

Where Are We Now?

For 7 years the Ballina Community Men's Shed (BCMS) was located at Southern Cross K-12 School. In 2017 we were located at 38B Smith Drive, West Ballina.

Presently, we are located at 44 Fishery Creek Road, West Ballina (*from Main Street, take the first right after the canal bridge at Ballina Motel*). Following an impressive renovation and fit out, this should be quite a comfortable, but temporary location in a house on an acre of land in a rural setting with a creek nearby.

This property is on lease from the Ballina Shire Council, but various considerations unfortunately prevent it from becoming a permanent home. Plans for a permanent purpose-built facility are well underway on land at the Ballina Racecourse.

Present operating hours are Monday to Friday 8-12 noon. Why not make a visit?



What is a Community Men's Shed?

A Community Men's Shed is a community space consisting of workshops and meeting rooms where men gather to work together on meaningful activities and projects for personal and community benefit. It aims to improve the health and wellbeing of members and reduce the number of men who are at risk from preventable health issues that may emanate from social isolation.

Unemployment and transition from full-time work through retirement, sickness, injury, redundancy, disability, discrimination, major life disruptions or even leave can be an extremely difficult time for many. The relaxed friendly environment of a community men's shed has been a tonic for many. For others, it has been a place where they can share their interest, skills and friendship for the benefit of others.

The recently formed Australian Men's Shed Association now has about 1000 member sheds. www.mensshed.org.

Though our main activity is woodwork we are expanding into other activities of interest such as leatherwork, a Renewable Energy Project Group as interests present.

What do we Make In the Workshop?

Projects we have undertaken vary enormously. The group makes breadboards, dog kennels, bird's nests, letterboxes, bookcases, coffee tables, rabbit pens, house numbers, cubby houses, raised garden beds, toys, trolleys and benches.

They take customer orders, as well as have some items in stock for sale. The men repair furniture and other household items and offer other handyman solutions that can be done at the workshop.

The focus is building relationships, having fun, utilising skills and learning new ones while providing a community service.



The Future Vision

Plans are underway to build a purpose-built Ballina Community Men's shed facility at the Ballina Racecourse.

This complex would provide for woodwork, metal work and have another sizeable and flexible workshop which could be used for electronics, computers, model building, depending on the skill set and interest of members at the time. It would also have an office, other meeting rooms and sufficient storage.

The facility could be used Monday to Saturday and in addition to classic Men's Shed use it could have sessions for training, women, mixed and parent child mentoring.

When established it would be self-funding and provide community support.



Funding & Fundraising

Application is being made to various funding bodies – government (Federal, State and Council), private foundations, corporate bodies and philanthropic groups. It is estimated that an additional further \$85,000 of local fundraising will need to be raised as well as these and existing funds.

A local campaign 'Ballina Builds A Shed' is now underway to raise this \$85,000. Gifts to the Ballina Community Men's Shed over \$2 are tax deductible and can be made at the workshop office or by direct deposit into our Commonwealth Bank '**Ballina Community Men's Shed' Project Account. BSB: 062 502 and Account No: 1043 3922.**

If anyone wishes to donate to our current expenses they can donate to our *General Account. BSB 062 502 and Account No 1039 9461.*

Contact

Team Leader **Graham Egghins 0416 004 013**

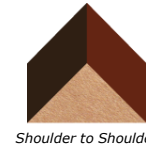
Workshop & Office hrs Mon/Wed 8am-12

44 Fishery Creek Road, West Ballina

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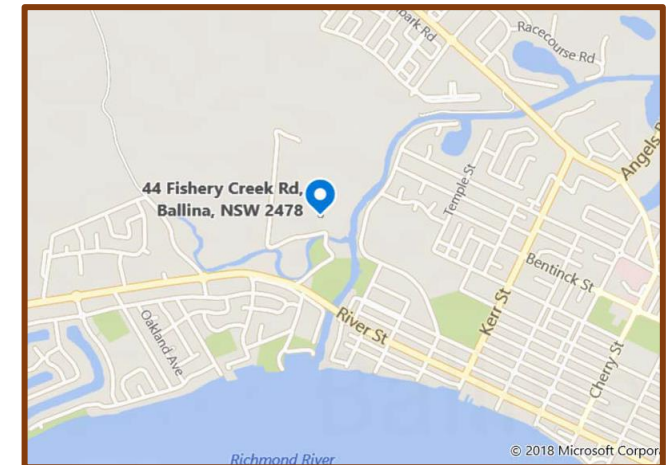
www.ballinamensshed.org.au & Facebook



**Ballina Community
Men's Shed**

New Location

**44 Fishery Creek Rd
West Ballina**



Phone: **0416 004 013**



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