



Gladstone Men's Shed Celebrates Men's Shed Week

Men's Sheds across Australia marked Men's Shed Week (8–13 September 2025), and Gladstone Men's Shed joined in with a Shed Big Day Out on Thursday 11 September.

The event coincided with both R U OK? Day and Prostate Cancer Awareness Month, adding even more weight to the Shed's focus on connection and wellbeing.

Around 200 people came through the Shed, including members of 14 other Sheds from across the region, some travelling from as far as Baffle Creek, Emu Park, and even Longreach. They joined locals and the general public in exploring stalls, tours, and displays, all centred on this year's theme of "Building Healthy Communities."

Visitors were able to connect with Queensland Health specialists, the Cancer Council Queensland, and other community organisations offering information on energy savings, road safety, and disaster resilience. Local supporters including Bendigo Bank and McCosker Contracting were also in attendance, alongside unique displays from Gladstone Speedway, Quoin Island



PHOTOS: 1: Dave, Richard & Neil look at Richard's boat-building skills. 2: QMSA's Capricornia Region Zone Chairman, Ron; Regional Coordinator, Frank Pearce, and Chairman Lawrie Bingham representing Queensland Men's Shed Association.



Turtle Rehabilitation Centre, and industry representatives from Loctite, Stanley Tools, Inspirations Paint, Cabots Timber Finishes, and Selleys Home Improvements.

QMSA's President Lawrie Bingham and Regional Coordinator Frank Pearce highlighted the collective strength of the Men's Shed movement and introduced their proposal for a Grey Nomad Men's Shed Trail. Support was also shown by local leaders, with State MP Glenn Butcher and Gladstone Regional Councillors Holzheimer, Muszkat and Patrick joining the day.

The Shed's own displays drew plenty of interest, with model aircraft, boat-building, classic motorbikes, native bees, quilting, and live demonstrations. A coffee van and sushi provided a fresh twist on the traditional

sausage sizzle, while Shed Treasurer and QMSA Capricornia Zone Chairman, Ron Steen, wrapped up the day with lucky door prizes and thanks to sponsors, stall-holders, shedders, and visitors.

PHOTOS: 3: Queensland Health specialists from Rockhampton with shedders 4: Some of our "tradies" Selleys, Inspirations, Cabots & Stanley Tools 5: Sushi being served as a healthy alternative for lunch. 6: Gladstone's version of Light Up Blue for Prostate Cancer Awareness Month