

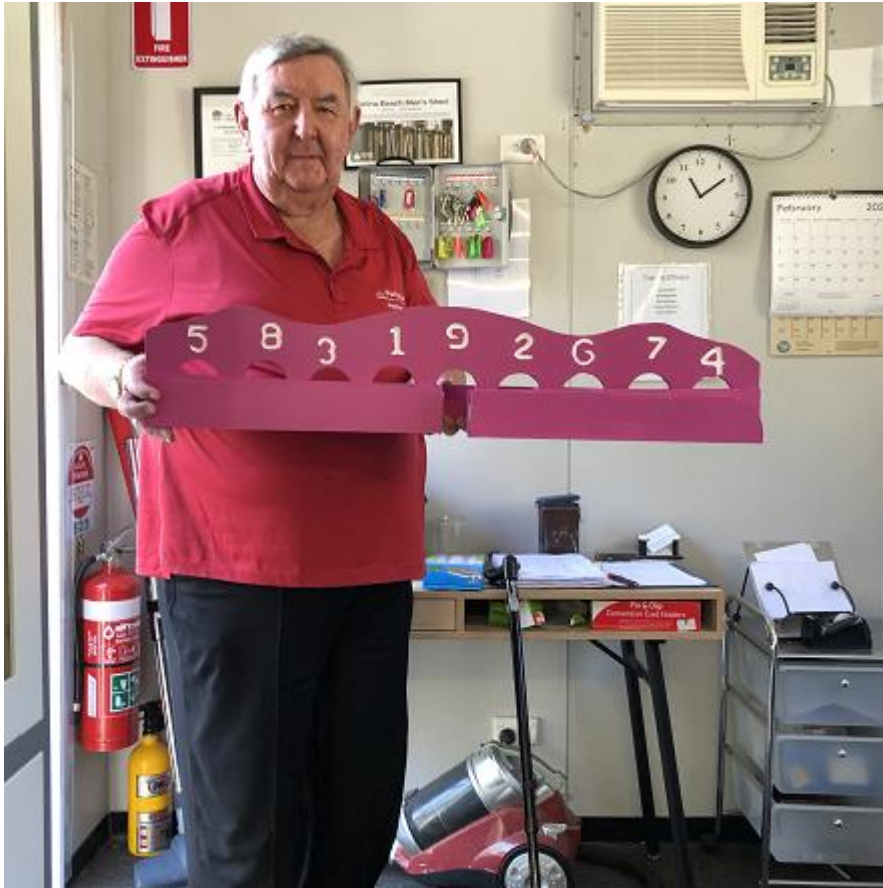
Umina Beach Men's Shed Newsletter March 2025

Welcome to your March Newsletter and our apologies for not providing an edition for February, the team unfortunately just had too many distractions.

O.K. the Shed is moving along well, and the activity levels appear to be climbing. We have undertaken some advisory and training sessions. Umina Podiatry visited and Dwight Bilson gave a very informative session on how best to look after our ageing feet and the most suitable types of shoes to wear, and was also able to answer a raft of questions from the lads. An interesting and informative session.



Our President, Gary, has been onto the Newsletter team to jump back into production – so we thought we should include him in this edition. Gary has a long relationship with Peninsula Village and they approached him to have the Shed make some Table Games for the elderly residents. Here he is taking delivery of the first item –



Whilst on the topic of projects for Homes etc our Secretary John P has produced this article to be included in the Newsletter :-

Elises Project.

For a few weeks now we have been engaged in making some simple wooden toys for Elisa's project which supports patients in palliative care in Gosford and now Wyong hospitals,

The toys are not only for sick children but also for children who might be visiting a sick loved one in hospital, the idea being that children not only play with toys during a visit but are free to take them to if they so wish.

So far, we have made them some simple wooden toys, cars and lorries, jigsaw and noughts and crosses puzzles as well as a pair of storage boxes. The products made so far have been received with enthusiasm and warm thanks from the volunteers representing the project. Many different shed members have worked on the project to date, and it appears that it will run for the foreseeable future.

