# **Transcript – At the Men’s Shed - John’s NDIS Story**

[John – NDIS Participant] My name’s John. I live in Bundaberg, Queensland. My disability is muscular dystrophy and the type of muscular dystrophy is Mytonic.

I was diagnosed when I was 28 but I continued to work until I was 35, and it came to the situation where I just couldn’t do any work at all so I stopped.

Been sitting at home for two or three years and my friend, I said to him “You know, I don’t know what to do. I’m bored”. So, he said to me “Why don’t you try the Men’s Shed?”

From the time I got there, they made me feel welcome, and it’s one of the best things I’ve done in my life.

[John – Men’s Shed President] John turned up about four years ago, and he was really good. We made him Vice President the first year he came, and he’s been Vice President every year since. And he knows more about the Shed than the rest of us put together, probably because he’s here all the time.

[John – NDIS Participant] With the NDIS, ‘cos I’ve got transport now, I’m at the Men’s Shed, but on the days I’m not I want to look for something else to do. My goal is to be as healthy as I can for as long as I can, and continue doing as much as I can, for as long as I can.

So, the Men’s Shed is my outlet. Everyone is there to help each other. They don’t look at me as the bloke in the wheelchair with disability. They treat me as anybody else there. And that’s what I do love, yeah.

[End Transcript]