

Karrinyup Men's Shed Bulletin 11 July 2019

From: Karrinyup Men's Shed <kcmensshed@iinet.net.au>

To: Karrinyup Community Men's Shed members

Women in Men's Sheds

Men's Sheds across Australia have all dealt at some stage with the question of women membership with varied responses ranging from full inclusivity, to ambivalence, to outright refusal. Those sheds responding to the needs of women do so under a variety of different models.

Following research and discussion, the KCMS management committee have determined that we will continue to offer a men-only full membership model.

Other than two recent enquiries by women and an approach by an elected official at the City of Stirling, we have no data on the interest from women. Albeit untested, it is however likely that there is a need in the community.

With this view in mind, we believe that there may be an opportunity to offer occasional use of our shed to women wishing to learn woodworking and other skills.

This could be offered during down-time when the shed is ordinarily closed and might take the form of "ladies mornings" or "women's skills sessions" - available perhaps on Saturday mornings or weekday afternoons. Under such a model, women would not become members, but would pay an attendance fee to offset utility costs.

Prior to further exploring the viability of this model the committee wish to gauge the level of interest from members who might make themselves available as supervisors and/or instructors to accommodate women's sessions on a once per month basis.

If this is an activity of interest that you might like to explore further, please contact us by email kcmensshed@iinet.net.au or by phoning Peter Polain on 0478 215 692 or Jeff Crookes on 0419 903 583.

Survey: Barriers to Physical Activity for Older Adults

Health studies have shown that physical activity is paramount to healthy ageing; however, less than 15% of older adults (over 65 years) are meeting the recommended physical activity guidelines.

Research, which has been approved by the ethics committee at Australian Catholic University (2019-109E), is now being conducted on what the barriers are to physical activity in Australia.

If you are over 65 years, you are invited to be part of this research by completing a 3 minute online survey (link below).

If you are under 65 years, please send this link to your Mum, Dad, neighbour, friend or colleague.

<https://www.surveygizmo.com/s3/5093159/Physical-Activity-in-Older-Adults>

All responses are confidential and anonymous.

Karrinyup Men's Shed Annual General Meeting

Monday 19 August 11am

Followed by sausage barbecue at 12 noon

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