

5 steps to Setting up a Men's Shed

Prepared by Bowral Men's Shed Aug '05

www.mensshed.com

The following steps have been prepared to assist interested parties in getting started with the set up of a Men's Shed in your area.

1. Research existing Men's Sheds (and the broader Men's Health context) to get a clear understanding of what is a Men's Shed and how they generally operate. This will allow you to communicate it simple and succinctly to others, especially potential supporters. (Le. sowing the seeds and vision for the Project)

2. Establish a Planning Group.

Identify potentially interested people - think of potential agencies in your area. Are you in a position to coordinate/facilitate the Planning Group? If not who can?

Consider:

- . Community Health for counselors, psychologists, and community nurses, social workers...
- . Local Church Leaders and networks
- . Rotary and other service clubs
- . Ambulance Staff
- . Dept of Community services (DOCS) and other Government agencies like Centrelink - Social Worker and local Council Community services planners.
- . Dept of Veteran Affairs contacts via RSL sub branches and National Serviceman ETC.

Explore all possibilities aiming to set up a Planning Group for your local Men's Shed.

Invite people to the meeting and increase your interested network from there. (Remember good food, humour and clear direction context (Men's Health) are essential for an effective meeting)

3. Identify Resources.

Hopefully, via members of your Planning Group and their networks. Brainstorm all possibilities - explore all reasonable (and unreasonable) options.

Potential

- . Venues
- . Funding Sources (Dept. Veteran Affairs are a definite if you are aiming at the veteran community)
- . Sponsors (local businesses etc.) Develop a simple flier that communicates the concept of a Men's Shed and your contact number to leave with potential supporters.
- . Project Partners are organisations (like a Church Group) that are a legal entity that has charitable status and Insurance to cover for the Project. (Usually under Volunteer Insurance - as Men's Shed Members will be attending the Shed as volunteers)

4. Link with an existing Organisation (partner) or form an Incorporated Association that can apply for Project funds.

As mentioned above, it is essential that an umbrella organisation is linked with that can cover insurance issues. At the Bowral Men's Shed - WHAM Inc.

(Wingecarribee Health Association for Men) applies to various funding bodies to enable the expansion of the Project and provides a Men's Health and supportive structure for the Project)

5. Develop an Implementation Plan

Through the Planning Group and Partners in the project work establish your plan and chip away at the issues that need to be addressed. Encourage progress and don't lose your sense of humour.

If it doesn't come about at first, remember- contacts have been made and 'seeds' sown that may come good around the corner when some factors change. Watch for this opportunity!