

Find a Mens Shed near you...

Badger Creek & District Men's Shed

360 Badger Creek Rd, Badger Creek
0480 101 593 | badger-creek@outlook.com

Belgrave Men's Shed

2/1A Reserve Rd, Belgrave
0405 229 481 | ashtond@optusnet.com.au

Ben's Shed

2427 Warburton Hwy, Yarra Junction
(03) 5967 1942 | bensshed2427@gmail.com

Mooroolbark Men's Shed

Cnr Ellen Rd & Croydondale Drive, Mooroolbark
0493 084 646 |
secretary@mooroolbarkmensshed.org

Montrose & District Men's Shed

2/1B Leith Rd, Montrose
(03) 9728 4605 | mensshedmontrose@gmail.com

Monbulk District Men's Shed

1A Moxhams Rd, Monbulk
0418 535 491 | deebee462000@gmail.com

Morrison's Men's Shed

20 Old Hereford Rd, Mt. Evelyn
0478 287 975 | morrisonmensshed@gmail.com

The Gully Men's Shed

1 Mount Dandenong Tourist Rd,
Upper Ferntree Gully
0407 857 868 | thegullymensshed@gmail.com

Upwey Men's Shed

Upwey Township Hall, 6 Mahony St, Upwey
0409 102 007 | upweymensshed01@gmail.com

Yarra Glen & District Men's Shed

16 Anzac Ave, Yarra Glen
03 9730 2864 | ygdms.secretary@gmail.com

Boorndawan Aboriginal Healing Service

289 Swansea Rd, Lilydale
03 9212 0200 | bwahs@bwahs.com.au

Croydon Men's Shed

Swinburne Campus, 12-50 Norton Rd, Croydon
0490 329 449 | mensshedcroydon@gmail.com

Emerald Men's Shed Inc.

400A Belgrave-Gembrook Rd, Emerald
0490 851 835 | mensshedemerald@gmail.com

Alternatively you can check AMSA web site
<https://mensshed.org/find-a-shed/>
or the VMSA web site

<https://www.vmsa.org.au/shed-locations/>



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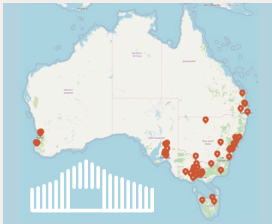


The Men's Shed movement has become one of the most powerful tools in addressing health and well being, helping men to become valued & productive members of our community.

What is a Mens Shed?

The modern Men's Shed is an updated version of the shed in the backyard that has long been a part of Australian culture.

Men's Sheds are found in many cities and towns around Australia and continue to spring up internationally.



Not all Men's Sheds are the same; they can be small or big. If you looked inside one of our Men's Sheds, you might see members ranging in age from their 20s in to their 90s working together on various activities such as making furniture, wood turning, constructing bird boxes, fixing chainsaws, making children's mud kitchens, gardening, undertaking community projects, working on personal projects, learning new skills, or sharing skills with other members.

Some sheds have weekly BBQ breakfasts, training courses, walking groups, photography groups, and guest speakers – the list is endless. You will find tea bags, coffee cups, and a comfortable area where members share meals and can sit and chat. You will probably also find a relaxation area where you can read a book, watch TV, or use the computer.

What makes a Men's Shed special?

Many men are reluctant to talk about their emotions/concerns, which means they usually don't ask for help. Especially when transitioning to retirement or experiencing changes in family or employment circumstances, men can experience increased personal, social, family, and health/wellbeing issues, and possible feelings of isolation and loneliness.

The aim of Men's Sheds throughout Australia is to provide a safe, active, and supportive environment where members can come together, have a chat, and work on projects "shoulder to shoulder," building friendships in a relaxing environment where the only 'must' is to observe safe working practices.

Members can simply come and have a chat over a cuppa if that is all they're looking for. Members of Men's Sheds come from all walks of life; the bond that unites them is that they would like something meaningful to do with their time, all in the spirit of mateship.

To find out more, check out your local shed's websites, or why not just drop them a line or pop in for a cuppa and a chat to find out what's happening in your local Men's Shed.

