



## What is a Men's Shed?

Men's sheds (Sheds) are community-based, non-commercial organisations that are open to all men. Sheds improve the health and wellbeing of their members by giving them a safe place to make friends, share meaningful activities, talk, and access health information and resources.

Sheds provide opportunities for men to develop and pass on their skills and to volunteer or participate in local community projects. In doing so sheds can help men to find a new sense of purpose in life.

### It's not just woodwork

Sheds are all different. They are independent organisations that participate in a wide range of activities that are relevant to their community and the men they support. Some sheds have many different interest groups including music, photography, cooking, fitness, bike repair and horticulture.

### It's not about the building

A men's shed is the group of men that come together, to participate in activities and shared interests. Men's sheds are more than the four walls in which they operate. The building is there to support the men and to facilitate the activities. Often the building can also be shared with / leased to other local community groups.

### So, what is a men's shed?

Men's Sheds of WA defines a men's shed as:

- a) A not-for-profit organisation
- b) A group that is accessible to all men in the local community  
*Membership may only be restricted in relation to gender or indigenous heritage (e.g., restricted to Aboriginal or Torres Strait Islander members for cultural purposes) or both.*
- c) A facility with the primary objectives (*as shown in the organisation's rules or constitution*) of advancing the wellbeing and health and reducing social isolation of men in the community through providing **opportunities** for:
  - community connection & participation
  - learning and passing on skills
  - learning about their own and other's wellbeing and health
  - working on meaningful projects for the community.

Community Sheds are an alternative model of shed, designed to engage a broader cross-section of the community. Community Sheds are eligible to join Men's Sheds of WA if men's health is considered a priority for the group e.g. through a dedicated object in their constitution, by setting up a men's shed group or by incorporating regular opportunities for men to come together and participate in the opportunities listed above (What is a Men's Shed (c)).

### Men's Sheds of WA members are required to:

1. Have appropriate insurance to protect the shed and its members against compensation or legal settlements for injury to third parties, or damage to their property. This includes but is not limited to: Public/ Product Liability, Voluntary Workers Personal Accident, Association Liability & Property Insurance.
2. Operate under a constitution that is compatible with that of Men's Sheds of WA constitution.

