



Do you support and/or would you use a Men's Shed in the South Arm area?

To get this project going, we need to show need for, and support of, a facility to serve our Peninsula.

What do you think?

SEE OVER FOR WHERE TO RETURN

Name:

Male ☐
Female ☐

Location:

☐ South Arm

☐ Clifton Beach

☐ Opossum Bay

☐ Sandford

☐ Cremorne

☐ Other _____

Phone:

Email:

(tick box to be kept updated via email) ☐

Age group:

☐ 18-30

☐ 31-40

☐ 41-50

☐ 50-60

☐ 60-70

☐ 70+

☐ I support a local Men's Shed | ☐ I would a local Men's Shed

(please tick as applicable)

Do you think there are men in our community who would benefit from a local facility?

☐ Yes

☐ No

Comments: _____

Which activities would you be interested in? (Please tick all that apply)

☐ Woodwork

☐ Metalwork

☐ Mechanical

☐ Social interaction

☐ Cooking

☐ Men's health sessions

☐ Repairs/up-cycling /re-purposing

☐ Handicrafts(Leather, upholstery, pottery etc)

☐ Computer (basics, internet etc)

☐ Special projects (supporting charities etc)

☐ Mentoring others

☐ Own projects

Any suggestions for other activities?

PLEASE TURN OVER...

Any other feedback?

Please leave in envelope in the box if provided, leave at the South Arm Shop or email it to us.

Your personal details will be kept private.

Enquiries: Robin 0408 446 249 or John 0418 670 857

Email : mensshed@southarm.tas.au



WHAT IS A MEN'S SHED?

***It's not so much about the tools,
it's a place where men can find camaraderie.***

Importantly, there is no pressure.

**Men can just come and have a yarn and a cuppa if that's all they're looking for
or use the facilities to potter, make, learn or fix ☺**

It's really an updated version of the backyard shed that's been a part of Australian culture.
Inside you might seem men:

- learning to cook or how to contact their families by computer
- restoring furniture or repairing bicycles for a local school
- fixing lawn mowers or other household bits and bobs
- making a cubby house for a charity to raffle
- young men working with older men, learning new skills and both perhaps picking up things about life from those alongside them

Many men are less healthy than women 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, very understandably, find it hard to deal with on their own.

Good health includes feeling good about yourself, being productive and valuable to your community, connecting to others and maintaining an active body and mind.

Becoming a member of a Men's Shed gives a man that safe and busy environment where he can find many of these things in an atmosphere of good old-fashioned mateship.

**What is done in the Shed is the EXCUSE for going,
not the REASON for going!**

More info at www.tasmanianmensshed.org.au or just Google Men's Sheds!