



**Australian Men's Shed Association 5<sup>th</sup> National Conference**  
**27 – 29 October 2013**  
**Ballarat Lodge and Convention Centre**

Time	SUNDAY 27 OCTOBER
8.30 – 10.30	<p><b>Ballarat East Community Men's Shed Breakfast – 730 Eureka St, Ballarat</b></p> <p>Come down to the Ballarat East Community Men's Shed (BECS) for a casual start to the conference over coffee and bacon and egg rolls. \$5.00 per person – Please register your attendance via the online registration form.</p>
<b>EVENING:</b>	
16.00	<b>Registration Desk OPEN</b>
18.00 – 20.00	<p><b>WELCOME RECEPTION – Sovereign Hill, Corner Bradshaw Street and Main Rd, Ballarat VIC</b></p> <p>The Welcome Reception is complimentary for all conference delegates and registered industry representatives. This is a great opportunity for all delegates and industry partners to mingle with old and new friends over drinks and canapés. Additional guest tickets can be purchased for \$50.00 per person through the online registration form.</p>

**Concurrent Session Key;**

Sustainability of your shed	
Unique shed activities/Marketing/ Indigenous	
The Healthy Shed	
Rural sheds/community hubs	
Mentoring special groups	
Mens Sheds in Aged Care	
International sheds	
AMSA Presentation	

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Time	MONDAY 28 OCTOBER			
0800	<i>Registration Desk Open   Arrival Tea &amp; Coffee</i>			
9000 - 0905	<b>Welcome to Country &amp; Opening Ceremony - Wadawurrung Tribe</b>			
0905 – 0910	<b>Welcome - Alan Howe MC</b>			
0910 – 0925	Paul Sladdin to introduce the Governor of Victoria, His Excellency the Honourable Alex Chernov AC QC			
0925 – 0935	Mr Simon Ramsay MP Member for Western Victoria representing the Hon Mary Wooldridge Minister for Community Services			
0935 - 0945	<b>AMSA Report</b>			
0945 – 1020	<b>Keynote Address 1 – Jeff Kennett AC</b> <i>'Getting men to take action: Innovation in addressing depression &amp; anxiety in men'</i>			
1020 – 1050	Rob McDonald - Vice President Occupational Health and Hygiene at BHP Billiton, Member of the Ministerial Male Health Advisory Board <i>'The Social Determinants of Health – What it Means for Men'</i>			
1050 – 1130	<b>Morning Tea</b>			
	<b>Concurrent Session 1.1</b>	<b>Concurrent Session 1.2</b>	<b>Concurrent Session 1.3</b>	<b>Concurrent Session 1.4</b>
1130 – 1200	<i>A rural shed &amp; why it works</i>	<i>Challenges &amp; solutions – A rapid community shed development</i>	<i>The sheds are not health centres</i>	<i>Safe wood sanding: For amateurs to professionals</i>
1200 – 1230	<i>Mentoring program for an Asperger's child</i>	<i>Active community solutions within an Aboriginal shed</i>	<i>A rural perspective – Men's shed in aged care</i>	<i>Our men's shed – Our spiritual fortress</i>
1230 – 1300	<i>A shed, a book &amp; lives impacted for good</i>	<i>Men's shed in aged care</i>	<i>Marketing, fundraising, sustainability</i>	<i>A bluecare men's shed tailor made for the community</i>
1300 – 1430	<b>Lunch</b>			
1430 - 1450	<b>NRS Launch</b> - New access options for users of the National Relay Service			
1450 – 1530	<b>Legal – Sean McDermott (InterRISK)</b> <i>'AMSA Insurance package and how it works'</i>			
1530 – 1600	<b>Afternoon Tea</b>			
	<b>Concurrent Session 2.1</b>	<b>Concurrent Session 2.2</b>	<b>Concurrent Session 2.3</b>	
1600 – 1650	NSW & SA State Associations	VIC a& TAS State Association	QLD & WA State Association	
1650 – 1700	<b>Summary – Alan Howe MC</b> <b>Day one review – Professor John MacDonald</b>			
19.00 – 23.00	<b>CONFERENCE DINNER – Ballarat &amp; District Trotting Club – Sutton Street, Redan</b> <b>Dinner Speaker – Bettina Arndt</b>			

Time	TUESDAY 29 OCTOBER			
0800	<i>Registration Desk Open   Arrival Tea &amp; Coffee</i>			
0900 - 0910	<b>Welcome - Alan Howe MC</b>			
0910 – 1000	<b>Keynote Address 3 – Peter FitzSimons</b> <i>'An Australian life'</i>			
1000 – 1040	<i>Morning Tea</i>			
1040 – 1210	<b>Concurrent Session 3.1</b>	<b>Concurrent Session 3.2</b>	<b>Concurrent Session 3.3</b>	<b>Concurrent Session 3.4</b>
	<i>How healthy is your shed?</i>	<i>Spanner in the works? – What we found!</i>	<i>Access training - For support services organisations seeking to bring clients to a shed</i>	<i>Toolbox talks</i>
	<i>AMSA membership &amp; services</i>	<i>Sunraysia men's shed incorporated</i>	<i>Unique shed activities – 'Drop in Centre'</i>	<i>Five years on &amp; still going strong</i>
	<i>How to suck eggs – Health &amp; well being for the shedder</i>	<i>AMSA 'How to set up &amp; run a men's shed' Manual</i>	<i>The Gippsland Cluster Muster – It's all about sharing</i>	<i>Influence of social inclusion provided by Men's Sheds on cardiovascular health &amp; quality of life in men involved</i>
1210 – 1310	<i>Lunch</i>			
1310– 1400	<b>Keynote Address 4 – Noela MacLeod</b>			
1400 – 1500	<b>Concurrent Session 4.1</b>	<b>Concurrent Session 4.2</b>	<b>Concurrent Session 4.3</b>	<b>Concurrent Session 4.4</b>
	<i>AMSA 'SMART' program workshop</i>	<i>Learning from down-under; Men's shed in Ireland &amp; Europe</i>	<i>Building a sustainable cluster by sharing the load</i>	<i>The line between</i>
	<i>Unique innovation initiatives that add value to the shed &amp; community shed and community</i>	<i>Welcome to Kiwi sheds and a National Association</i>	<i>AMSA membership &amp; services</i>	<i>The curative powers of humour</i>
1500 – 1530	<i>Afternoon Tea</i>			
1530 – 1630	<b>Concurrent Session 5.1</b>	<b>Concurrent Session 5.2</b>	<b>Concurrent Session 5.3</b>	<b>Concurrent Session 5.4</b>
	<i>How we started with the intergenerational work and ended up with a shed: The Concord Experience</i>	<i>A shed rises from the ashes: The Marysville Triangle Men's Shed story</i>	<i>A healthy shed – How to run a shed expo</i>	<i>AMSA 'SMART' program workshop</i>
	<i>Real men do grow &amp; eat vegetables</i>	<i>AMSA 'How to set up &amp; run a men's shed' Manual</i>	<i>Vet-Treks Australia – Mobile Shed</i>	<i>Mental health tools in the toolbox - Mental health first aid training in sheds</i>
1630 – 1700	<b>Summary – Alan Howe MC</b> <b>Day two review – Professor Barry Golding</b>			
1700	<b>CONFERENCE CLOSED</b>			

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