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Karrinyup Men's Shed Bulletin 21 September 2019

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

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

KCMS Computer training courses

Using a Computer, presented by Terry Lark, will start this coming week Monday 23 September for the Shed members who have put their names on the form on the Shed's notice board. Members who have put their names down will be contacted with their dates and time.

Getting started online, presented by Terry Fuller, will be run the following week. Members who have put their names down will be contacted by email with the date and time.

Creating Documents, will now be presented by Bruce Kirkby and will be run in the first week of October. Members who have put their names down will be contacted by email with the date and time.

Each unit is one session of 2 hours. The group size for each session is 3 or 4 members. The sessions will all be afternoons, to avoid the noise of the workshop activity.

It's not too late to put your name down, because some of the planned sessions have vacancies. If you do want to be added to any of these courses please be sure to contact Tony Strickland patton@iinet.net.au 0400 504 144 and put your name on the form on the Shed's notice board as soon as possible.

A copy of the course details is on the KCMS web site at <http://karrinyup.mensshedswa.org.au/docs/beconnected-flyer.pdf>

WA Men's Health Report Card 2019

In April 2019 the Federal Government published the National Men's Health Strategy (2020-2030).

The Strategy calls on all levels of government to take action to address the unique needs of men and boys in the policies they develop, the programs and services they deliver and the initiatives they fund.

One of the guiding principles that underpins this Strategy is that the actions we take to improve men and boys' health must address the "gender inequality issues faced by men".

The 2019 Men's Health Report Card series is a first attempt to bring some of these issues together and measure how well each State and Territory is doing for men and boys.

The facts are compelling. Our sons are less educated than our daughters. Our brothers die younger than our sisters. Our fathers are more likely to die at work than our mothers. Our male friends are more likely to die by suicide than our female friends.

The 2019 Men's Health Report Card for Western Australia highlights 10 key areas where men and boys are not faring as well as women and girls.

The Australian Men's Health Forum has the details
https://www.amhf.org.au/wa_men_s_health_report_card_2019_released

Wellness Walk for Mental Health

When people come together as one, friendship bloom, connections form and change begins.

This year, Mental Health Foundation Australia presents the **WALK FOR MENTAL HEALTH 2019** as part of National Mental Health Month 2019. The perfect opportunity to meet good people, in a good environment and move together for a great cause

We can't wait for all of us to stand out and speak up as one! Please register yourselves either as an individual or you can also form a team.

The Perth Walk will be on Sunday 20 October 2019

Location: Kings Park. Perth (Saw Avenue)

Time: 10:30am - 12:30pm

A link to register online is <https://www.mhfa.org.au/CMS/national-wellbeing-walk-2019>

Earlier KCMS newsletters

If you have missed any, all earlier newsletters are on the KCMS website at
<http://karrinyup.mensshedswa.org.au/newsletters.htm>

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This email from



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