



SHED

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SUMMER 2025

Shed stories

Shed news

Men's health

Funding



Queensland Men's Shed Association

Our team

EXECUTIVE COMMITTEE

Chairman Lawrie Bingham
Samford Area and Dayboro Men's Sheds

Vice Chairman Frank Harvey, Beachmere Shed

Treasurer Greg Hoyes, Samford Area Men's Shed

Secretary Dr Ted Flack, Burpengary & District Men's Shed

MANAGEMENT COMMITTEE

All members of the Executive Committee, and

Metro North Zone Chairman
Rodney Hansen *Burpengary and District Men's Shed*

Capricornia Zone Chairman
Ron Steen *Gladstone Men's Shed*

Far North Qld. Zone Chairman
Peter Firth *Edmonton Men's Shed*

Sunshine Coast Zone Chairman
Chris Blignaut *Noosa Men's Shed*

Metro Central Zone Chairman
Phillip (Phil) Sharp *South Brisbane Men's Shed*

Central Queensland Zone Chairman
David Kerrigan, *Barcaldine Shed Inc*

Vacant Zone Positions

North Queensland Zone Chairman

Mackay Zone Chairman

Wide Bay Zone Chairman
(Acting Chris Blignaut, Noosa Men's Shed)

Metro South Zone Chairman

Southwest Queensland Zone Chairman

Darling Downs Zone Chairman

Southern Downs Zone Chairman

Gold Coast Zone Chairman

Like to Contact QMSA
or a Committee Member?

Visit qmsa.org.au/contact-us



Or, scan our
QR code

QMSA Patrons

QMSA values and recognises, Her Excellency, the Honourable, Dr Jeannette Young, AC, PSM, Governor of Queensland and her husband, Professor Graeme Nimmo, RFD, as our joint Patrons.



A State Association member of AMSA. Funded by Australian Government and Queensland Government

CEOs Message



Thank you for the opportunity to help lead QMSA into the future. I am genuinely grateful for the confidence you have placed in me, and I am proud to continue serving this wonderful movement.

Over the past year, QMSA has experienced steady and positive growth. We have welcomed new member sheds, and we've been encouraged by the many new volunteers who have stepped forward. We also have four or five new sheds currently in different stages of development, which shows just how strong the Men's Shed movement remains across Queensland.

Our Zone Chairmen continue to do an excellent job. They stay connected with sheds, organise forums, and offer valuable advice and support. With a state as large as Queensland, and around 250 sheds spread across it, we rely heavily on volunteers to help get the job done. Their commitment is one of our greatest strengths.

We have also been pleased to welcome Dr John

Barletta, a retired psychologist and Shedder from Maleny, as QMSA's Health and Wellbeing Specialist. John is already visiting sheds and producing some great material, and I encourage you to have a look at the resources he is creating.

Recently, our team came together for a planning day ahead of our AGM. The sense of camaraderie in the room was strong, and it reminded us how important it is to stay united and focused. During our discussions, several key priorities emerged for QMSA's future:

- Strengthening our brand – creating clear statements that explain who we are, what we do, and why we exist.
- Diversifying our income – while grants have supported us well, we need a broader range of financial backing to make sure our work continues long into the future.
- Recruiting more volunteers – Queensland is a big state, and to maximise our impact we need to fill our vacant Zone Chair positions.
- Staying true to our men's health roots – remembering that supporting the health and wellbeing of Queensland men is our core purpose.

Thank you again for your trust. I look forward to connecting with many of you over the coming year.

Frank Pearce

A Warm Welcome to our New Members

We'd like to extend a special welcome to our recent new members

- Collinsville Men's Shed
- Men's Shed Labrador
- Gordonvale Men's Shed Inc
- Turtle Coast Men's Shed
- and associate member
- Norfolk Island Men's Shed Inc



Annual General Meeting Highlights

What a fantastic day we had at the Queensland Men's Shed Association Annual General Meeting on 20 November!

Held at the beautiful Sandgate Cruising Yacht Club, the event brought together Shedders from across the state for a day of connection, conversation and celebration.

The AGM was well attended, and the atmosphere was buzzing as members caught up with mates from other Sheds, enjoyed a relaxed outdoor lunch and shared ideas for the year ahead. Read Chairman, Lawrie Bingham's, report [here](#).

Our guest speaker, Greg McGahan from the Mater Young Adult Health Centre Brisbane, delivered an engaging talk that sparked plenty of discussion around mental health and wellbeing—a topic close to the heart of every Shed. We also celebrated excellence in our community with the inaugural 2025 Shed Awards (check out the winners on page 5). It was inspiring to see the incredible work happening in Sheds across Queensland.

A big thank you to everyone who joined us—whether in person or online—and helped make the day such a success.

Meet Our New Committee Members

The AGM wasn't just about looking back—it was about shaping the future. Alongside welcoming

new faces, we celebrated the re-election of Lawrie Bingham as our Chairman and Dr Ted Flack as Secretary. Both bring a wealth of experience and passion to their roles.

We also congratulate Frank Pearce on his appointment as CEO (refer to page 3 for his first CEO address). Frank steps into the role with deep experience and a strong vision for the future.

We welcomed two new Zone Chairs to our QMSA team of volunteers:

Peter Firth (Far North Queensland) – Peter steps into the role with extensive experience and a strong commitment to supporting Sheds in FNQ. He's passionate about community and keen to help local Sheds thrive.

Philip Sharp (Metro Central) – Philip brings energy and fresh ideas to the MC Zone. With a background in [insert relevant detail], he looks forward to connecting with members and driving new initiatives.

Finally, a big thank you to outgoing Zone Chairs Ken Robertson and John Smith for their dedicated service. Their contributions have strengthened the Shedding community, and we wish them all the best.

