

An Overview



The Melton Men's Shed is a place for men to come together, to capture and share their skills and experiences.

It's a place to build on the health and well being of men. A place of creativity, of teamwork and for celebrating community spirit.

Who's the Men's Shed for?

The Shed is for blokes of any age, though we realise that Men's Sheds traditionally attract many older men, particularly those in or close to retirement.

We're keen to involve men who have particular skills and who'd gladly help teach others and we're equally keen to have blokes involved who want to learn from others. Or maybe you just want to come along for a cuppa and a chat? **As long as you are a resident in the Shire of Melton, the Melton Men's Shed is your Shed.**

What will be offered at the Shed?

We are looking to offer a variety of programs and activities to suit a range of men's interests and needs. Here's some of the things that may be on offer:

- ❖ Woodworking & DIY Projects
 - ❖ Relaxation classes
- ❖ Information on Men's Health issues
 - ❖ Bike riding
 - ❖ Pottery, ceramics, painting
 - ❖ Community Projects
- ❖ Gardening, landscaping
- ❖ Cards, board games, darts
- ❖ Learn to cook, have a BBQ
or....
just share a yarn with other blokes.

Why are Men's Health issues being addressed?

There are several particular areas of health that males fare worse off than females, the Men's Shed will help raise our awareness of these, provide some valuable ways to reduce the risks and ultimately, help men 'shed' any apprehensions about facing up to their health and well-being.

Here are some facts about the health of our men:

- ❖ On average, males die 5 years earlier than females
- ❖ Half of men are overweight compared to a 3rd of females
- ❖ 60% more males die from cancer
- ❖ Heart disease kills 63% more males than females
- ❖ Men's suicide rate is four times higher

We recognise that by having healthier and happier men we're helping to strengthen them, their families and community too.

Contact:

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www.melton.vic.gov.au/mensshed

