

## WHAT IS A VETERAN?

A "VETERAN" – WHETHER ON ACTIVE DUTY, DISCHARGED, RETIRED OR ON RESERVE

IS SOMEONE WHO,  
AT SOME POINT IN THEIR LIFE,  
WROTE A BLANK CHEQUE MADE PAYABLE TO  
"AUSTRALIA"  
FOR AN AMOUNT  
UP TO AND INCLUDING THEIR LIFE.

### What is a Veterans' Shed?

The Veterans' Shed concept is based on the well-known 'Men's Shed' (viz – the Australian Men's Shed Association [AMSA] Sheds) and will offer membership and peer-to-peer support to all current and ex-serving servicemen and women, from Australia and her Allies.

Veterans' Sheds will be meeting places where veterans can socialise, discuss issues of concern with like-minded mates, enjoy themselves, learn new skills, work on projects together and get involved in fundraising activities to support our shed and for various charities.

### Vision

Our Vision is to have a network of Sheds across Australia offering a place for all Australian Defence Force (ADF) serving and ex-serving members (and their families), to get together to gather and chat, work on various projects, help mates in need and offer assistance on the many issues that face the Veterans' community.

## South Canberra Veterans Shed Inc (SCVS)

PO Box 412  
Erindale Centre, ACT 2903

Ph: 0490 043 158  
or  
0490 013 462

Email: [scveteransshed@gmail.com](mailto:scveteransshed@gmail.com)

Web: <http://mensshed.org/profile/AMSA101255/>

**VISITORS ALWAYS WELCOME**

### SCVS is proudly supported by:



Lake Tuggeranong Sea Scouts



Tuggeranong RSL Sub Branch



Tuggeranong & Fyshwick



Tuggeranong Branch



PO Box 1421 Tuggeranong 2901 Tuggeranong Archery Club

## SOUTH CANBERRA VETERANS' SHED Inc.



### Our Meetings

#### Social

**Wednesdays: 1000 - 1400**

Lake Tuggeranong Sea Scouts Hall,  
Mortimer Lewis Drive, Greenway. ACT.

**Social & Workshop: (WEF: mid Oct 2017)**

**Mondays & Thursdays: 0900 - 1400**

Tuggeranong Archery Club Workshop  
Soward Way, Greenway. ACT.

**Please call to confirm Shed is open before coming down for Workshop Activities.**

**Ph: 0490 043 158 or 0490 013 462**

Aim and Objectives of the Shed are:

### **Aim**

- To create and maintain an environment for serving and ex-serving personnel where concerns, past trauma, health issues and welfare issues can be discussed with other veterans who have empathy through similar life experiences.

### **Objectives**

- To encourage the reduction of social withdrawal and to foster social inclusion.
- To actively build partnerships with both government and non-government agencies and other communities.
- To create and maintain an environment for current and ex-military personnel where concerns, such as PTSD, past trauma, health and welfare issues, transitional and employment problems can be discussed with other veterans who have empathy through similar life experiences during their service in the ADF and allied Military Forces.
- To encourage members to develop, redevelop or learn new skills which will enhance their self-esteem and in turn provide a positive impact upon their lives, their family, their mates and the community.
- To work together with other ex-service organisations (ESOs) to provide assistance and support to our Veterans' and their families.

SCVS aims to provide members with a place to 'get away from it all' - to allow them to recharge their batteries in an inclusive, non-judgmental welcoming environment among their peers and others who have experienced the Military life.

SCVS will be running two (2) programs:

The General Gathering program, with members participating in a social gathering in a relaxed and inclusive atmosphere, with talks, guest speakers, card playing, computing, bus trips and other activities, and

the Workshop (Community Projects) Program which involves workshop activities to carry out personal or shed projects - shed projects are designed to create items that support individuals, the shed and the local community.

### **Membership**

**Full Membership** is open to all Veterans' (serving and ex-serving Members of the Australian Defence Force (and our allies).

**Associate Membership** is available to Veterans' families, Police, Fire Brigade and Ambulance Professionals and like-minded persons.

There is a Joining Fee and an Annual Membership Fee.



---

*The South Canberra Veterans' Shed Inc*

<http://mensshed.org/profile/AMSA101255/>

---

*is a Member of the  
Australian Men's Shed Association (AMSA)*

<http://mensshed.org>

---