

Date: 10th May 2017

FOR IMMEDIATE RELEASE:

SUBJECT: Cootamundra Men's Shed

CGRC Administrator Stephen Sykes presented a plaque today to the Cootamundra Men's Shed recognizing the equipment purchase and upgrade to facilities made possible by a grant received through the Stronger Communities Fund.

The Cootamundra Men's shed (CMS), has been busy over the last few months, acquiring some new equipment and installing a new concrete floor in the welding section of the facility. The group was successful in obtaining a grant through the Stronger Communities Fund, a program by the NSW State Government and in partnership with the Cootamundra-Gundagai Regional Council.

Equipment purchases include a new metal lathe, commercial quality grinder, air compressor and plasma cutter which will enhance and diversify the metal work section of the Shed, giving members a wider range of activities to be part of. The new air compressor will drive the plasma cutter as well as assisting with other tasks in the Shed. Along with the new floor a total of \$10,000 was granted to the group.

The new floor will make the welding area safer for members of the CMS, and the new equipment will facilitate new and innovative activities. Cootamundra Men's Shed President John Ashcroft said today "We hope with the implementation of this new equipment our group will be able to generate sufficient income to maintain our self-funded status and add diversity for our members."

The Cootamundra Men's Shed has been in operation since 2005 and provides support for men who have lost their partners, have mental health issues, for example depression, who have retired and are at a loose end and feeling lonely. The CMS also mentors young adults from probation and parole from the juvenile justice system who are on court ordered community service. Teaching them new skills and providing friendship support in a nonjudgmental environment.

Mr Ashcroft also said "Our members have many hobbies outside of Men's Shed. This grant has enabled us to purchase equipment and create a new innovation for members to enhance their lives outside of the Shed.

CGRC's Administrator Stephen Sykes, said "the success of Men's Sheds across the state has been extraordinary, since their inception in the 1990's, the Men's Shed organisations have increased awareness about men's health and encouraged men to discuss their feelings and wellbeing. As a council we are extremely pleased to have been able to grant these funds to the Cootamundra Men's Shed movement so they can continue to offer and grow the services now provided".

Member for Cootamundra, Katrina Hodgkinson MP said the purchase of new equipment and installation of flooring is essential for the activities at the Cootamundra Men's Shed.

"It's fantastic when community organisations have the equipment and facilities they need to provide a better experience for their members, and also to help grow their membership base," Katrina said.

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“I’m very pleased to support the Cootamundra Men’s Shed through the NSW Government’s Stronger Communities program.”

END –

Caption:

Presenting a plaque to Cootamundra Men’s Shed president

John Ashcroft (left) is Cootamundra Gundagai Regional Council’s administrator Mr Stephen Sykes, (centre) and men’s shed member Bryan Gawthrop (right). Mr Sykes was shown the new equipment purchases and new concrete floor in the welding room. These projects were made possible with a grant from the Stronger Communities Fund.



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