



*Katoomba Men's Shed*  
*Building Better Blokes*

# Annual Report 2018





# President's message

Welcome to the 2018 Annual Report of the Katoomba Men's Shed (KMS).

To our supporters a big thank you and I hope you can see from this report the value of your support in what it enables us to do. To those new to the concept of a Men's Shed I hope you find it informative and I encourage you to look for further information on our web site at [www.kms.org.au](http://www.kms.org.au)

KMS is a not for profit community organisation affiliated with the Australian Men's Shed Association and it aims to promote the health and wellbeing of men in our community. We do this in a variety of ways but essentially, thanks to our Council, we have facilities at Orient St that provides a space for men to share time together, swap yarns and work together on community, group or personal projects.

As well as having a variety of woodwork and metalwork machinery we have a well-developed electronics and computer facilities, including audio-visual equipment. In 2018 we organised monthly Men's Health talks by medical professionals on topics ranging from heart and stroke issues, bowel cancer, mental health and advanced care directives. In the last 12 months we have undertaken a number of group activities both within the Shed and occasionally away from the Shed. I say occasionally away from the Shed because part of our philosophy is in the provision of a place for men to get together so we don't often undertake projects that involve members being away from the Shed.

Group projects of late include the construction of a magnabend machine (a small size metal bender utilising an electro magnet). We have also purchased a 3D printer to allow members to explore this new way of making things.

Community projects undertaken this year include the restoration of the plaques at the Katoomba Anzac Memorial Gardens at the Katoomba Hospital, a weekly life / social skills program for some of the students at Katoomba North Primary School and building possum boxes for the local branch of WIRES (Wildlife Information, Rescue and Education Service).

We believe that by providing our members with a choice of activities as well as authoritative health talks we are helping to address a number of age related health issues within our community. When I sit back and look at it, the Shed has had a very busy year and yet day by day and week by week we just seem to be going at a reasonable pace.



A challenge that the Shed and its Committee will face over the next few years is where to from here? We are currently looking at options ranging from opening hours to building modifications to the scope of our activities via a survey of our members. Our strategic planning group is also looking at the 2016 Census figures that are pertinent to our membership such as:

- 37% of residences in Katoomba have only one person per residence.
- 24% of the residences in Katoomba do not have an Internet connection.
- Katoomba's population of over 65yo persons was 1,556, just under 20%.
- Katoomba's total population of 8203 has only varied by 1% or 2% since 2012

Technology is part of that challenge in that of our membership of about 95, approximately 84% have an email address but only some of that number know and understand how to utilise email. Quick and efficient communication is one of the keys to the success of most organisations and as we are essentially a bunch of blokes from a generation that did not have computers at school, we had to learn on the run. Consequently one of our main short term goals will be to encourage more of our members to use and be comfortable with email and other forms of E technology.

I hope you find this report informative and invite you to make further enquiries through our web site or directly to any of the Committee.

Peter Kinhead  
President

**Below: Projects completed by boys at Katoomba North Public School as part of a support program conducted by KMS members.**



# Strategic plan

## Destination 2020

By 2020 the Katoomba Men's Shed will be a vibrant men's organisation:

- Providing relevant programs and activities responding to our members' needs
- Recognised as an asset to the community
- Working in partnership with other key community organisations.

## Strategic goals for 2020

*Encourage good daily attendance and active involvement in our programs and activities*

- Continue to identify activities which respond to our members' interests
- Establish effective recruitment, induction and retention programs
- Identify appropriate activities for members to work on together which can deliver community benefits

*Develop and deliver a sound men's health program*

- Identify key areas of men's health affecting our members
- Develop partnerships with organisations that can deliver information and advice on those key areas
- Support members with health problems

*Build and maintain the Shed as a financially sound organisation with appropriate reserves*

- Introduce an effective budgeting process
- Determine the appropriate level of reserves required to maintain financial prudence

*Build the committee's effectiveness in managing the Shed*

- Encourage more members to participate in Shed management
- Develop a succession plan for senior Shed Committee positions
- Continue to develop and promote the Shed's values and code of conduct



# Thanking our supporters

## Blue Mountains City Council

The Blue Mountains City Council has supported the Shed since the Shed was established in 2005. The ongoing access to the former stables in the Katoomba Showground complex is essential to the operation of the Shed. Without this facility the Shed could not function.

## Digital Mountain

Digital Mountain are a website hosting provider based in the Blue Mountains. For many years Digital Mountain have provided the Shed with a website hosting package which is used to run the Shed's website ([www.kms.org.au](http://www.kms.org.au)).

## Blue Mountains Burglar Alarms

Blue Mountains Burglar Alarms provides a back-to-base alarm system that protects the Shed against break-ins.

## Cleanaway Katoomba

Cleanaway Katoomba provide a waste pickup service for the Shed.

