

## **Karrinyup Men's Shed Bulletin 24 December 2018**

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

**To: Karrinyup Community Men's Shed members**

### **Merry Christmas**

Merry Christmas from President Peter, the management committee and all our members.  
We have had an amazing first 6 months, and look forward to a very exciting 2019.

### **Compost**

You are welcome to bring your lawn clippings to the Shed, and place them in the compost heaps.  
You are also welcome to bring a bucket or three and take away some ready-made compost.  
You do not need access to the Shed buildings, it is all outside.

### **Stall at Stirling Farmers Markets**

On Sunday 24 February we have a stall at the Stirling Farmers Markets, 25 Cedric Street, Stirling.  
We will have seedlings, and as much sell-able product as we can make in the first 6 weeks of the new year.

Details of the markets <https://www.facebook.com/Stirling.Farmers.Market/> and <https://www.stirlingfarmersmarket.com.au/>

### **Guest speaker for your diary:**

Monday 11 February 10am Guest Speaker Jo Milios about men's continence issues.  
Secretary Tony is a big advocate for her work as a physiotherapist specialising in this field.  
We are also inviting other Sheds to attend.

### **Research Opportunity: Ageing In Australia Study**

This is a general message for anyone who might take an interest  
Can you help improve the quality of life of older adults?

A nationally-recognised research team in the Faculty of Health and Medicine at the University of Newcastle are working with health and aged care providers as well as community groups across Australia, to better understand the needs of older Australians and their carers.

The research team wants to hear about the most important issues and challenges facing older adults and the people who support them.

Participation involves completing between one and three surveys.

To learn more about how you can be part of this study, call 1800 084 755 or visit <https://is.gd/ageingstudies>

### **Closure over Christmas / New Year**

The Men's Shed has closed for the Christmas / New Year break on Thursday 20 December, and will re-open on Tuesday 8 January.

## **Friday opening for Shed**

The Shed will also be open on Friday mornings from Friday 11 January. Opening days will then be Tuesday to Friday.

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This email from



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