



**An online social community for men**



Current members

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# Welcome to The Shed Online

Join up and join in

[WHAT IS THE SHED ONLINE? >](#)



## Discussions

Chat to others on a range of topics, from hobbies to health.

[Read more >](#)

## News

Catch up on interviews, articles, issues and the latest news.

[Read more >](#)

## Events

Find out when community activities are happening.


[Read more >](#)

## Activities

Play games, puzzles or check out some DIY projects.

[Read more >](#)

### CURRENT DISCUSSIONS

**wooden toys made from off cuts.** 

1 Posts

about 3 hours ago, Hobbies and interests

**Looking for bromance in Perth** 

5 Posts

about 18 hours ago, Physical and mental health

### LATEST NEWS

**Shed TV - Episode 9 - August 2011**

Mon, 15th August 2011, Shed TV

This month, Shed TV comes to you from the shed of NRL legend and sports journalist, Roy Masters... and Tony takes us through what is new on the site this month.

### UPCOMING EVENTS

**Herald Sun Home Show**

Thu, 18th August 2011, Hobbies and interests

Find all the products, discover all the ideas and get all the expert advice you need for your next home renovation, building or improvement project.

### AN INITIATIVE OF



# What is The Shed Online?

[www.theshedonline.org.au](http://www.theshedonline.org.au)

- The Shed Online is an **online social community** where men can connect with others, get information and share ideas and skills
- It aims to recreate the atmosphere of “real life” Men Sheds – a **safe and supportive space** where men can feel confident to discuss and exchange information
- Founded by *beyondblue: the national depression initiative*, **Movember** and the **Australian Men’s Shed Association**
- Over **2,400 members**

[>>>](#)



AUSTRALIAN MENS SHED ASSOCIATION  
"Men don't talk face to face they talk shoulder to shoulder"

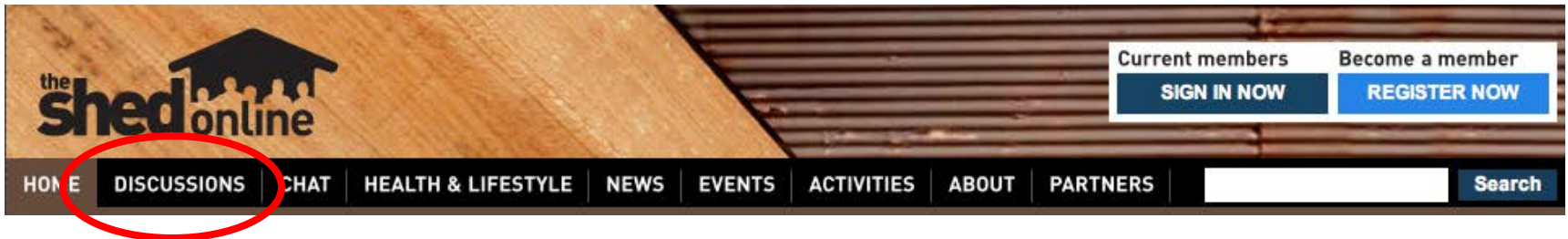









# What's in The Shed Online?




- Discussion groups/forums
- Shed TV - interviews
- Latest Men's Sheds and community news
- DIY projects
- Activities
- Events diary
- Health and lifestyle information
- Chat rooms

