

## **Karrinyup Men's Shed Bulletin 7 July 2019**

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

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

### **Men's Mentoring invitation Monday 15 July**

Men can face big challenges like redundancy, illness, loneliness, bereavement and breakdowns in relationships.

We need a place to talk about these issues, not keep them bottled up inside. That's when we need our mates to be our mentors and walk with us through the tough times.

If you want to learn to be a good mate come along to Mentor Training. In the session we'll look at some key skills and ideas to help with simple and effective mentoring. See the flyer at <http://karrinyup.mensshedswa.org.au/docs/mentor-training-july2019.pdf>

Date: Monday 15th July

Time: 9am – 11am

Bayswater Senior Citizens Centre, 27 King William Street Bayswater

RSVP: Miles Protter, Men's Business [miles@mensbusiness.net](mailto:miles@mensbusiness.net)

### **Karrinyup Men's Shed Guest Speaker**

Dylan from Body Biomechanics

Exercise for old fellers!

Thursday 25 July 12 noon. Followed by sausage barbecue at 12:30

### **Karrinyup Men's Shed Annual General Meeting**

Monday 19 August 11am

Followed by sausage barbecue at 12 noon

### **Community Engagement - Road Safety**

Some of you may be interested in completing this community engagement survey for the future of WA roads, being initiated by the Road Safety Council.

Please also forward on the link to all that you can to get involved:

<https://imaginezero.rsc.wa.gov.au>

### **Men's Sheds of WA - Men's Sheds Survey Results**

As part of the process to prepare its tender response to the Department of Communities, a survey of all Sheds was conducted.

Thanks to the 92 of MSWA 139 financial members that completed the survey. The results will provide valuable direction for the Board in not only preparing the tender, but also in developing our future support for Sheds.

The survey was also sent to Sheds that are not financial members of MSWA, however only three responded. This is unfortunate as MSWA attempts to support all Men's Sheds in WA and we are always interested to know the views of all Sheds.

The results of the survey are at <http://karrinyup.mensshedswa.org.au/docs/2019-mswa-survey-results.pdf>

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