## Bunnings Katoomba

Bunnings have become an important supporter of the Shed since opening their Katoomba Store during 2018. Support to date has included donation of redundant display stock (workshop furniture) and providing promotional and fundraising opportunities.

**Below: KMS is particularly grateful to the Blue Mountains City Council for the ongoing use of the former stables in the Katoomba Showground complex. The building now provides a range of spaces for the various activities that are held at the Shed.**



# Membership

KMS encourages membership and participation of men from all walks of life. There were 91 members at the end of 2018.

## Membership statistics

	2015	2016	2017	2018
Carried forward from previous year	102	95	90	86
Left (resigned or died)	4	5	5	6
Did not renew (lapsed)	32	23	19	15
New members joined	29	23	20	26
Members at 31 December	95	90	86	91
% members renewing	65%	71%	73%	76%
% change in membership	-7%	-5%	-4%	6%

Membership has remained within the 90 to 100 range over recent years. Membership retention has been steadily improving .

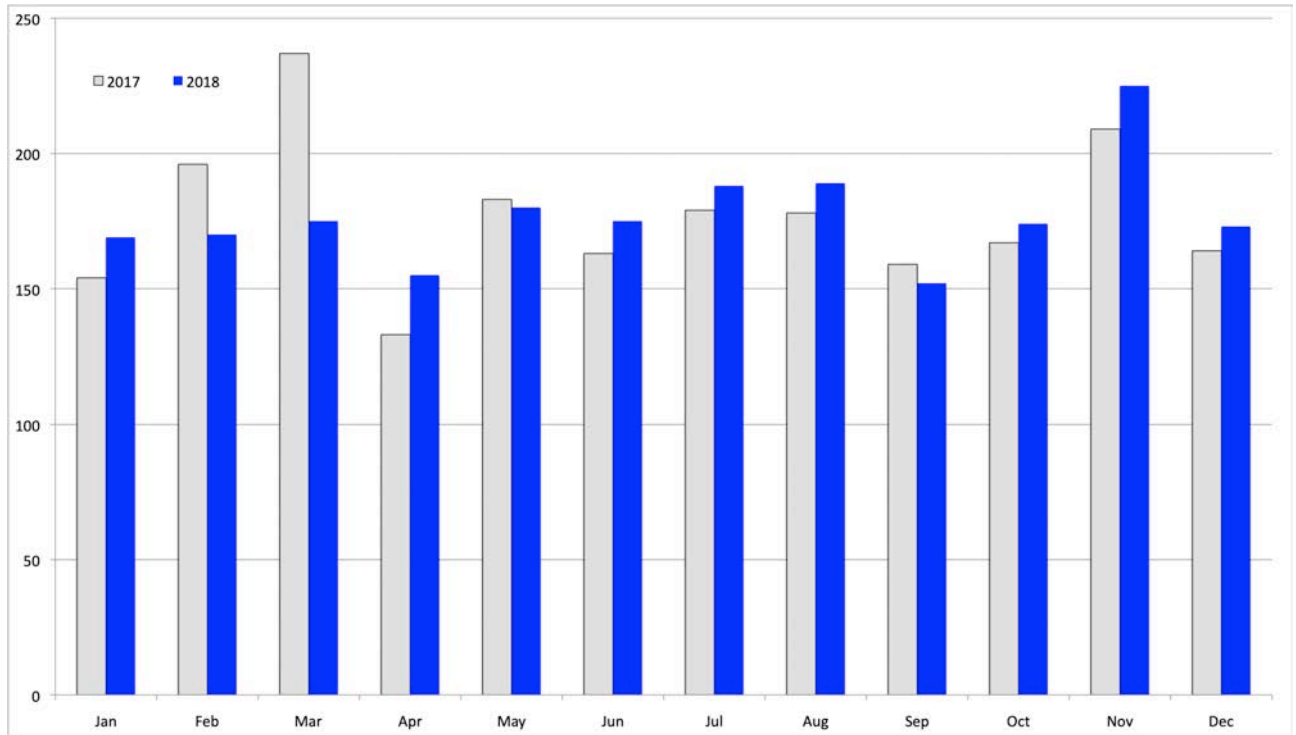
Most members who do not renew do not give a reason. However, the known and implied reasons include:

- Moved away from the Blue Mountains.
- Changed health or living circumstances.
- No projects needing Shed facilities.
- Had good intentions but did not get around to coming along.

## Shed attendance

Information from Shed attendance records has been extracted for the last two years.