# Discussions



Create any topic you like or reply to an existing topic

 <b>Fix it and DIY</b> Discuss woodwork, metalwork, renovations, car restoration and more...	<b>215 Posts</b> Views: 6304
<a href="#">treating wood so it looks good</a> 10 days ago <a href="#">12v battery recharging 4x4</a> 12 days ago <a href="#">What is a good quality brand of...</a> 12 days ago <a href="#">View all 23 topics...</a>	
 <b>General</b> Discuss anything and everything you want. Can't find a discussion on a topic of interest? Start your own subject here.	<b>582 Posts</b> Views: 11772
<a href="#">Feedback and ideas</a> 3 days ago <a href="#">Reptiles</a> 4 days ago <a href="#">Not Making Ends Meet</a> 4 days ago <a href="#">View all 53 topics...</a>	
 <b>Hobbies and interests</b> Discuss gardening, cooking, technology, reading, art, music, movies, automotive, mechanical, business, finance and more...	<b>369 Posts</b> Views: 10095
<a href="#">wooden toys made from off cuts.</a> about 3 hours ago <a href="#">Aeromodellers in Adelaide?</a> about 23 hours ago <a href="#">Aquariums</a> a day ago <a href="#">View all 46 topics...</a>	
 <b>Lifestyle, family and relationships</b> Discuss topics on family, lifestyle and relationships.	<b>104 Posts</b> Views: 2474
<a href="#">Divorce</a> 6 days ago <a href="#">living with your ex?</a> 8 days ago <a href="#">Separation, custody and mental...</a> 10 days ago <a href="#">View all 11 topics...</a>	
 <b>Men's Shed Swap Meet - August 2011</b> Welcome to the Men's Shed swap meet. Every month we will be hosting a virtual swap meet where you will have the opportunity to clean out your shed. Next swap meet date is: 11 August, 2011	<b>16 Posts</b> Views: 1535 Locked discussion
<a href="#">NSW Men's Shed Swap Meet</a> about a month ago <a href="#">SA Men's Shed Swap Meet</a> about a month ago <a href="#">TAS Men's Shed Swap Meet</a> about a month ago <a href="#">View all 8 topics...</a>	

 <b>Physical and mental health</b> Discuss topics on health issues, healthy living and mental health.	<b>651 Posts</b> Views: 12428
<a href="#">Looking for bromance in Perth</a> about 18 hours ago <a href="#">Depression</a> a day ago <a href="#">Caring for wife with bi-polar...</a> 3 days ago <a href="#">View all 60 topics...</a>	
 <b>Sport and leisure</b> Discuss footy, rugby, cricket, tennis, travel, fishing, camping, outdoor activities and more...	<b>67 Posts</b> Views: 2341
<a href="#">Travel in Australia</a> 5 days ago <a href="#">Vietnam and Laos</a> 24 days ago <a href="#">Guitar Lessons and folk music groups</a> about a month ago <a href="#">View all 15 topics...</a>	
 <b>What's happening in Men's Sheds?</b> Tell us what you are doing in your Men's Shed. Read about other Shedder activities...	<b>153 Posts</b> Views: 5029
<a href="#">Keysborough Men's Shed annual subs</a> 2 days ago <a href="#">For those of us NOT interested in...</a> 6 days ago <a href="#">View all 24 topics...</a>	

# Discussions

## Topic: Keysborough Men's Shed



JOHN HEARTWELL [Add mate](#)

4 Posts

Mon, 6th December 2010, 3:39pm - updated - Sun, 14th August 2011, 8:44am

19/8 Visit & talk Cranbourne Botanical Gardens 12/8 Video made::how the shed grew 2004 to the present. 29/7 M varnishes 2 900m long and high planter boxes. Centrelink talk. 22/7 Visited Shed\_Online\_Team at Exhibition stand.

Shed Tour Event & Annual Gathering see [www.vicmensshed.org](http://www.vicmensshed.org)

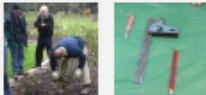
27/6 Photo & Article published at <http://dandenongjournal.newspaperdirect.com/> All shedders please subscribe and read. 17/6 Talk on Depression 10/6 The 'Dandenong Weekly' 'Fun & sharing' visit 3/6 "Measure twice and cut once!" Tool show & tell; DVD on workcentre; 4 new members; 27/5 Rose Pruning at Springvale c/gardens. A speaker from the Elder Abuse Prevention Strategy spoke about Finance. (No one lends me money anymore!")

