

Men's Health issues are being addressed

Men's Sheds aim to raise awareness of health issues, and 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 men's health:

- Men die on average five years earlier than women.
- Half of men are overweight compared to one third of women.
- Sixty percent more men die of cancer.
- Heart disease kills sixty three percent more men than women.
- Men's suicide rate is four times higher than women.

We recognize that by having healthier and happier men we're helping to strengthen them, their families and the community

West Gippsland Men's Shed Cluster contacts are:

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WEST GIPPSLAND MEN'S SHED CLUSTER 2011/2012



Useful numbers:

Men's Line Australia: 1300 789 978
Men's Referral Service: 1800 065 973
Beyond Blue Helpline: 1300 224 636
Lifeline: 13 11 14
Dept of Veteran's Affairs 13 32 54

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An overview

Men's Shed's are places for men to come together, to capture and share their skills and experiences.

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

More than just a "shed", we meet new friends, relate our experiences, mostly with a laugh, sometimes with compassion for someone going through a hard time, but we always leave feeling better than when we came.

There's an open invitation for all men to come and share in our camaraderie.



Who's a Men's Shed for?

A Shed is for blokes of any age, though we realize that Men's Sheds traditionally attract older men, particularly those close to their retirement. However many have programs for working men or those with mobility, mental health or other health issues.

We're keen to involve men who have particular skills and who'd gladly help teach others. 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. Whether you're a resident, or a casual visitor to the area, you are welcome.



What does the shed offer?

We aim to offer a variety of programs and activities to suit a range of men's interests and needs.

