

Submission: New Deductible Gift Recipient (DGR) category for Men's Sheds and Women's Sheds.

1. Background to this submission - About The Men's Table

The Men's Table

The first Men's Table (MT1) began in 2011 with twelve men who have met once a month for dinner ever since. The Men's Table creates a unique environment for men to share openly about their lives, their challenges, their highs and lows with a group of men who they learn to trust and respect.

The Men's Table uses a set of guidelines called the fundamentals that guide each Table to create a space where each man has the opportunity to share the highs and lows of his life in a private, safe supportive environment.

The Men's Table is a Company Limited by Guarantee

Within 1 year of founding, The Men's Table has grown from 1 Table to 15 Tables, and in 2020, that growth is forecast to reach 50 Tables. There is a demonstrated need and men who are participating include men who wish to develop supportive peer relationships but do not wish to participate in men's activities in which tools and projects are the catalyst for the peer relationships

The Men's Table aims to tackle three specific issues:

- 1) Isolation and social disconnection
- 2) Restrictive masculine stereotypes
- 3) Obstacles to fostering emotionally rich relationships

The Men's Table uses the following inputs:

- 1) Invitations to share feelings
- 2) Regular meetings
- 3) Small groups
- 4) Self-organising mutual support
- 5) Long term commitment
- 6) Communal meals
- 7) Local meetings

The outcomes achieved by The Men's Tables include:

- 1) A psychologically safe space; being heard, courage/competence in sharing, cathartic release, normalising difficult emotions.
- 2) New versions of masculinity; emotionally rich relationships with other men
- 3) Social connectedness; a sense of belonging

The impact of The Men's Tables include:

- 1) Resilient communities
- 2) Preventative men's mental health and wellbeing.

2. Rationale for Proposed Changes

Similar to The Men's Shed, The Men's Table primary purpose is to offer a supportive peer environment to counteract social disconnection and loneliness, support men's mental health and to overcome restrictive masculine stereotypes.

However, The Men's Table functions differently to The Men's She by making explicit the kind of open sharing and conversation that men are invited to have. Also, this is done over dinner in the absence of tools and projects.

The issues

- 1) The Men's Shed are not alone in providing gender specific spaces where men meet in order to find comradeship amongst other things. The proposed title of this DGR category very much limits it's reach and specifically seems to benefit one organisation.

With the recent awareness of the need to provide a space where social and mental wellbeing is promoted, we envisage The Men's Table and The Men's Shed will not be alone in providing such spaces.

We suggest a change to the name of the proposed category to;

New Deductible Gift Recipient (DGR) category for community building

- 2) Point 1.14 second dot point reads:
"primarily advances these purposes through providing a physical location at which individuals are supported to work on projects or undertake other activities in the company of others"

The Men's Table believe that the inclusion of the need to partake in an project or undertake other activities limits the scope of the DGR category too narrowly, given there are other ways that peer support is being fostered for the same ends

3. Proposal for changes to wording - For broader interpretation of the newly proposed category

Current Draft	Proposal for changes to draft
Title Deductible gift recipient status for Community Sheds	Title New Deductible Gift Recipient (DGR) category for Community Building
1.14 Finally, an entity must meet the	Change 'Community Shed' to 'Community

<p>definition of a community shed. A community shed is an institution that:</p>	<p>Shed or Peer Group'</p>
<p>1.14</p> <ul style="list-style-type: none"> has the dominant purposes of advancing mental health and preventing or relieving social isolation; 	<ul style="list-style-type: none"> Keep as is
<p>1.14</p> <ul style="list-style-type: none"> primarily advances these purposes through providing a physical location at which individuals are supported to work on projects or undertake other activities in the company of others; and 	<p>Ammend 1.14 to;</p> <ul style="list-style-type: none"> primarily advances these purposes through providing a physical location at which individuals are supported to work on projects or undertake other peer support activities in the company of others; and
<p>1.14</p> <ul style="list-style-type: none"> either: – has completely open membership, or – has membership that is open to all persons of a particular sex or with indigenous heritage or both. 	<p>Keep as is</p>
<p>1.14</p> <p>Dominant purposes of advancing mental health and preventing and relieving social isolation</p>	<p>Keep as is</p>
<p>1.15</p> <p>Community sheds include diverse organisations such as Men's Sheds and Women's Sheds which undertake a range of activities, such as sharing hobbies and interests or participating in community projects.</p>	<p>Change to</p> <p>Community sheds include diverse organisations such as Men's Sheds and Women's Sheds which undertake a range of activities, such as sharing hobbies and interests, peer support or participating in community projects.</p>

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