Two machinery tables being built. Inspirational manager retires. Coolroom opened. Large saw tested by our ex-engineers. Our shed is also <http://keysboroughshed.blogspot.com> & Facebook. 1/4 Austin7 Car club (Excellent attendance, companionship and splendid cars); 25/3 1:30pm Taxation talk; (18/3) Coolroom awaits the placement of the roof. M likes painting in oils; J smoothes wet concrete. We recommend free financial workshops & Brian finds his recipes at [www.taste.com.au](http://www.taste.com.au).

(13/2) Website presence of Men's Shed. Go to Google, select more then blogs then type "men's shed" Note that only 4 media mentions and only 4 shed blog website mentions. The low number mentions is a baseline. Other 2011 web updates include (a) viewing [www.menssheds.ie](http://www.menssheds.ie) and (b) new events and the FAQ at [www.vicmensshed.org](http://www.vicmensshed.org) (c) some topics at this website.

Time to spare? - your local library is an excellent place to spend time. (nb KMS is a member of AMSA).

### Attachments:



John#

[Reply](#)

[Quote this and reply](#)

[Edit](#)

[Report abuse](#)

[?](#) 0 Thumbs up

# Discussions

## Topics in Fix it and DIY

Page 1 of 2

**1** 2 Next > Last >>



### **treating wood so it looks good**

i'm working with redgum to make coffee tables or whatever having stained it with linseed oil it really brought out the rich colours and enhanced the raw look with this hardwood that i was after i'm now wondering whether i should seal it so that it...

**4 Posts**

Last post: 12 days ago  
Views: 70



### **12v battery recharging 4x4**

I have one cranking battery for the diesel motor and one hybrid battery for accessories ( fridge/lights) in my 4x4 Cruiser camper. There is not enough space left inside for a bulky petrol generator. Solar panels and vertical windpower...

**6 Posts**

Last post: 14 days ago  
Views: 287



### **What is a good quality brand of ladder?**

Hi, I'm looking to buy a good quality ladder for around the home, but want a good quality one that will last a lifetime. Has anyone got any recommended brands or stores to buy them from?

**5 Posts**

Last post: 14 days ago  
Views: 135



### **Pneumatic system in shed**

Hi all, Has anybody had experience installing an air system in their shed? I am looking at running several air hungry pneumatic tools (drills, die grinders etc) and want to be able to "plug in" at several locations around the shed. I have se...

**17 Posts**

Last post: 21 days ago  
Views: 423



### **Replacing Tomtom battery.**

Hi all, I have a Tomtom Go 370. The battery was never terribly good and now has degenerated to the stage that it will not hold a charge more than a few minutes. I went on line, found a shop, and bought a new battery. I then found that the screws hol...

**9 Posts**

Last post: 22 days ago  
Views: 265

# Discussions

## Topic: Ashes Test Cricket Series



**MADCATTER** [Add mate](#)

7 Posts

Mon, 29th November 2010, 10:47am

So can Ponting & the Aussies regain the Ashes on home soil or will the old enemy England be too good and take them home again?

You can keep up to date with all the latest Ashes news at the following link.

<http://cricket.com.au/>

[http://livescores.cricket.com.au/summary\\_2497\\_1.html](http://livescores.cricket.com.au/summary_2497_1.html)

Come On Aussies!!!

[Reply](#)

[Quote this and reply](#)

[Edit](#)

[Report abuse](#)

[?](#) 0 Thumbs up

## Reply:



**MADCATTER** [Add mate](#)

7 Posts

Mon, 29th November 2010, 10:50am

It is a bit of a worry that our bowlers can't seem to get enough wickets these days to bowl sides out.

It's an even bigger worry that Mitchell Johnston doesn't even look like taking a wicket at the moment.

Great to see Mr Cricket back in form though.

