



Find a Men's Shed

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Website

<http://mensshed.org/find-a-shed/>

Service Description

Provides a place where men can go and gain powerful tools to help address health and wellbeing while helping men to once again become valued and productive members of our community. Not all Men's Sheds are the same - if you looked inside you might see a number of men making furniture, perhaps restoring bicycles for a local school, making Mynah bird traps, fixing lawn mowers or making a cubby house for Camp Quality to raffle. You might also see a few young men working with the older men obtaining new skills and learning something about life from the men with whom they work. You might see local elders making traditional weapons or designing arts and crafts. You will see tea-bags, coffee cups and a comfortable area where men can sit and talk. You will probably also see an area where men can learn to cook for themselves or how to contact their families by computer. Most men have learned from our culture that they don't talk about feelings and emotions many do not take an interest in their own health and wellbeing. Unlike women, most men are reluctant to talk about their emotions and that means that they usually don't ask for help. Probably because of this, many men are less healthy than women, drink more, take more risks and suffer more from isolation, loneliness and depression. Relationship breakdown, retrenchment or early retirement from a job, loss of children following divorce, physical or mental illness are just some of the problems that men may find difficult to deal with on their own.

Service Type

INDIVIDUAL

Service provider

Men's Shed Association Australia

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