CELEBRATING

Shed Award Winners



There was plenty to celebrate when we announced the winners of the inaugural **QMSA Shed Awards 2025** at our AGM on Thursday 20 November.

This new initiative recognises excellence in communication, creativity and commitment to men's health, and we were thrilled by the strong response and quality entries from Sheds across the state.

The Outstanding Shed Health Project category was awarded to **Noosa Men's Shed** for their holistic approach to improving member wellbeing. Their health program is led by Owen Curtis, who coordinates expert-led sessions on hearing, prostate health, mental wellbeing and more, and Geoff Montgomery, whose energetic twice-weekly exercise physiology sessions keep members active and engaged. Together, their efforts have improved the health of Noosa Shedders.

The Best Shed Newsletter category was awarded to **Mt Gravatt Men's Shed** for their polished and engaging newsletter, *Shed Talk*. Judges praised its strong branding, clean layout and easy-to-follow content.

Both categories attracted a fantastic response. We sincerely thank all participating Sheds for the time, creativity and care they put into their submissions. The quality of work being done across Queensland is inspiring, and it highlights the ongoing commitment Sheds have to supporting men's health, connection and community.

We would also like to thank talented Shedder, Greg Self, who produced the unique QMSA awards from a design created by QMSA staff member Michele. His craftsmanship produced a distinctive, high-quality

award that winners were proud to receive. After such a successful first year, we're already looking forward to the 2026 Shed Awards.



Photo top: Noosa Men's Shed's president, Frank Matus, proudly displays his award.

Photo bottom: Wayne, editor of Mt Gravatt's "Shed Talk" accepts award from editor of QMSA "Shed Chatter", Michele.

Welcome QMSA Zone Chairman



Philip (Phil) Sharp Zone Chairman, Metro Central

Philip Sharp's career in education reflects a lifelong commitment to learning, creativity, and innovation. He began as a Special Education Teacher within Education Queensland, where he devoted 15 years to supporting students with diverse needs. His dedication to inclusive education later led him into Catholic Special Education, and eventually into Primary Education, broadening both his classroom experience and professional perspective. During these years, he pursued further qualifications in Education and also Visual Arts, specialising in Ceramics—a discipline that nurtured his artistic sensibilities and enriched his teaching practice.

While working in Primary Education, Philip discovered a growing passion for the use of computers as tools for learning. He became an early advocate for integrating Apple technology into classrooms, recognising its potential to spark curiosity and empower students in their learning journeys.

In the mid-1990s, after convincing a school board to invest in whole school networking, he unexpectedly found himself appointed Network Manager of a newly installed Microsoft NT system, whilst also teaching a Year 4/5 multi-age class. Facing an abrupt and steep learning curve, he embraced the challenge, ultimately earning his MCSE qualification and later a Master's degree in Management with a major in IT.

Philip's expertise took him to the Brisbane Catholic Education Office, where he worked in the IT section developing and delivering training packages to support school staff in building their own technological capabilities.

Having a lifelong interest in wine also, in 2001 he and Elizabeth purchased a run down acreage near Stanthorpe, established a vineyard and set up a cellar door and cafe, with Philip immersing himself in the variety of roles this enterprise needed to be established, run and managed.

Alongside his professional achievements, Philip's personal life flourished. He met his wife, became a step-father to three children, and is now a proud "Poppy" to nine grandchildren—roles that bring him immense joy and purpose beyond his career.

On retiring, he took up the Netflix package, until it was suggested by higher authority that he join a Men's Shed!

Phil

Stay tuned for our next edition when we feature Peter Firth our new Zone Chairman for Far North Queensland.

Bell Community Chases the Men's Shed Dream



Bell is a charming rural town in Queensland's Western Downs region, known for its agricultural heritage, friendly community, and unique attractions. Visitors can enjoy the Bell Bunya Community Centre with its arts and café, explore the Biblical Garden featuring murals by Meg Cullen, admire vintage machinery at Popey's Shed, or stroll through the historic railway parkland.

Now, the community is working towards adding another special feature—a Bell & District Men's Shed, an initiative aimed at supporting men's health and wellbeing. The idea grew from a series of men's wellbeing breakfasts hosted at the local RSL by Senior Constable Bede Little, Officer-in-Charge at Bell Police Station. These breakfasts have attracted great attendance from local farmers and residents, creating a space for conversations around mental health, financial management, and community support.

On November 1, the inaugural meeting of the Bell Health & Wellness Subcommittee and Men's Shed Foundation was held at the Bell RSL. A committed group of locals came together to form a committee and begin planning for a Men's Shed at the Bell Community Centre. Our QMSA new CEO, Frank Pearce, was thrilled to be invited as a guest speaker to provide guidance on incorporation, insurance, and governance, and key steps toward formalising the group.



The initiative has received generous support from the Bell RSL Sub-Branch, the Bell Progress Association, and sponsorship from Wambo Wind Farm and Stanwell, reflecting strong community backing. Senior Constable Dan O'Hara, District Crime Prevention Coordinator, praised the effort, noting its importance in promoting mental health and social connection in rural areas.

Once incorporation is complete, the Bell Men's Shed plans to apply to join the Queensland Men's Shed Association network, opening doors to further resources and support. While there's still work to do, this is a fantastic example of community collaboration making a real difference.



Join the QMSA team

Would You Like to Make a Difference?

QMSA is looking for passionate volunteers to become Zone Chairmen in the areas of Wide Bay, Southern Downs, North Queensland, Brisbane Metro South, Mackay, and the Gold Coast.

As a Zone Chair, you'll help connect and support local Men's Sheds, strengthen men's health, and build community.

