



***beyondblue* and Australian Men's Association**

Launch Virtual Shed Concept

Wrest Point Conference Centre

24 August 2009

Dr Rob Walters

David Helmers

Virtual Shed Feedback Form



beyondblue, the national depression initiative is partnering with the Australian Men's Sheds Association to develop a virtual shed. This online shed will be a place for men to:

- meet, and interact with other men
- share experiences
- participate in activities
- access information about health and well-being.

What's included in the virtual shed is up to you!

1. Can you access a computer?

- Yes No

2. Do you know how to use the internet?

- Yes No

3. Why would you participate in the virtual shed?

4. What would you like included in the virtual shed?

- Information on the Australian Men's Sheds Association, and how to set up a shed?
 Opportunities to talk and interact with other men?

If so, how? (for example, through forums, chat rooms, instant messaging facilities and others)

- Online games?

If so, what sort of games? (for example, card games, scrabble, building online cities, farming games and others)

- Ideas for activities within the home and community?

- Information on hobbies and activities, with the opportunity to share information, photos, problem solve and showcase work?

If so, what sort of hobbies and activities? (for example, carpentry, car restoration, painting, metal work, reading and others)

- Information on health and well-being?

If so, what health and well-being topics are of interest?

- Other activities?

If so, what?

5. What would stop you from participating in the virtual shed?

6. Do you have any other comments or ideas for the shed?

Please submit this form in the 'Virtual shed feedback form' box at the **beyondblue** information stand.

To be in the draw to win one of 10 \$50 Bunnings gift vouchers please include your contact details below.

NAME: _____

PHONE NUMBER: _____

POSTAL ADDRESS: _____

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