[Reply](#)

[Quote this and reply](#)

[Edit](#)

[Report abuse](#)

[?](#) 0 Thumbs up

## Reply:



**SHANE JOHNSTONE** [Add mate](#)

1 Post

Tue, 7th December 2010, 7:53pm

Doesn't look like it!

# Shed TV

- The Shed Online's very own **talk show**, hosted by Shed TV presenter Tony
- **Monthly episodes** update members on what's on the site each month
- **Interviews** with celebrities, Men's Shed and community members

[>>>](#)





# Men's Health



- Provides an opportunity for Men to access a range of **health information in one location**
- A **portal / link** to partner health organisations
- **Health content** - including heart disease, cancer, anxiety and depression, diabetes, drugs and alcohol
- **Videos with experts**
- Health expert **Q&A discussions** in the forums
- Health **news and events**
- **Monthly** health topic focus [>>>](#)

## A specialist talks about diabetes

Doctor Lisa Engel, a health psychologist, talks about managing diabetes.

## Men and diabetes





# Men's Health

## HEALTH & LIFESTYLE



### Alcohol and other drugs

Some drugs, such as alcohol, nicotine and prescription medication, are legal and some, including cannabis, ecstasy and heroin, are illegal – but the common link between them is that they can cause physical and/or psychological changes in the user.

[Read more](#)



### Anxiety

Anxiety disorders are the most common mental health disorders in Australia. Nearly one in 10 people will experience some type of anxiety disorder in any one year – around one in 12 women and one in eight men. One in four people will experience an anxiety disorder at some stage of their lives.

[Read more](#)



### Arthritis

Arthritis is often talked about as “a normal part of ageing” but it isn't. In fact, anyone can get arthritis and most people with arthritis are aged between 15 and 60.

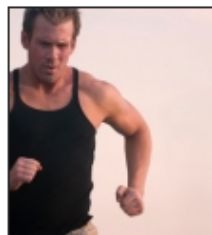
[Read more](#)



### Asthma

Asthma is a chronic illness in which the lung's air passages become sensitive and sometimes narrow, making it hard to breathe.

[Read more](#)



### Being active

When was the last time you went for a walk? Played sport? Or chose the stairs instead of the lift? If you answered “I can't remember” then now is a good time to start thinking about being active.

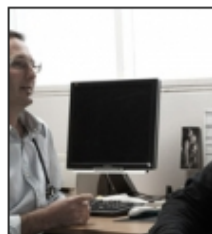
[Read more](#)



### Cancer

There are no easy fixes when it comes to cancer. But what we do know is that there are some simple proactive steps that you can take in what Cancer Council Australia calls living a “cancer smart life”.

[Read more](#)



### Depression

Depression is more than just a low mood – it's a serious illness. People with depression find it hard to function every day. Depression has serious effects on *physical* and *mental* health.

[Read more](#)

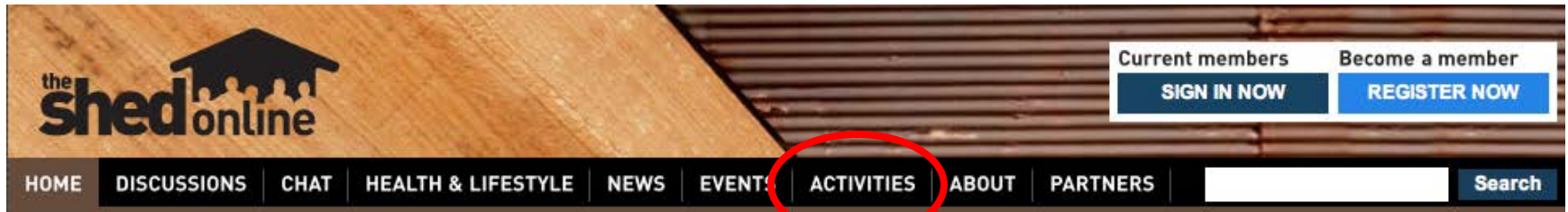


### Diabetes

There is a lot of talk about diabetes, but do you actually know what it is or how it can affect you? The number of people living with diabetes has more than doubled since the 1990s, so it is possible that you or someone you know has, or is at risk of developing, diabetes.

