

# WINTER Wed Men's Social Group This calendar subject to ongoing changes per NSW Health updates

June, July & August 2020



**Times:** MSG weekly ph. call or text check-in was Wed from 9am. Wed pick-ups usually 9.30am to 10.30am. On-site tea/coffee approx. 11am. Lunch around 12.15 to 12.30pm. Home drop-offs were usually from 2pm to 3pm

**General Ph M. 0408 368 538**  
**Wollongong Team**

Please be on time with **\$5 cash** ready for lunches which cover tea/coffee, biscuits, main lunch & fruit for dessert. Club lunches are generally \$10 or less which can be paid via cash or EFTPOS direct to Club.

Carlos M. 0435 691 117

*Updated Thurs 30 July 2020*

**Greg M. 0429 632 790**

## WEEK 1 = Orange Group (previously **NORTHERN** Men's Social Group)

## WEEK 2 = Purple Group (previously **SOUTHERN** Men's Social Group)

<b>3 June</b>	<b>Due to NSW Health Guidelines</b> only 1:1 phone calls or video chats available	<b>10 June</b> <small>Buns &amp; Wraps</small>	Men please make your own way into <b>Clubhouse</b> between 10 & 10.30am; cuppa till 11/11.30am; lunch. Was Greg only as Carlos on holidays
<b>17 June</b> <small>Takeaway lunch</small>	Men please make your own way into <b>Clubhouse</b> between 10 & 10.30am; cuppa till 11/11.30am; together walk up to <b>Wollongong Mall</b> for 12.30pm takeaway lunch; walk 1ish then finish up by 2pm. Greg & Carlos	<b>24 June</b> BBQ \$5	Men please make own way into <b>Clubhouse</b> between 10 & 10.30am; cuppa till 11/11.30am; together we catch free bus to <b>Stuart Park, North Wollongong</b> for 12.30pm lunch (BBQ if open or buns); walk 1ish then finish up by 2pm
<b>1 July</b> <small>BBQ (if open) or buns \$5</small>	Men please make your own way into <b>Clubhouse</b> between 10 & 10.30am; cuppa till 11/11.30am; together we catch free bus to <b>Botanic Garden</b> for 12.30pm lunch (BBQ if open or buns); walk 1ish then finish up by 2pm	<b>8 July</b> <small>BBQ (if open) or buns \$5</small>	Men please make your own way into <b>Clubhouse</b> between 10 & 10.30am; cuppa till 11/11.30am; together we catch free bus to <b>Belmore Basin</b> for 12.30pm lunch (BBQ if open or buns); walk 1ish then finish up by 2pm
<b>15 July</b> <small>BBQ (if open) or buns \$5</small>	Men please make your own way into <b>Clubhouse</b> bet 10 & 10.30am; cuppa till 11/11.30am; together we catch free bus to <b>Flagstaff Hill</b> for 12.30pm lunch (BBQ if open or buns); walk 1ish & finish up 2pm	<b>22 July</b> <small>Club Lunch \$10</small>	Men please make your own way to <b>McCabe Park</b> for cuppa around 11ish; we'll have lunch together around 12.30pm (BBQ if open or buns) go for a walk 1ish then finish up by 2pm
<b>29 July</b> <small>BBQ (if open) or buns \$5</small>	Men please make your own way to <b>Stuart Park</b> for cuppa around 11ish; we'll have lunch together around 12.30pm (BBQ if open or buns) go for a walk 1ish then finish up by 2pm	<b>5 Aug</b> <small>BBQ (if open) or buns \$5</small>	Men please make your own way to <b>Botanic Garden</b> for cuppa around 11ish; we'll have lunch together around 12.30pm (BBQ if open or buns) go for a walk 1ish then finish up by 2pm
<b>12 Aug</b> <small>BBQ (if open) or buns \$5</small>	Men please make your own way to <b>Belmore Basin</b> for cuppa around 11ish; we'll have lunch together around 12.30pm (BBQ if open or buns) go for a walk 1ish then finish up by 2pm	<b>19 Aug</b> <small>BBQ (if open) or buns \$5</small>	Men please make your own way to <b>Flagstaff Hill</b> for cuppa around 11ish; we'll have lunch together around 12.30pm (BBQ if open or buns) go for a walk 1ish then finish up by 2pm
<b>26 Aug</b> <small>Club Lunch \$10</small>	Men please make your own way to <b>McCabe Park</b> for cuppa around 11ish; we'll have lunch together around 12.30pm (BBQ if open or buns) go for a walk 1ish then finish up by 2pm	<b>2 Sept</b> <small>BBQ (if open) or buns \$5</small>	Men please make your own way to <b>Stuart Park</b> for cuppa around 11ish; we'll have lunch together around 12.30pm (BBQ if open or buns) go for a walk 1ish then finish up by 2pm

# Some basics for One Door's Wollongong Wednesday Men's Social Group

**Physical exercise?** All exercises are low impact and low level unless otherwise stated. Each man is encouraged to participate in the day's physical activity to their own ability and it is always voluntary. Members are welcome to sit out a walk/not participate in an activity providing that this does not impact the remainder of the larger group.

**Poor weather alternatives?** Art Gallery, bowling, One Door Clubhouse 34 Auburn St (near Ellen St), library visit, movie

**Last minute changes?** Staff & volunteers aim to follow all pre-planned programs as much as possible. However wet or windy weather changed clients' interests or new attendees may mean the planned activity changes last minute. Onsite One Door staff will consult with clients present but due to duty of care, onsite staff will make the final decision.

**Client concerns?** If you have a concern re another man, please speak to our onsite staff. DO NOT take matters into your own hands. If you or your family have any concerns re anxiety, Club premises serving alcohol and/or gambling, personal safety etc please have a quiet chat ASAP with our onsite staff so together we can find workable solutions

**One Door's Men's Social Group** aims to create a safe space for all, so we **work under a few simple guidelines:**

- . Please be **on time**, ready with your \$5 cash or \$10 lunch money, mobile charged, closed shoes & ID (for Clubs)
- . If it's a tough week financially please let our staff know so we can write up an **IOU** until next week. Max. 2 x IOUs
- . **For NDIS men, please call/text cancellations to One Door General/Central No 0408 368 538 (day before or as agreed)**
- . Always be **respectful** of other members of group, students, volunteers and One Door staff. Everyone deserves a go
- . **Jokes, mild/cheeky teasing, banter & silliness are all ok** as we're a Men's Group but please leave all **sexism, racism, judgement, shaming, homophobia or ageism** at the door before hopping aboard our all-inclusive bus
- . If unsure re anything or want to suggest something, then **please speak to whoever you're most comfortable** with
- . **smokers**, please use MSG butt buckets in designated area i.e. down-wind from group, away from public & esp. kids
- . all men are welcome regardless if having a **"flat" day**. Sometimes a short outing amongst mates is the best cure!
- . if struggling when out, please chat to on-site staff or sit somewhere quiet until feeling better or a short walk is good
- . We are a diverse bunch of blokes with various beliefs, religions, cultural backgrounds, sexualities, ages, ideas & priorities which is OK. **We don't have to like each other but it's important that we all RESPECT each other, for our group to function.** Our aim is that all men feel welcome and enjoy their day out at Wollongong Men's Social Group

