

A photograph of three men smiling and looking towards the camera. The man on the left is wearing a blue hoodie and light-colored pants. The man in the middle is wearing a blue shirt with an orange safety vest. The man on the right is wearing a red and white checkered shirt and has a beard. They appear to be in a workshop or shed setting.

Surprising Men...

What goes on in a Men's Shed may surprise you.

The men you meet may surprise you.

What may surprise you the most, is how good sharing projects, a cuppa and a yarn in a Shed makes you feel.

Like there was something important missing that you didn't even recognise, until you put it back.

Live Better, Live Longer.

Sheds are about blokes doing "stuff" together and enjoying the company.

The "stuff" you do isn't important, but getting together to do it is.

According to research, men involved in Sheds tend to be healthier and live longer.

One study cites decreased social isolation, enhanced self-esteem, improved health knowledge and better use of health services.

And that's better for all the people in their lives.

Send a Man to a Shed

Most boys grow up with mates. Then they start work, raise a family and get busy becoming who they are. Often they leave their mates behind.

It's not healthy for a man to not have mates. Isolation is not a satisfying way to live.

The Mates Test

Use this Mates Test to see if someone you know is at risk, or would benefit by joining a Shed:

Count up you real mates, those who you can trust to talk about things with. Blokes you regularly spend time with, not half-mates.

For a lot of men, especially as we age, this number drifts towards zero.

If you're in this bracket, get yourself to a Shed.

If you're in one of the critical transition phases, (ie: unemployment, separation, retirement) make it a priority.

There are over 150 Sheds in WA. To find one near you, go to: www.mensshedswa.org.au