What you need

- Basic computer skills (training provided)
- Endorsement from a QMSA member Shed
- Friendly, organised, reliable
- About half a day per week

What you'll do

- Coordinate two Presidents' Forums per year
- Join online QMSA meetings every three months
- Stay connected with Sheds and offer guidance

We provide

- Travel and meeting expenses
- Option to step out after six months
- Invitation to our annual gathering

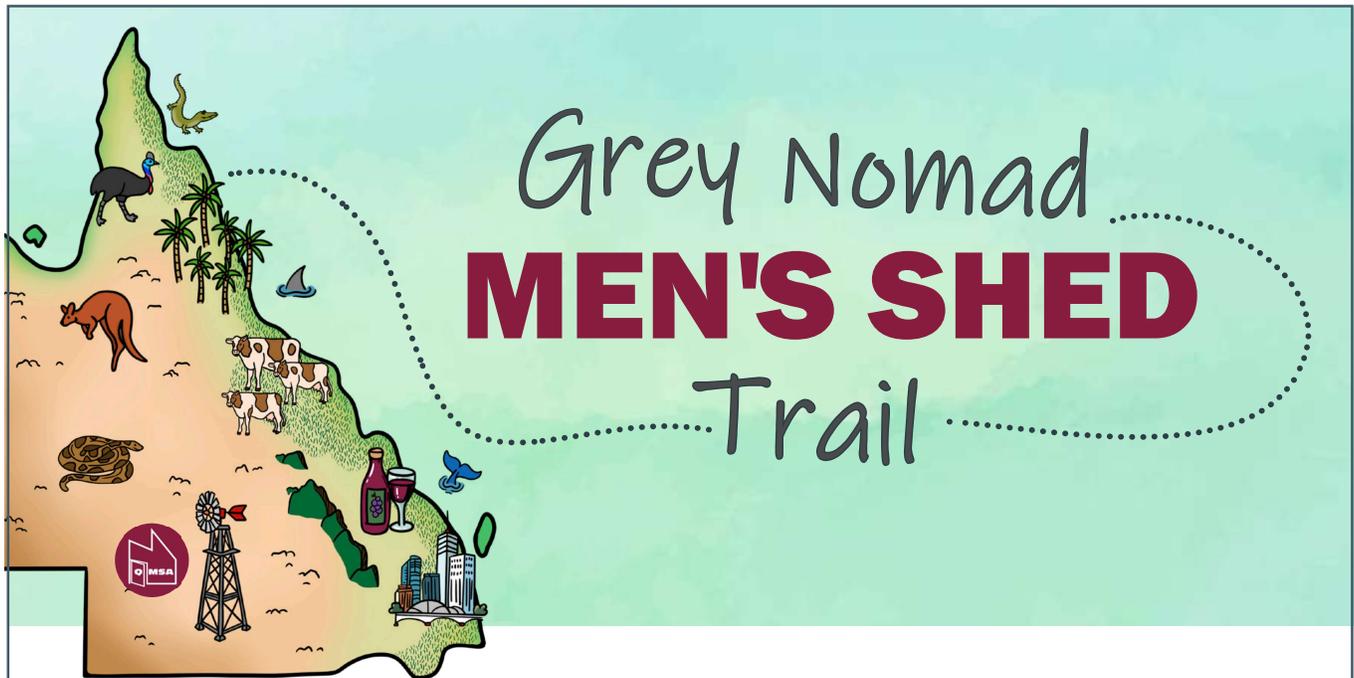
Get in touch today

If this sounds like you, or someone you know, reach out to info@qmsa.org.au

Partnership Opportunity

Grey Nomad
MEN'S SHED
Trail

We're seeking a sponsor to support this incredible initiative.
If your organisation is interested in being part of this opportunity,
please contact us info@qmsa.org.au.



On the Road with the Queensland Men's Shed Trail

Queensland Men's Shed Association (QMSA) is excited to be working on the development of the Grey Nomad Men's Shed Trail, with plans to launch early next year.

This unique project will link city, regional and outback Men's Sheds in Queensland with sheds from all over Australia, creating a welcoming network for travellers on the road.

Grey nomads who are already part of Men's Sheds elsewhere will be able to stop in, enjoy a cuppa, share a yarn, and even swap skills with fellow shedders in local communities. The Trail will also give Sheds across Queensland the chance to showcase their work, connect with visitors, and build friendships that stretch far beyond their hometowns.

The Trail will include a special Shed Passport, which travellers can get stamped as they visit different sheds. It's a fun way to mark their journey, while also encouraging people to explore more regional areas and support local communities. With maps, guides and

plenty of stories to share, the Trail is set to be an enjoyable and meaningful addition to the Shed movement.

QMSA is looking forward to bringing this initiative to life and can't wait to see the camaraderie, energy and new opportunities it will spark for shedders right across Queensland.

Register Your Shed

If your Shed would like to be part of the Trail simply visit our [Grey Nomad webpage](#) and click the "submit your info" button.

Register Today



Securing Queensland Sheds: A Statewide Challenge



For many Men's Sheds across Queensland, finding a safe, permanent home is a major challenge. While Sheds provide vital spaces for connection, wellbeing, and community projects, their future is uncertain without secure tenure.

This challenge is front and centre for **Fitzroy River Men's Shed in Rockhampton**, which, after 13 years in its current location, now faces losing its site. Rather than wait and worry, the Shed enlisted local Federal Member Michelle Landry MP, who recently visited and was impressed by its 3D model of a proposed facility. Their vision includes a Community Tools Library and a "Men's Meetings" wellbeing space—a hub for practical support and social connection.