[Read more](#)

# Activities



Monthly activities - including fix-it / DIY projects, accessing a Men's Shed, exercise for blokes, cooking, how to use eBay and games



#### Men's Shed Swap Meet

Every month on The Shed Online we will be hosting a virtual swap meet where you will have the opportunity to clean out your shed as well as help out one of the many Men's Sheds around Australia.

[Read more >](#)



#### Travel tales

Our Shed TV host, John is off on a trip for a couple of months. Take a look at where he's going, and what he's getting up to. You never know who he'll bump in to - so look out for John in your neck of the woods.

[Read more >](#)



#### Shed showcase

We're keen to see your shed, so we're setting up a Shed Showcase Discussion topic. Why not send us in a photo or two, or even a video?

To get the ball rolling, we went to visit three blokes in their sheds.

[Read more >](#)



#### Woodwork

Working with wood is one of the most satisfying pastimes you can undertake in a shed. This month we've got Peter and Guy from Manningham Men's Shed showing you how to make a condiment holder to keep all your sauce containers and salt and pepper shakers all organised.

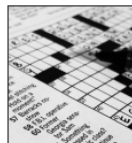
[Read more >](#)



#### Daily Sudoku

Each day we'll feature a new Sudoku to tease your brain with! You can set the difficulty and even get hints, so Sudoku beginner and expert alike, you'll have fun with these puzzles!

[Read more >](#)



#### Daily Crossword

Play our daily crossword - set your difficulty, get hints and go for it! Each day we'll feature a new crossword.

[Read more >](#)

**Suggest an activity:** Have a good idea for an activity?

Send us your feedback [>>>](#)



# News and Events

Check out our latest news about Men's Sheds along with articles and items of interest and community and Men's Shed events around Australia

The screenshot shows the website's navigation bar with 'NEWS' and 'EVENTS' highlighted in red circles. Below the navigation bar, the 'EVENTS' section is visible, featuring a 'View by' dropdown menu set to 'Upcoming Events', a 'Filter by category' dropdown menu set to 'Showing All', and a 'SUGGEST AN EVENT' button circled in red. The 'Upcoming Events' section lists two events: 'Northern Territory Seniors' Month' on August 1st and 'Katherine Festival' on August 13th.

the shed online

Current members SIGN IN NOW Become a member REGISTER NOW

HOME DISCUSSIONS CHAT HEALTH & LIFESTYLE NEWS EVENTS ACTIVITIES ABOUT PARTNERS Search

Home > Events

EVENTS

View by <sup>?</sup>  
Upcoming Events  
Filter

Filter by category <sup>?</sup>  
Showing All  
Filter

SUGGEST AN EVENT

Do you have an event you would like published on the website?  
Suggest an event ▶

EVENTS

Welcome to the Events section. Browse the latest events below or choose one of the following options from the navigation to the left:

- Browse by month or upcoming events by selecting "view by"
- View types of events by selecting "filter by category"

< Previous 10 events | Next 10 events >

Upcoming Events

August  
1  
Monday  
Northern Territory Seniors' Month  
Health and lifestyle  
Location: Northern Territory  
Date: August 1st  
View event ▶

August  
13  
Saturday  
Katherine Festival  
Sport and leisure  
Location: Katherine, NT  
Date: August 13th  
View event ▶

**Suggest News or Events** happening in your local area (or in your shed) that you would like to share with others



# News

## MEN'S SHED BUILDING NEW HOMES FOR COCKATOOS

Fri, 12th August 2011

The Dubbo Men's Shed has been commissioned to build 100 nesting boxes to give a helping hand to the threatened glossy black-cockatoos of Goonoo State Conservation Area. Good rainfall across Goonoo is likely to trigger breeding and it's hoped the nesting boxes will play a crucial role, says National parks and Wildlife Service (NPWS) western director, Mark Peacock.

