraner-Tucci, 23 March 2023, probonoaustralia.com.au.

Shed down the Murray



Proudly supporting the It's a Bloke Thing Foundation, and Prostate Cancer Foundation of Australia.

The Pittsworth & District Men's Shed has constructed a river raft from Composite Fibre (Supplied by the Wagner Group) and will undertake a 600km river trip down the mighty Murray River from Yarrowonga to Swan Hill. But first, they will travel down the Newell Highway, visiting Men's Sheds and communities along the way, spreading the word on Prostate Cancer and the Men's Shed movement.

Would you like to get on board?

Pittsworth & District Men's Shed Inc will be out and about at trade and agricultural shows, markets and other events promoting the *Shed Down The Murray* project.

All money raised will be donated to *The It's A Bloke Thing Foundation* and will attract a Dollar for Dollar subsidy from the Federal Government.

Prostate Cancer is a big deal for blokes

By age 85, **1 in 5** Australian men will be diagnosed with Prostate Cancer.

In 2022 over **24,000** Australian men were diagnosed with Prostate Cancer.

95% of men diagnosed with early-stage Prostate Cancer are expected to survive at least five years.

Each day **66** Australian men are diagnosed with Prostate Cancer.

Each day **10** Australian men die from Prostate Cancer.

Early detection saves lives!

You can donate directly to the appeal at:

HERITAGE BANK – PITTSWORTH BRANCH
BSB: 638-070 ACC: 13325485

All donations over \$2.00 Are tax deductible.
To obtain a tax receipt, email Merv Hinneberg:
mervandmaggie1@gmail.com.



For more information visit www.pittsworthmensshed.org.au



River icon restored to former glory

Sunshine Coast Council, [Media Release](#), 15 March 2023

A makeover for one of the Sunshine Coast's beloved boathouses has sparked a trip down memory lane. The heritage-listed Maroochy River 'Wheel House' has been lovingly restored thanks to specialist heritage advice and the handy work of volunteers from the Buderim Men's Shed.

Sunshine Coast Council Division 8 Councillor Jason O'Pray said the project fittingly captured the nostalgia of a simple life focused on enjoying the outdoors.

"These quaint Maroochy River boathouses are culturally significant," Cr O'Pray said. "They remind us to enjoy life's simple pleasures – fishing by the river fanned by a summer breeze or basking in the winter sun.

"The original Wheel House is one of just five privately owned boathouses on Bradman Avenue constructed between 1940 and 1970. "I'm very pleased to see the Wheel House returned to its former glory and preserved for future generations to visually enjoy".

President of the Buderim Men's Shed, Barry Cheales said the project took approximately 300 hours for their talented crew to complete using traditional restoration methods.

"When the owners of the 1965 Wheel House approached us, the structure had been badly damaged by weather events and vandalism and was in desperate need of restoration", said Mr Cheales.

"Specialist advice was sought from heritage building reports, structural engineers, and expert character builders.

"It was a challenging project, subject to tides and the availability of specific materials and trades.

"We're lucky to have some incredible expertise among the 12 members of the Buderim Men's Shed who completed the project led by Don Kitson, and we're really proud of the outcome.

"It's a wonderful example of community collaboration to preserve our region's history."

The Wheel House restoration project was developed with the support of Sunshine Coast Council's Arts

and Heritage Levy, its owners, and the Buderim Men's Shed in accordance with the Department of Environment and Science approvals.

Image Credit: Top Restored boathouse. Inset Flood damaged boathouse. Sunshine Coast Council.

The Express Newspaper: Men's Sheds meet up for day to share

Article appeared in The Express Newspaper
on 28 March, 2023

Over 50 men came together last week for
the Tablelands' first Men's Shed cluster
meeting.

The Malanda Men's Shed hosted the event to
share ideas and stories and forge new bonds
with like-minded men.

