

Stawell Regional Men's Shed

Proudly supported by Stawell Regional Health

The Stawell Men's Shed was officially opened by the Northern Grampians Shire Mayor on 28 October 2008.

The Men's Shed is a not for profit initiative designed to promote the Health and Wellbeing mainly of retired and older men in the community, but is accessible to all ages of members of the community. **Women** are invited to join us each Thursday. The Stawell Men's Shed is an alcohol, drug and smoke free workplace.

Where are we?

The Men's Shed is located in Shed 8, 11 Smith Street, Stawell, (located opposite Blachford Cabinets workshop).

The Men's Shed is open from 9am to 4pm Tuesdays, Wednesdays & Thursdays,* except on public holidays. Participation fee options start from \$3.50 per day to help cover running costs.

A workshop style facility and meeting room is for men to come and do what men do, it depends on the individual:-

- Share and develop skills
- Build things
- Wreck things
- Weld
- Talk
- Relax
- Socialise
- Tell Jokes
- Relate experiences
- Listen to others
- Discuss health problems, any problem
- Talk about anything
- Support each other
- Drop in to watch and chat over a cuppa
- Cook lunch, or a BBQ
- Do nothing if that's what they want

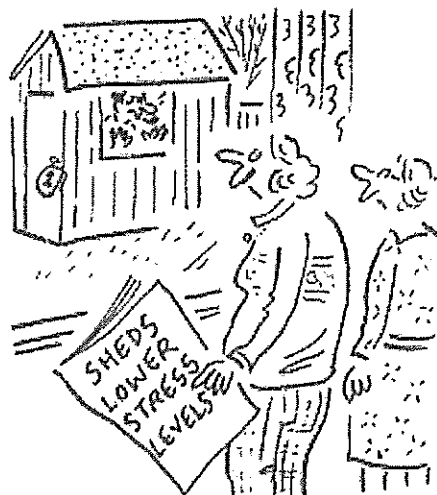


Research has shown that Men's Sheds strengthen communities through improving health and well being particularly for men after major life-changes such as, downsizing of domicile, loss of partner, retirement, etc. Basically Men's Sheds help build social networks and are supportive environments for individuals and volunteers.

The shed is a well equipped and a spacious workshop for the men to tackle projects, often of a philanthropic nature.

What are the benefits?

There are many benefits from the shed some are seen and measured, some are just felt.



'I feel so much calmer and happier when he's locked in there'

The benefits for the men

- A place to be yourself and do what you want, when you want, how you want
- Other men who you can relate to
- Ideas exchanged
- A place to learn
- A place to teach
- Develop new skills and practice old ones
- Someone who will listen and not judge
- Someone who understands

The benefits for the community:

- Utilising skills that may have been hidden and unused.
- Construction of community projects that may have been unaffordable
- Some of the problems that older men suffer can be addressed and referred.

Bring a project

If you have a carpentry or metal project you want to work on for yourself, bring it along and work on it at the shed, ask for ideas or bring some ideas to share. Have a project but can't build it? Bring along your idea, there will be plenty of blokes that can either teach you how to do it or even can do it for you.

With your involvement your community Men's Shed time will be both productive and rewarding.

*For further information please do not hesitate to contact:-
Stawell Men's Shed – 5358 2384*