Read more courtesy of the **Cowra Community News**:-

<http://cowracommunitynews.com/viewnews.php?newsid=7844&id=47>

## KENDALL MEN'S SHED OFFICIAL OPENING

Wed, 3rd August 2011

The Kendall Men's shed will officially open for business on Saturday August 13 at 11 am. According to the project co-ordinator John Haldane, the greatest financial support in the early stages came from the State Government and local member at the time Peter Besseling. "Without his help we would not have achieved as much as we have and Peter has agreed to officially open the shed."

The **Camden Haven Courier** has more:

<http://www.camdencourier.com.au/news/local/news/general/kendall-mens-shed-official-opening/2246593.aspx>

# Events

## Upcoming Events

---

August  
**1**  
Monday

### Northern Territory Seniors' Month

Health and lifestyle

**Location:** Northern Territory

**Date:** August 1st

[View event](#) ▶

---

August  
**13**  
Saturday

### Katherine Festival

Sport and leisure

**Location:** Katherine, NT

**Date:** August 13th

[View event](#) ▶

---

August  
**18**  
Thursday

### Herald Sun Home Show

Hobbies and interests

**Location:** Melbourne Exhibition Centre, Melbourne, VIC

**Date:** August 18th

[View event](#) ▶

---

August  
**19**  
Friday

### Bellingen Jazz Festival

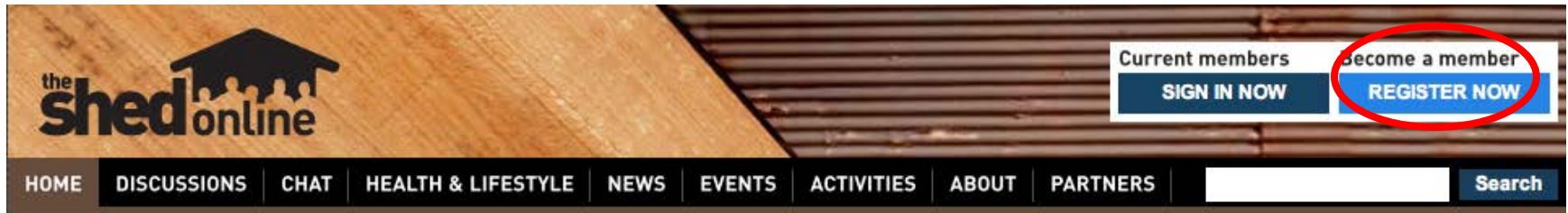
Sport and leisure

**Location:** Bellingen, NSW

**Date:** August 19th

[View event](#) ▶

# Register and Sign in



To register -click “**Register now**” from homepage (top right corner)



Once registered “**Sign in**” from homepage (top right corner)