	2017	2018
Days Shed was operating	201	214
Total attendance	2,122	2125
Average attendance per day	10.6	9.9
Members who attended once or less	26 (30%)	22 (24%)
Members who attended more than once	62 (72%)	69 (76%)
Members who attended at least 12 times	44 (50%)	46 (50%)
Members who attended more than 40 times	19 (22%)	17 (19%)



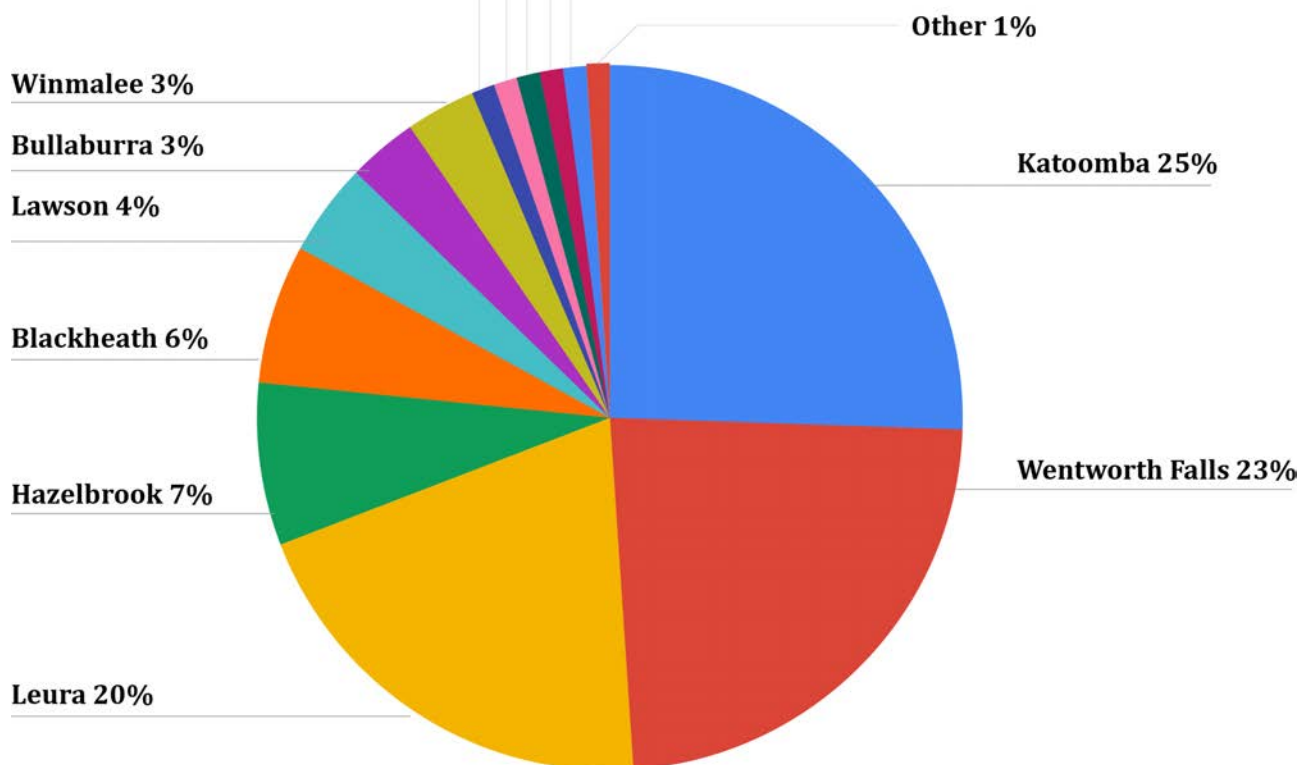
Above: Total attendance at the Men's Shed for 2018 (dark bars) compared to 2017 (light bars).

### Where members live

Almost 70% of members come from Katoomba, Leura or Wentworth Falls. Blackheath, Bulaburra, Lawson and Hazelbrook represent a further 21% of members. Only one member currently resided outside the Blue Mountains.

Below: Pie chart showing where KMS members live.

Springwood, Faulconbridge, Linden, Blaxland, Mt Victoria 1% each





# Community projects

The primary purpose of KMS is to provide a place where men can be with other men. It addresses a range of men's health issues, particularly health issues that arise from social isolation and a lack of direction and purpose in life. Some men come to the Shed just to have a yarn and a cup of coffee. Others volunteer to help run things, while others come to work on projects in the workshop.

There is good evidence that being involved in something like the Men's Shed reduces mental health problems and delivers positive health outcomes.

While community service projects are not the primary purpose of the Shed, the fact that a group of men are gathered together makes many community service projects possible.

## Mentoring boys

At the request of the Principal and School Counsellor of Katoomba North Public School, The Men's Shed has been providing woodworking activities to a small group of 9-year-old boys.

The aim is to provide a space for young boys who have trouble concentrating in class and to show application of some of the principles learnt in maths classes.

Projects have included making echidnas with wood and nails (picture right).