If anyone has any ideas of any different toys or puzzles that could be made, they cannot be painted, hospital rules, must be without sharp edges and big enough not to be a choking hazard, then please let us know as we would love to be able to offer some original ideas in conjunction with what we are already supplying.

This work is being done as a community project, the shed funding the operation without expectation of any reward or donation. Other men's sheds are also involved with the project.

Thanks to everyone who has worked on the project so far. and thanks in advance to those who will in the future.

Please let us have your ideas and feedback.

John Powell

For the committee

Our neighbors the PCYC approached our Shed with a project to convert an old piece of furniture into a colorful "mini library" for their little people to store their books in. The job was taken on, completed and delivered by our member Rich A seen here with the staff of PCYC.



A fairly recent member Peter Mc appears to have unlimited energy and enthusiasm for projects around the actual premises and being a “sparky” by trade has proved to be a great asset. Seen here organizing to connect power up to and across to the containers and secondly busy helping to fix the recharging issues on a mobility scooter



Our resident artist, Brian O'L who, often paints pictures and displays them on the walls around the various sectors around the Shed, decided to improve the attractiveness of one of tabletop games, being another project at the Shed.



As you are probably aware, our Shed also engages in several fund raising activities, in order to keep the Shed financial, and these activities are normally outside our normal Shed Opening Days. For example the photo below shows some of our fellows busy setting up for a Saturday BBQ at our local IGA . If you have the time and energy available and would like to join our volunteer team, please talk with John P or Graham B



Talking of cooking etc., if you were at our last BBQ morning 17 March, no doubt you will recall just what a terrific and extensive range of menu that was on offer, a big thank you to Larry and John H and the rest of the team that beavered away, picking up supplies, cooking gadgets , and actually preparing and cooking. It was a lovely special treat - thanks fellows.

On Monday 31 March [just a normal morning at the Shed ie no BBQ] we had 28 members sign in and get on with what they wanted to do, and Wednesday 2 April we had 24 members, so the activity levels are rising and the space and socialization etc appears to be in good order. Below is a shot of the "table of knowledge" during the morning tea session.



On Friday 27 March a FIRST AID training session was organized by John P and we have include his report here, the health and well being of all our members at the Shed is a top priority.

First Aid course 28th March 2025

A group of nine Shed members enjoyed, and I cannot emphasize the word enjoyed too much, a Health and Safety course run by Sue and Don from Express First Aid.

We were taken through the basics of what to do in the event of an emergency, not only in the shed but at any time in general life. We covered issues ranging from C.P.R to dealing with cuts to snake bite, all of which I hope that we avoid. Some of it was confronting, practicing CPR on a baby size manikin is one thing, doing it for real would be terrifying. But at least I would know what to do.

None of us would now claim to be Paramedics, The Good Doctor or even Dr Hook and the Medicine Show, by we would have a clearer idea of how to deal with an emergency, or minor incident, at a time which would be challenging and confronting. Much of what we covered was basis common sense. Largely it's just having the confidence to apply it when needed

I think this is an issue that more people need better knowledge of, I also appreciate that many of you do not want, or feel physically able, to complete a formal first aid course.

To this end we are going to invite Sue and Don back to give an informal talk on first aid, this would not be an accredited course, so there is no registration, no forms to fill in and no tests at the end, no certificate either, just a raising of awareness in people's minds. They would charge us for the event, after all they are running a business and the event would be scheduled as a morning tea talk, but as a very informal event.

I would appreciate your thoughts and feed back about this topic.

The following Members completed the First aid course.

Alan Reed, Clive Atkinson. Steve Beer, Mario Grech, Wayne Foam, Kevin James, Peter Moulding

Larry Steward, Joh Powell



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Well, that about brings us to the end of this month's NewsLetter, if having read it, you are thinking perhaps I should have done the First Aid training, talk with John P, it won't be long before the course is repeated.

Well, that brings us to the end of this edition, we trust you found it interesting and hopefully enjoyable.

Happy Shedding

Vic B and Bill G