Fitzroy River's story is not unique. After more than a decade, **Gympie Men's Shed** vacated its former Queensland Rail site due to safety concerns. The Shed urgently needs a new home; members fear becoming "Men without a Shed." Still, they remain hopeful a suitable site will be found.

Further south, **Forest Lake Men's Shed's** private lease ends in January 2026. The Shed has strong community backing and is working on alternative options.

There are success stories, too. **Nambour Men's Shed** recently secured a multi-year lease, giving members certainty and space to continue vital work supporting men's health, connection, and

community projects. The site, owned by the Department of Transport and Main Roads, will serve as a permanent base under a lease until 2030, with an option to extend to 2035 - ensuring stability for years to come.

Similarly, **Upper Ross Men's Shed** celebrated a 10-year peppercorn lease with Townsville City Council, giving its 60-plus members the security they need to keep doing great work.

These stories highlight a critical issue: long-term leases and purpose-built facilities aren't just nice to have - they're essential for sustaining the health, connection, and contribution Men's Sheds provide every day.

We know many Sheds face similar challenges. If your Shed has a story to share - whether it's a struggle, a success, or a creative solution - we'd love to hear from you.

Together, we can raise awareness, share ideas, and advocate for the security our Sheds need to thrive. Please email us at info@qmsa.org.au.

Pictured Fitzroy Men's Shed President Mark Woltmann, local senator, Matt Canavan and local Federal member, Michelle Landry MP.



Membership Renewal



You're invited to join QMSA in 2026

We appreciate the support of members

We appreciate the support of members. With your help, QMSA worked diligently throughout 2025 to develop platforms, tools and experiences that support Shed growth across Queensland. QMSA represents Queensland Sheds at State and National levels and is a passionate advocate for the Shed Movement. Members help build a united Shed Movement, vital for securing ongoing Federal and State Government support.

How do I renew my Shed membership

In January 2026, Sheds who are members in 2025 will receive their annual subscription renewal invoice of \$50 per Shed.

To renew, simply pay the invoice.

Benefits of belonging

Membership gives your Shed:

- access to QMSA's growing suite of free tools, resources, guides and fact sheets via our Members Area
- shed management support and advice
- information and community news
- voting rights at the QMSA Annual General Meeting

Supporting all Sheds in Queensland

QMSA serves all Sheds, providing health information, free programs, and access to [Shed Chatter](#).

We host regular regional presidents' meetings for networking and learning, plus our Shed Visitation Program offers help with management, wellbeing, IT, and grants.

In 2025 we strengthened our Zone Chairman model with many zones benefitting from having dedicated regional support.

Not already a member?

This is an exciting time to be a QMSA member. Join over 160 Queensland Sheds already on board.

Partner with us to influence the Men's Shed Movement in Queensland.

Apply to join this January to make the most of your annual \$50 per Shed subscription.

Visit www.qmsa.org.au/join-qmsa.

KINGARROY

MEN'S SHED

BBQ



Kingaroy Men's Shed Mental Health Week BBQ

As part of Mental Health Week, the Queensland Men's Shed Association (QMSA) and the Australian Men's Shed Association (AMSA) got together to support a friendly BBQ and networking event at the Kingaroy Men's Shed.

The event held on Wednesday, 8 October was a great opportunity for shed members to connect and share a laugh, and highlight the importance of mental health. Attendees enjoyed a classic Aussie sausage sandwich while chatting about what good mental health looks like. The event showcased the role Men's Sheds play in creating a sense of community, keeping blokes connected, and supporting mental health.

Connecting and Supporting Mental Health

While the event focused on blokes getting together for a chat, it also offered a great chance to learn and share valuable information.

Representatives from a range of local services, including Lives Lived Well, Open Minds Kingaroy, Queensland Health, Marty from the Australian Men's Shed Association, and Dr John, QMSA's health and wellbeing specialist, joined the event to contribute to the discussion on men's health and mental wellbeing. Their presence helped raise



awareness and provided insights into services available to support men's mental health.

The event was a great reminder of how Men's Sheds help men stay connected, active, and supported in their wellbeing.



Building
HEALTHY
COMMUNITIES

11TH AMSA NATIONAL MEN'S SHED GATHERING

24 - 26 MARCH 2026

ROYAL ON THE PARK - BRISBANE, QLD

 [MENSSHED.ORG/MENSSHEDS2026](https://mensshed.org/menssheds2026)

BROUGHT TO YOU BY



Men's Sheds the Big Winner at AICLA Charity Event

Queensland Men's Shed Association is delighted to acknowledge a generous donation from the Australasian Institute of Chartered Loss Adjusters (AICLA) Queensland Division, raised during their annual Charity Race Day at Doomben Racecourse on Wednesday, 15 October 2025. This flagship event provides an opportunity to network within the insurance industry and raise funds for chosen charities, continuing a strong tradition of giving back.

This year's event exceeded expectations, raising a total of \$20,300, which was shared equally between QMSA and Share the Dignity. QMSA received \$10,150, a donation that will help us continue supporting Men's Sheds across the state.

We extend our sincere thanks to AICLA and everyone involved in the Charity Race Day for their generosity and commitment to making a difference.





2026 EOIs NOW OPEN: FREE Men's Shed Health Coaching Group

We all want to maintain our health and independence, and enjoy life for as long as we can, but finding support that's both accessible and affordable isn't easy.

This is where *My health for life* can help at your Shed – for free.

How it works

My health for life provides free, confidential health checks and free health coaching to support the wellbeing of Shedders. You'll get to work with a health professional to build gradual, real-life habits around nutrition, physical activity, stress, sleep and mental wellbeing.