## Re-housing rescued possums

The local branch of WIRES (Wildlife Information, Rescue and Education Service) approached us to see if we would help them make possum boxes. The boxes are used to house rescued possums while in care, and during their eventual release.

Boxes are also used when re-housing problem possums.

WIRES need up to 15 boxes per month, and the Shed will be supplementing an existing volunteer who has been struggling to keep up with the demand.

WIRES cover the costs of materials and the Shed members provide their labour as a community service. The photo right shows Shed member Keith working on a possum box.



## Anzac memorial Garden restoration

This project was undertaken as a joint venture between the Katoomba RSL Sub-Branch, the Blue Mountains District Anzac Memorial Hospital, Leura Gardens Festival and KMS. The gardens were restored in time for the celebration of the centenary of the Armistice that ended WWI.

The Shed's role was to replace the posts and mounts of over 120 brass plaques that commemorated the war service of local people. The original mounting posts were rotting away. The new posts were manufactured and painted at the Shed before the careful task of transferring the plaques. The photo shows an enthusiastic group of 'shedders' painting posts.



## Grandparents and elder's day

At the invitation of the Blue Mountains City Council, The Shed staged an activity for a 'Grandparents and Elders day' at Wentworth Falls Lake.

Children were encouraged to get involved with the Shed members present as 'stand-in elders'. One member displayed some of his models and allowed children to sail one of his model ships. Children were also let loose with hammers and encouraged to pound nails into wood and make nail art.

The photo shows one of the participants working diligently on an echidna.



## Men's health talks

A new initiative in 2018, the Shed partnered with Michael Whitehead from the Lawson Community Health Centre to deliver a series of talks addressing a wide range of men's health and related issues. Michael arranged different speakers for each topic.

The talks were very well received by the members and guests who attended. There was also a very positive reaction from the speakers who found the experience rewarding.

The photo above shows Michael Whitehead with Shed President Peter Kinkead.



# Financial statements

## Income and expenses statement

**Income**

Day fees	\$7,187.25	\$7,543.25
Member fees	\$2,824.95	\$3,265.00
Donations	\$2,192.60	\$3,199.10
Grants	\$850.00	-
GST refunds	\$1,557.00	\$872.00
Interest income	\$474.17	\$421.59
Hunter Leisure	\$2,027.44	\$1,863.52
Other sales	\$1,105.43	-
Other income	\$610.41	\$334.26
Total Income	\$17,979.25	\$18,348.72

**Expenses**

Insurance	\$3,204.47	\$3,191.15
Catering (tea, coffee, biscuits, bbq supplies)	\$2,692.54	\$2,521.15
Phone	\$814.32	\$884.03
Other office expenses	\$291.83	\$1,021.00
Repairs and maintenance	\$1,323.40	\$1,906.99
Other expenses	\$629.64	\$735.22
Development projects	\$7,038.66	\$4,998.30
Total expenses	\$15,994.86	\$15,257.84
Surplus	\$1,984.39	\$3,090.88

**Financial position**

	2018	2017
Assets		
Petty cash	\$100.00	\$100.00
Term deposits	\$16,415.05	\$16,000.14
Outstanding invoices	\$329.02	-
Operating A/c	\$11,878.63	\$10,654.07
Total Assets	\$28,722.70	\$26,738.31
Liabilities	Nil	Nil
Nett assets	\$28,722.70	\$26,738.31

**Notes on financial statements**

The majority of the Shed's workshop equipment has been donated and is over 10 years old. For this reason the equipment has not been included under assets at this time. The total resale value of the equipment has been estimated as less than \$30,000.

A number of supporters listed earlier in this annual report provide in-kind goods or services that have not been costed and are not reflected in these financial statements.

## Highlights

Day fees remained the Shed's largest income item. This is in line with the funding strategy whereby the men who use the facilities meet the majority of costs.

Assembly of bicycles, toys and furniture for the Katoomba Big W store was also an important source of income. This work is done under a subcontract to Hunter Leisure Pty Ltd. In addition to this work, the Shed undertook several projects in support of the Blue Mountains Lapidary Club including manufacturing parts for repair of a faceting machine.

Donations of over \$2000 were received during the year. This included donations from members of the public made in appreciation of small repairs done in the Shed's workshop.

Projects to develop the Shed's facilities and capabilities were a highlight of the year. Over \$7,000 was invested in development projects, a 40% increase over the previous year. All projects were funded from the income for the year and no external grants were sought during the year. Projects included:

- First aid training for Day Coordinators.
- Purchase of a new milling machine (metalworking machine).
- Development of a new tool sharpening station.
- Purchase of a 3D printer.
- Purchase of Shed promotional materials (caps, banners, brochures etc).
- Construction of a sheet metal folding machine (magnabend).