Malanda Men's Shed president Glynn Morice
said that while sheds are very open to new



*Image Credit: David Cooper had a great day out at the Men's
Shed get together. Photo appeared in The Express Newspaper*

members, the groups themselves don't usually mix
with each other, and they often do different kinds of
projects to one another

Read the article online theexpressnewspaper.com.au



The Gympie Rotary Club proudly presents the

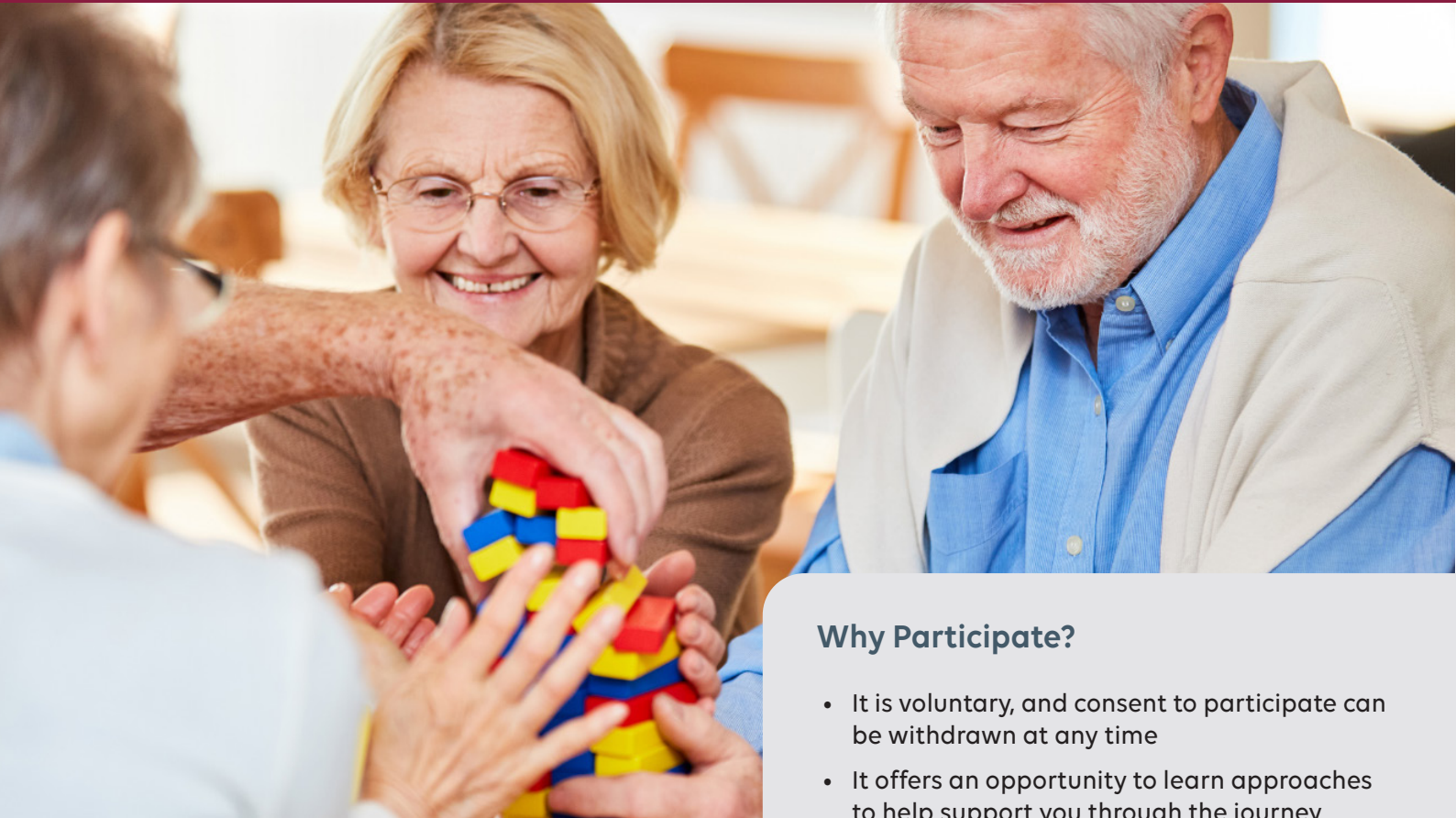
2023 Heritage MAKERS FAIR

Over 60 artisans and traditional makers will
gather, keen to inspire and share their passion
and knowledge - to preserve their craft. It's a
weekend filled with non-stop demos, vintage
displays, bushcraft shows, markets and good
old-fashioned camaraderie. Cost \$15pp.