What's on offer

- Qualified health professionals come to your shed (in both regional and metro Queensland)
 - 1 info presentation with free health checks and blood pressure checks
 - 6 free health coaching sessions (run fortnightly over 14 - 18 weeks)
- Tailored delivery to suit Men's Sheds
- Evidence-based behaviour change support
- Personalised step-by-step plans
- Expert guidance and free workbooks

What Sheds are saying

Since partnering with Queensland Men's Sheds in 2023, My health for Life has delivered coaching to over 10 Sheds — with great feedback and positive outcomes:

"The tools provided were great. For example, 'get back on track', if I fall off the rails. Interaction with other participants was also great. It's a great course with great presenters and no ear bashing."

- Ashgrove/The Gap Men's Shedder

"I lost 11kg and increased my fruit and veg intake."

- Phil Walters, Samford Men's Shed President

Limited places for 2026 – Apply now

Join the growing number of Sheds who are working with *My health for life* to support their Shedder's health. Express your interest by filling out the [EOI form](#). Email Tianne at tclarke@strokefoundation.org.au or call 0414 019 105 to find out more information.

Regional and metro area Men's Sheds across Queensland are welcome to apply.



New Resources for Members

Based on feedback from regional meetings, we've created new resources to help Sheds thrive. Check out our latest packs for Members on Governance and Health & Wellbeing:

Shed Governance

Good governance is the foundation of a strong, sustainable Shed. To make managing your Shed easier, QMSA has created a growing collection of practical resources including:

- AGM Templates – Notice of Meeting, Agenda, Minutes, Proxy Form and Nomination Form to help you run a smooth AGM.
- Men's Shed Constitution Template – Aligned with Queensland Model Rules and best practice
- Policy Templates – Starting with a Privacy Policy to help your Shed meet compliance standards.

Use these templates as a starting point and tailor them to your Shed's needs.

[Browse resources](#)

Log in to the [Members Portal](#) and select the [Governance](#) tile

Shed Health & Wellbeing

We've added a suite of new Health & Wellbeing resources to our Members Portal to help build positive Shed cultures, support health & wellbeing, and build rewarding retirements. Discover:

- Positive Shed Culture – Practical guides and exercises to build an inclusive, purpose-driven environment.
- Shed Health & Wellbeing – Tips and resources for a healthy, happy Shed, including activity ideas and event guides.
- Retiring Well – Expert advice from Dr John Barletta, including the Wellbeing Workbook and The 5 Psychological Stages of Retirement.

[Browse resources](#)

Log in to the [Members Portal](#) and select the [Members Health & Wellbeing](#) tile



On the Road with QMSA: Connecting with Sheds Across Queensland

Over the past month, Chairman Lawrie and CEO Frank have been out and about, visiting Men's Sheds in every corner of Queensland.

In late November, they hit the road through south-west Queensland, stopping at sheds from Withcott all the way to Cunnamulla. Despite the soaring temperatures and long stretches between towns, the trip was a fantastic opportunity to connect with local shedders and witness first-hand the incredible work happening in the far south-west.

Highlights included meeting groups of enthusiastic men in Surat and Cunnamulla, both keen to establish new Men's Sheds in their communities. We're excited about the potential for these new sheds to join the movement and sincerely thank Maranoa Regional Council and Paroo Shire Council for the support they've already extended to these start-up groups.

The journey also featured a visit to the Wallumbilla Men's Shed, where Lawrie and Frank enjoyed a cuppa and admired the shed's latest masterpiece — a beautifully crafted bullock cart wagon. Outstanding skills, as always!



In early December, Lawrie and Frank headed north to the Mackay region, timing their visit with the end of the cane harvesting season. They called in at sheds from the Whitsundays down to Sarina, receiving a warm welcome at every stop. It's clear the Men's Shed movement is alive, well, and thriving across the regions.

Photos: Top left Wallumbilla Men's Shed restoring a bullock wagon. Top right Lapidary at Sarina Men's Shed. Bottom Breakfast meeting at Surat

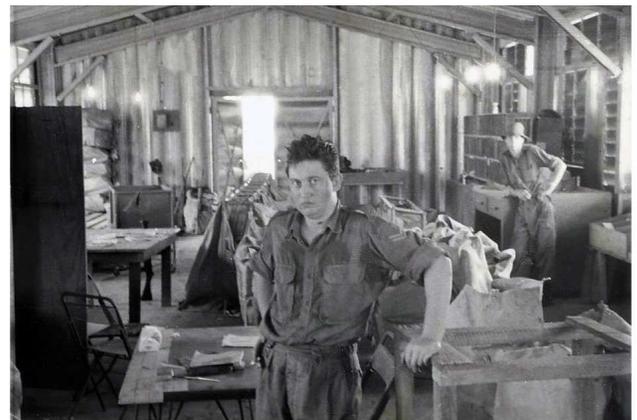
From the Vietnam War to Noosa: The Story Behind Noosa Men's Shed's "Long Shed"



When you step inside "The Long Shed" at Noosa Men's Shed, you're walking into a piece of Australian Army history. What began as a prefabricated hut designed for soldiers in the Vietnam War has found new life — as a space for mateship, learning, and community connection.

Back in 2015, then Noosa Men's Shed President John Williams heard a rumour that the Army was donating several old Lysaght Huts — prefabricated steel buildings originally made in the mid-1960s for use by Australian troops in Vietnam.

The buildings were designed by Lieutenant Colonel John M. Hutcheson, MC, ACM, TSM (RVN) & Bar, RAE, in his capacity as the Director Engineer Stores (DES) at Army Headquarters in Canberra. His design brief required that the huts use a minimum number of nuts and bolts, be easy for soldiers to erect, withstand high winds, and be suitable for both earth and concrete floors. In 1967, a Lysaght Hut cost around \$4,000, with the six wooden shipping crates adding another \$2,000. About twenty-seven huts were discovered still in their original mid-1960s



Cpl Barry Riclesford and co-worker in the sorting area at the "back of shop" beyond the service counter of AFPO 4. Nui Dat 1968
Cpl Riclesford served in Vietnam with APV Det 1 Comm Z Postal Unit from 12 September 1967 - 10 September 1968
Photo: LCpl A.J. Ludington

packing crates at an Army depot in Wallangarra, on the Queensland–NSW border.

