

## LANE COVE MEN'S SHED

### Organisations Involved & Contact Details

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### Aims & Target Group

The aim of Lane Cove Community Men's Shed has been to enhance the well-being, health and quality of life of older men by providing a fully equipped workshop and activities/projects to do for themselves and their community.

Men from culturally diverse backgrounds share skills and information enhancing each other's networking opportunities, adult learning opportunities, encourage cross-cultural co-existence and help to combat isolation and depression in older men.

### Project Description & Components

The Men's Shed is a fully equipped woodworking workshop. It operates on a peer-support model, where men skilled and unskilled share new handicraft skills and hone old ones. By working together they are able to produce items of a high standard. Some of the items produced are donated to toy libraries, refuges and hospitals, while others are sold on street stalls to enable the shed to operate at no cost to participants. Evidence that the shed is achieving its objectives can be seen in the camaraderie which has been built up between the men, both inside and outside the shed. They have been known to go sailing together as well as help out if one of them is going through a personal crisis. Members also share personal and health issues information.

### Process

When isolation, depression and even suicide had been identified as a current problem across the multicultural background of this LGA, the Lane Cove Council and UnitingCare Ageing Northern Sydney Region embarked upon the Men's Shed Project to help meet these needs for older men. A Steering Committee was formed, premises found, a grant applied for and a media campaign launched to inform all local residents that a fully equipped workshop for older men from all ethnic backgrounds was available for their use free of charge. The grant was submitted by the Council, Uniting Care supplied premises and helped with setting up the





Shed. The Steering Committee met to plan each stage of progress. This Shed has become a model Shed for others all around Australia and has produced a Manual on “Setting up a Men’s Shed” outlining each step of Shed setup.

### Outcomes

A number of councils and community organisations have shown an interest in the shed as a solution to dealing with the growing problem of isolation and depression among men in the post-retirement age group.

Sheds now number about 250 Australia-wide and **there is ample feedback about inter-cultural cooperation and enjoyment, learning, sharing** of personal and health information and of the general benefits to members and their families.

### Challenges & Obstacles

Main Challenges included:, finding a venue, finding a grant, setting up policies and procedures especially OH&S and Insurance. Others included finding Sponsorship, Recruiting members and Advertising. All of these were met and best practice for all Challenges and Obstacles is dealt with in the Manual produced by Lane Cove Community Men’s Shed.

### Funding

Initially Sponsored by Commonwealth Department of Health and Aged Care. The project is now auspiced by Uniting Care Ageing Northern Sydney Region. Further funding is obtained through submissions to Council, to Small Business Grants and CDSE funding. Money is also raised by sale of some of the Shed products.

### Images