GYMPIE SHOWGROUNDS

Saturday 1 July - Sunday 2 July

Visit ancientcrafts.org for more details.



iSupport - Dementia Carers Research Project

iSupport is a self-help skills and training programme for carers of people with dementia. Worldwide, around 55 million people live with Dementia. iSupport is currently involved in a national research project involving the carers of people living with dementia, and they are inviting participation in the project. They write:

What we currently know

Informal (family) carers are the cornerstone of supporting people living with dementia to remain living at home for as long as possible. However, caring can be stressful, tiring and often lonely for the carers, who may often be under-prepared for the role.

What we currently don't know

Whether there is an opportunity for carers to be supported through the iSupport program, targeting improved quality of life and health for both the person living with dementia and the carer. Whether this would improve dementia

Why Participate?

- It is voluntary, and consent to participate can be withdrawn at any time
- It offers an opportunity to learn approaches to help support you through the journey
- Health and life quality may improve for you and the person you care for.
- Your participation may contribute to the future wellbeing of carers.
- There is no cost to participants. However, you will be monetarily compensated monthly in appreciation of your participation.

services, and if it is possible to reduce hospital transfers for people living with dementia.

Why am I being informed about iSupport?

We are looking for 46 carers of people living with dementia to take part in this 12-month research project.

You may be interested in participating if: you, or someone you know, is a family/informal carer, are over 18 years, and provide care for someone with mild to moderate dementia.

I'm interested! What do I do?

Please contact Dr Claudia Meyer, Senior Research Fellow, Bolton Clarke Research Institute.

Email: cmeyer@boltonclarke.com.au
Phone: 0427 894 458



7-15 October 2023

Queensland Mental Health Week (QMHW)

QMHW is an annual awareness week that aims to shine a spotlight on individual and community mental health and wellbeing. The initiative is linked to National Mental Health Week and World Mental Health Day, held on 10 October every year.

Queensland Mental Health Week encourages all of us to think about our mental health and wellbeing, regardless of whether we may have a lived experience of mental illness or not, and encourages help seeking behaviours, when needed.

The week also gives us the opportunity to understand the importance of mental health in our everyday lives. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

Is your Shed planning an event?

Each year, people across Queensland come together during QMHW through local events, conversations and activities to raise awareness of the importance of positive mental health and wellbeing.

If you are planning an event, make the most of QMHW grant opportunities, and register to have your event publicised.

QMHW Community Events Grant Program

Opens Wednesday 26 April. Closes 26 May

The QMHW Community Events Grant Program provides the opportunity for eligible organisations to apply for up to \$3,000 to assist with event costs.

Learn more, read the [grant guidelines](#), or visit qldmentalhealthweek.org.au.

Get your QMHW event publicised

Register your event with QMHW for extra exposure. By registering your event will be acknowledged as an official Queensland Mental Health Week Event.

Register at www.qldmentalhealthweek.org.au/events/register-event

Submit your event (and photos of your event afterwards) to shedchatter@qmsa.org.au

Look for and report fire ants

The fight against fire ants is a year-round job and we need to work together to check every property for signs of the pest. One missed nest can multiply and spread, putting an entire community at risk and changing the outdoor way of life we know and love.

Help stop fire ants - learn more at www.fireants.org.au

Subscribe to [Fire Ant news](#) to keep up to date with the latest news, treatment programs and affected areas.



Just for fun



Finally I figured out the reason why I look so bad in photos.

It's my face.



By replacing your morning coffee with green tea, you can lose up to 85% of what little joy you have left in your life.



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