John reached out to then Defence Minister Peter Dutton, and before long, Noosa Men's Shed received approval to take one home — provided members could manage the transport and assembly themselves. The Shed paid around \$1,400 to transport the hut, and by October 2015, it arrived in Noosa.



By April 2016, a concrete slab was in place (thanks to a Noosa Council grant), and a small but determined team — Stefan Prystupa, Bob Jack and Ian Dell — began the challenge of assembling the structure. With an Army manual and a trusty box of Sidchrome tools, they transformed a pile of metal and bolts into what became known affectionately as “the Long Shed.”

Over the next six months, members fitted out the shed with walls made from the original Army crates and added a kitchen, office, toilets, and even a shower.

The Long Shed was officially opened in June 2017 by Mr Llew O'Brien, MP, Member for Wide Bay, thanks to the efforts and pride of the Noosa Men's Shed community — a shining example of teamwork and resourcefulness.

The Long Shed's story is part of a bigger picture. Across Australia, several Men's Sheds have benefited from the donation of these historic Lysaght Huts — once destined for war zones and now serving as places of camaraderie and care.

Delve into the history of the Lysaght Huts

To pay tribute to these wonderful structures, Noosa Men's Shed member, Paul Asbury, has written "[The Australian Army Lysaght Hut – a Short History](#)"

Share your Lysaght Hut Story

We'd love to create a record of these huts and where they've found a second life. If your Men's Shed has an ex-Army Lysaght Hut, please get in touch at info@qmsa.org.au - we'd love to hear and share your story.

PHOTOS: Page 16: Six crates containing the donated Army Lysaght Hut - Oct 2015. 2: Cpl Ridglesford and co-worker in the sorting area at the "back of the shop" beyond the service counter of AFP04. Nui Dat 1968. Above: Construction of the Shed at Noosa.



Gladstone Men's Shed From Footy to Festive

The Gladstone Men's Shed embraced Movember with creativity and connection, finding new ways to spark conversations about health and wellbeing.

First came a generous gesture from Cheryl Altouvas, Account Manager at Gladstone Today and winner of the 2025 NRL Footy Tipping Competition. Cheryl donated her prize to the Shed- a framed Brisbane Broncos jersey. The jersey quickly became a talking point at morning tea, with plenty of lively football banter!

Shed President Gerry Graham said, *"We're pleased to accept this donation as another way to support our Shed's mission of creating a healthy, happy, and productive life for local men to enjoy a long retirement."*

Cheryl also toured the Shed, receiving plenty of advice on NRL - though her tipping skills for 2026 probably need no help!

Meanwhile, in preparation for the annual Christmas party, the Shed's creative team put their laser equipment to work, crafting beautiful blue tree decorations for the tables. The choice of blue was no accident—it's a nod to the Blue Tree Project, a

global mental health initiative encouraging open conversations and reminding us that no one is alone. These striking decorations have proven popular with members and the wider community, with many purchasing them to support the cause.

Like so much that happens in a Shed, both the Broncos jersey and the blue trees became more than just items—they were conversation starters, helping to break down barriers and promote positive attitudes toward health and wellbeing. The jersey will be raffled off as a fantastic Christmas prize, while the decorations continue to raise awareness and funds.





Injune Shed Community Open Day

On Saturday, 25 October, the Injune and District Men's Shed welcomed the community for an Open Day focused on mental health awareness and coping strategies. Supported by the Maranoa Regional Council as part of Mental Health Week and by the Queensland Men's Shed Association, the event embraced a simple but powerful theme: meeting and connecting through conversation.

The day drew a great crowd from Injune and surrounding districts. Guest speaker Acting Sergeant Gary Sandhu delivered an inspiring talk on mental health and mentoring, highlighting the four pillars of wellbeing—physical, emotional, financial, and spiritual—and the mutual benefits of mentoring for both mentor and mentee.

Visitors also had the chance to meet mental health professionals from Stride and Headspace, along with a local life coach, who shared insights into the services available in the region. Conversations flowed easily over a delicious luncheon, enjoyed in the Shed's pleasant garden surrounds under tents kindly provided by Mid West Rural and Injune State School.

Adding to the day's appeal were hands-



on demonstrations and displays, including blacksmithing, woodcraft, fabric craft, pencil sketching, and even a working stationary engine—a true celebration of skills and creativity.

The message was clear: spread the word, stay connected, and keep the conversation going. It's what Men's Sheds do best—creating spaces where mateship and support thrive.

Crafting a Legacy: Warwick Shed's Big Build



In early 2025, Father Franco Filipetto, Parish Priest at St Mary's Catholic Church, Warwick, approached the Warwick Men's Shed with a very special request: to craft a new cross to replace the one that had stood proudly for more than a century.

This was no ordinary project. The new cross would rise five metres above ground, with a base measuring 310mm square and a cross arm stretching 2.45 metres across. It would feature elegant tapers, cutouts, arrises, and coronets at its extremities—a true work of craftsmanship.

At first, the scale of the task seemed daunting. But as is often the case in Men's Sheds, the challenge sparked excitement and determination. The first step was sourcing the perfect timber. Thanks to Gordon Allen of Rosecorp Timber Mill near Cecil Plains, who carefully selected and milled several logs, the Shed had the raw materials needed for this monumental build.