# Shed Online tools

Build up a **My mates** list

My profile   My settings   My messages   **My mates**   Find new mates

## My mates



**Andrew Ritchie**  
Interests:

Message mate

View profile

Remove mate

Block mate



**Kale**

Message mate

View profile

Remove mate

Block mate



**Fish**

Message mate

View profile

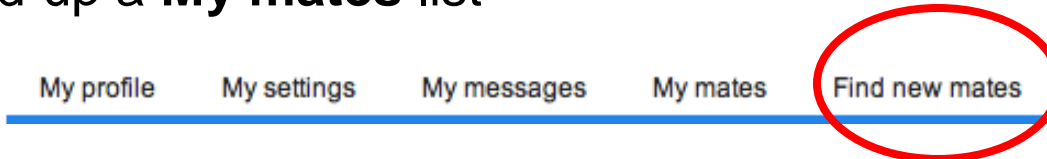
Remove mate

Block mate

# Shed Online tools

## Build up a **My mates** list

1



2

A screenshot of the 'FIND NEW MATES' page. On the left is a 'MEMBER AREA' sidebar with links: 'My profile', 'My settings', 'My messages', 'My mates', 'Find new mates' (circled in red), and 'Invite a new mate'. The main content area has a 'FIND NEW MATES' heading and two search boxes: 'Search for mates' and 'Search by interest'. Below these is a search instruction: 'Search by first name, last name, screen name or by interest.' On the right is a 'HELP' section titled 'How to find new mates' with instructions on how to search and a 'Read more' button.

3

A screenshot of a forum post. The title is 'Topic: treating wood so it looks good'. The user profile is for 'RICK WAR' with a silhouette icon and an 'Add mate' button circled in red. The post content reads: 'I'm working with redgum to make coffee tables or whatever having stained it with linseed oil it really brought out the rich colours and enhanced the raw look with this hardwood that i was after I'm now wondering whether i should seal it so that it's not so oily and the colour stays? any thoughts or suggestions? cheers ric'.

# Shed Online tools

Use the **Message Centre** for communication directly to your Shed Online mates



## CREATE NEW MESSAGE

Message one or more of your Shed Online mates by typing their names below. Select their name/s from the drop-down list that appears.

**Recipients**

**Subject**

**Message**

**B** ***I*** **U** 😊 ABC ↕ 🌐

**Send**

# Shed Online tools

Chat directly to your mates using the **Chat tool**



[Home](#) > Chat

## CHAT

You are about to join the Shed Online Chat Rooms. We would like to take this opportunity to remind you of the [member terms](#) of The Shed Online. Below is some important information that has been extracted from these member terms that relate specifically to the chat rooms:

- **Appear online:** Upon joining the chat rooms, you will appear online and other members will be able to message you.
- **Blocked mates:** Mates on your "blocked mates" list will be able to see you online. You can choose to ignore these members via the "Ignore feature" built into the chat room.
- **Chat room ignore:** Ignoring a member means that you will be blocking them from the chat room feature only. If this member is currently on your mates list, you may also want to add them to your "blocked mates" list via your [my mates page](#).
- **Logging out:** Logging out of chat will not log you out of The Shed Online. If you would like to sign out of The Shed Online altogether, you will need to do this by accessing the "Sign out" button located on the top right hand corner of your page.

[JOIN CHAT ROOMS](#)

# Shed Online tools

## Invite a mate to join The Shed Online

### MEMBER AREA

My profile

My settings

My messages

My mates

► Find new mates

► Invite a new mate

### INVITE A MATE TO BECOME A MEMBER OF THE SHED ONLINE

Searching for someone who's not a member yet? Ask a mate to become a member of the site.

\*Mandatory fields

Enter your mate's first name\*

Enter your mate's email address\*

The message below will be sent

Dear [Your mates First Name],

Your friend Lizzy would like to invite you to join The Shed Online.

The Shed Online is an internet-based social community where men can socialise, network, make friends and share skills.

In addition to being a place for men to interact, The Shed Online also provides men with information on health and well-being.

So join up and join in!

Go to <http://www.theshedonline.org.au/> to register.

Add a custom message

Invite mates

Cancel

# How can you contribute?

What type of information/activities would you like to see on The Shed Online?

- Fix it and DIY
- Health activities (e.g. exercise and diet)
- Health information
- Woodwork
- Car maintenance
- Understanding superannuation
- Managing household budgets
- Gardening
- Cooking and recipes
- Computers and the internet
- Other

Vote

- **Join up and join in** - the more members the better this project will be
- **Current activities poll** - we're interested to hear what sort of activities you would like to see more of
- **Suggest events and news**
- **Shed swap meet** - what do you think of this tool?
- **October recruitment drive** - get involved

Also... Come and talk to us at our stand here at the conference!