Then came the heart of the project: shaping two massive pieces of timber into a cross. This responsibility fell to Dennis Sanders, an 83-year-old Shedder and retired carpenter. Over three to four months, Dennis patiently and skillfully transformed the timber into a strikingly beautiful cross. He admits there were moments of frustration, but overall, he relished the challenge.



The result? A handcrafted cross that will stand proudly in the grounds of St Mary's Catholic Church for generations to come.

This remarkable project shows how experience, patience, and teamwork can create something truly enduring. For Dennis, it was more than just carpentry—it was a labour of love. And for the Warwick Men's Shed, it was a chance to contribute something meaningful to their community, leaving a legacy that will stand tall for another hundred years.



Bellbowrie Moggill Men's Shed: Riding for a Cause

Prostate Cancer Project – The Long Run 2025

The Bellbowrie Moggill Men's Shed continues to proudly support the Prostate Cancer Foundation of Australia (PCFA) in its vital mission to fund research and raise awareness about men's health. One of PCFA's flagship initiatives is The Long Run, a challenge where participants commit to covering a set distance and seek sponsorship for every kilometre achieved.

This year, Shed member Bruce Preston once again took up the challenge—on two wheels! A passionate cyclist, Bruce chose bike riding as his way to contribute to The Long Run. Over several gruelling weeks, he pedalled his way to success, raising an impressive \$1,200 for prostate cancer research.

Bruce's commitment to this cause is not new. In previous years, he has organised cycling fundraisers and proudly raised significant amounts for PCFA. While he admits his days of marathon rides may be behind him, Bruce's enthusiasm remains undiminished. His ongoing efforts demonstrate how one person's dedication can make a real difference.

Prostate cancer is a health issue that directly affects men, making PCFA's work especially relevant to Men's Sheds. Our Sheds provide safe, supportive spaces for men to connect, share experiences, and talk openly about health concerns. By promoting awareness and encouraging early detection, we help break down barriers and empower members to take action—strengthening resilience across our communities.

The Bellbowrie Moggill Men's Shed extends heartfelt thanks to Bruce for his outstanding commitment. His efforts reflect the very spirit of the Shed Movement: mateship, mutual support, and working together for the wellbeing of all men. Through initiatives like this, we ensure that our shared ethos of care continues to thrive.

Bellbowrie Shed Management Committee



Crafting with Compassion

A Men's Shed project offering dignity and comfort to grieving families

At the Beaconsfield Road Men's Shed in Mackay, member Alan Jorgensen has quietly become the driving force behind one of the Shed's most compassionate initiatives. After learning of a heartbreaking need in the local community, Alan helped lead a project to create beautifully crafted infant coffins for the local crematorium.

This thoughtful gesture ensures that families facing the unimaginable loss of a baby - and who may not have the means for a proper farewell - are treated with dignity and tenderness.

Alan's steady hands and generous spirit have guided the Shed through this deeply meaningful work, reminding us all that craftsmanship can be an act of profound kindness.

Burrum Shed Strikes a Chord



The Burrum District Community Men's Shed in Howard, Queensland, recently took on a unique and exciting challenge: building a giant replica of a Les Paul Gibson guitar to adorn a music shop in Bowen, North Queensland.

Several members jumped in with enthusiasm, each contributing their skills to bring this impressive project to life:

- Richard McMullin crafted the body and neck and applied the final paint finish.
- Ron Buchow turned the wooden control knobs.
- Dave Sheehan added the white pinstripes and detailed the control knobs.
- David Greenaway and Rob Vella assisted with the stringing.
- Adam Featherstone provided expert advice on guitar design and details.

The finished piece was delivered to Patrick Davit from Dave's Place (picture far right) in late November. It will now take pride of place as a striking feature for music lovers.

This project is a perfect example of what Men's Sheds are all about—sharing skills, learning from one another, and enjoying the camaraderie that comes from working together.





Christmas Toy Drive Brings Joy

Some days remind us just how special Men's Sheds are - and Thursday, 11 December was one of those days.

The **Burpengary & District Men's Shed** proudly showcased its community spirit during its annual Christmas Toy Giveaway, handing over hundreds of handcrafted toys to bring joy to local children.

This year's event welcomed representatives from Caboolture Hospital Children's Wards, the

Deception Bay and Burpengary Police Service, and Bribie Island Kids Education Service (BIKES). Together, they collected around 400 toys, all lovingly made by the Shed's talented team of toy makers.

The Shed extended heartfelt thanks to the Green Wattle CWA, who provided a delicious morning tea and contributed beautiful craftwork to the festive collection, and to everyone in the community who supported their efforts throughout 2025.

Game On! Nanango Shed Embraces 3D Printing

The Nanango Men's Shed has combined creativity and technology in a fun way - by making a Connect Four game using a 3D printer!

The project consists of four main parts: the base, the wall, and the coloured game pieces, all printed in-house. Once assembled, players drop the pieces in from the top, and they roll down into place just like the classic game we all know. When the game is finished, the clever design allows the centre piece to lift, releasing the balls neatly into their individual sides—ready for the next round. Shed member Wayne Scott summed it up perfectly: "Technology blows me away!"

The Shed have been using their newfound skills to make a range of other 3D printed items. These projects are a great example of how Men's Sheds are embracing new skills and tools while still keeping the focus on fun, friendship, and learning together.





Mentors Help Thursday Crew Build Skills and Confidence at Men's Shed

This wonderful news story published by [Sunshine Valley Gazette](#) on 27 November 2025 and reproduced below shows how one Men's Shed is working to provide accessibility and access to support their members ...

The Nambour Men's Shed has been running a special day specifically for its members who require some assistance in working with tools due to their disability.

The shed is open every Thursday only for its members with a disability. Those members who are experienced in using tools work as mentors on that day.

Most members with a disability arrive in the morning with their social workers and work on their projects.

"The projects may vary from a simple CD box to cutting boards, wooden pizza servers to hobby

horses," said club member Dr Zafer Sarac.

"The members not only learn some design and basic construction skills but also leave the shed at the end of the day with great achievement and satisfaction. Some members with a disability come only for socialising which is great by itself."



Scan QR code to read the [article online](#).

Credit: Photo appeared in The Sunshine Valley Gazette: Some of the Thursday gang members with some of their social workers.



Play video

ShedMusic '25 and Song Writing Comp Hits All the Right Notes

Few events drew as much attention this year as the Coolum Men's [Shed Music Festival](#) – ShedMusic '25 and the Maroochy Men's Shed Songwriting Competition. These two initiatives combined music, mateship, and health awareness in a way that resonated across Queensland and beyond.

ShedMusic '25, organised by Coolum Men's Shed as a health-focused music festival, built on last year's success—which earned the Shed a national health award from AMSA. Sunshine Coast Mayor Rosanna Natoli opened the festival and even joined in performances of Country Road and Sweet Caroline, setting a welcoming tone for the weekend.

The festival attracted around 800 attendees, including families and community members, and featured 120+ musicians from Men's Sheds across Queensland, NSW, and New Zealand. Continuous live acts across all genres kept the main stage buzzing.

Adding to the excitement, the festival hosted the Maroochy Men's Shed inaugural Songwriting

Competition, with Bruce Ulhorn taking first place for *Thinkin' not Sayin'* and Dai Harris as runner-up for *No Fire Inside*.

Merv Elliott, who coordinated this year's competition, is keen to see the event grow. He's offering all his documentation and tips to any Shed or Shedder interested in taking the lead for 2026.

► Email info@qmsa.org.au and we'll put you in touch.

Songwriting Competition Online Album

[Write Us a Song to Sing](#)



In The News

Coolum Advertiser "[Shed Music Festival Delivers Music and Awareness](#)"

QMSA News Blog "[Mates Making Music](#)"

Wondai Men's Shed Sculpts a Bench to Remember



Wondai Men's Shed recently featured in local news for their heartfelt contribution—a memorial bench honouring the late Dafyd Williams.

This handcrafted bench, a work of art in its own right, will soon take pride of place in Wondai's Coronation Park—a lasting tribute to Dafyd's dedication to community, the arts, local events, and tourism.

The bench is a unique creation that symbolises the enduring impact one individual can have on a community.

Projects like this highlight the Wondai Men's Shed's ongoing role in supporting both the community and its members.

Article appeared in [South Burnett Online](#) on 3 November 2025.



Scan QR code to read the full [article online.](#)





Wellbeing for the Silly Season

You can tell a lot about a person by the way they handle these three things: a rainy day, lost luggage, and tangled Christmas tree lights.

(Maya Angelou)

Happy Holidays!

The festive season is a time for joy, connection, and celebration—but let's be honest, it doesn't always play out like a Hollywood movie. High expectations, financial pressures, and packed schedules can make this time stressful for many.

So, how do we keep the season merry and bright?

Start by committing to one small change that will make your holidays more peaceful and enjoyable. It might mean better planning, letting go of unrealistic expectations, or simply being kinder to yourself. When you shift your mindset and habits, you create space for more meaningful, values-driven experiences.

Keep your brain happy

Neurotransmitters like dopamine and serotonin influence mood and wellbeing. Boost them by prioritising sleep, regular exercise, and social connection. Enjoy foods that support brain health—think yoghurt, nuts, eggs, fermented foods, and even a little spice! Moderating alcohol and

taking time to relax will also help keep stress at bay.

Practice gratitude

Amid the parties and presents, pause to appreciate what you have. Make a daily list of things you're thankful for—good food, friends, or simply a roof over your head. Express thanks to others, even for small gestures. Gratitude is contagious and can transform your outlook.

Stay connected, not overloaded

It's tempting to say yes to every invitation, but balance is key. Choose quality over quantity—spend time with people who energise you, not drain you. A few meaningful catch-ups beat a calendar crammed with obligations.

Keep your sense of humour

Things will go wrong—traffic jams, burnt pavlova, or tangled lights. Laugh it off! A light-hearted attitude reduces stress and helps everyone enjoy the moment.

Based on "Wellbeing Wrap Up" December edition by Dr John Barletta, QMSA's Health and Wellbeing Specialist.

Funding Opportunities

World Mental Health Day Community Fund

Supports communities to start or expand projects that positively impact mental health and wellbeing

[Learn more](#)

GoldenWeb Annual Grant

Helps a small non-profit or community group with a free website. [Learn more](#)

QGC Community Event Support Program

Supports the running of community events in Gladstone and Western Downs and Taroom.

[Learn more](#)

Community Grant Program - Community Growth Grants

Encourages community-led initiatives to improve liveability, health and education in communities throughout regional and remote Queensland. [Learn more](#)



TOP TIPS

Local Council Grants. Check out your local Council website and search "funding".

Browse our regular **Members e-News Update**, Members logon to our website to read our "Practical Guide to Men's Shed Fundraising".

Missed a Grant deadline? Bookmark the web page for future rounds.

Support is just a phone call away

Beyond Blue
1300 224 636

Lifeline
13 11 14

Mens Line
1300 789 978

Open Arms Veterans &
Families Counselling
1800 011 046

Black Dog
Institute
(02) 9382 4530

Suicide Call
Back Service
Veterans Line
1300 659 467

Mind Australia
Carer Helpline
1300 554 660

Men's Referral Service
advice for men about
family violence
1300 766 491



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