

WESTERN AUSTRALIAN MEN'S SHED ASSOCIATION

WAMSA is the state peak body formed to represent all of the Men's Sheds in WA. WAMSA coordinates and disseminates information to all Sheds and assists in setting up new Sheds. Meetings are held with politicians and funding bodies to get the maximum benefit for the WA Sheds.

WAMSA receives financial support from the WA Department of Health and is affiliated with the Australian Men's Shed Association, the national peak body.

WAMSA'S OBJECTIVES

- To provide a resource for the establishment, development and operation of Men's Sheds in WA.
- To promote and support effective and sustainable men's Sheds in WA.
- To provide lines of communication between Men's Sheds in WA.
- To initiate, foster and promote state conferences and meetings of WA Men's Sheds.
- To represent the interests of men, their Sheds and the resulting positive outcomes to stakeholders in WA
- To provide the Australian Men's Shed Association (AMSA) with local input and understanding of the WA environment.



CONTACT WAMSA

Website: www.wamsa.org.au Email: admin@wamsa.org.au

Membership details are available at: <http://www.wamsa.org.au/membership.html>

WAMSA is a charitable not-for-profit association and is registered as a Deductible Gift Recipient
ABN 67 979 314 821

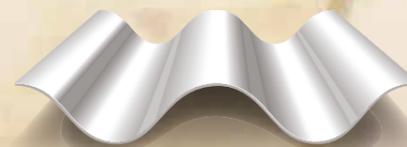
FIND A SHED

You will find a map with the location and contact details of all WA Sheds at:
<http://wamsa.org.au/mapofwaSheds.html>



MEN: CHECK OUT YOUR LOCAL SHED.

WESTERN AUSTRALIAN



MEN'S SHED
ASSOCIATION

IT'S GOOD BEING A MAN AT A SHED.

WHEN I GO TO THE SHED, I CATCH UP WITH THE MATES I'VE MADE, MAYBE HELP WITH A PROJECT OR JUST HAVE A CHAT – I CAN FEEL THE PRESSURE DROPPING AWAY. I GET RECHARGED. I'M BETTER AT HOME, BETTER TO MYSELF.

I THINK IT'S ABOUT HAVING SOME BALANCE IN YOUR LIFE. IT REMINDS ME OF THE GOOD THINGS ABOUT BEING A MAN.

WHAT IS A MEN'S SHED?

A Men's Shed is a place where men can work on projects, learn new skills, unwind and talk with mates.

Sheds are community based clubs. They can be found in many suburbs and towns throughout Australia. Activities vary widely from shed to shed, as groups pursue their members' interests.

The Men's Shed movement is restoring some of the balance that has been lost through modern living, by creating communal shed spaces that support all of the traditional shed activities that used to happen in back yards.

What's new is how strongly men of all ages and backgrounds have embraced this new concept.

Sheds are helping men become involved and to be valuable members of their community.

There's strong evidence of a powerful impact on physical and mental health.

And it's not just the men in sheds who are feeling better about themselves; the benefits extend to their relationships, families and even extended family.



YOU'RE WELCOME

The membership of Sheds is diverse. Men from all backgrounds, ethnic and social mixes enjoy Sheds, bringing their own cultural characteristics and life's experiences to enliven the activities.

You will see men of all ages working together in a positive environment, learning new skills, sharing life experiences and building better relationships in the community to enhance their quality of life and well-being.

The common theme in all Sheds is about men feeling useful and contributing to their community, through learning and sharing new skills/experiences, reviving old ones, making friends, networking and generally becoming involved in life. They are a place where men can contribute, feel wanted, obtain informal learning and get information about health.



THE MOST LASTING MEMORY OF ANY SHED IS THE OUTSTANDING CAMARADERIE AND FELLOWSHIP ENJOYED BY ALL PARTICIPATING MEMBERS. SHEDS ALSO SHARE SOME COMMON FACTORS, SUCH AS ENTHUSIASM AND PRIDE THAT MEMBER'S EXHIBIT IN THEIR SHEDS.



WHAT HAPPENS IN A SHED?

A fly on the wall would observe men making and fixing things, working in groups and individually. They'd see men discussing the challenges of projects, sharing tips and perhaps getting some hands-on advice from a more experienced member.

Wood-work and wood-turning projects are popular but there's a wide range such as restoring furniture, refurbishing used computers, repairing bicycles, making rocking horses, fixing lawn mowers, making kids' cubby houses for a local charity, metalwork, small motor repairs, restoration of old cars, art and craft activities, cooking, gardening, IT training, building equipment for third world and strife riddled countries, small boat restoration, playing board or card games – and much more.

And of course there will be a relaxing place to sit around and yarn. Because what really happens in a shed – that a fly can't see – is men getting the chance to be themselves, to share with and support their mates, and balance out their lives.



MEN'S HEALTH AND WELL-BEING

Men's Sheds are very much about well being.

Many men are typically reluctant to recognise and discuss their health matters and frequently avoid seeking health advice or getting checks. Some men, particularly following retirement, have also become disconnected from society, leading to anxiety and depression.

Researchers are finding that simply by having a place to meet with their peers without pressure, men often feel comfortable enough to talk about all kinds of issues affecting them - often leading to men seeking appropriate assistance or early intervention.

COMMUNITY BENEFITS

Men's Sheds are not only about men's health. Sheds across the country are performing valuable services that are benefiting their communities in many ways. Some Sheds are conducting programs for schools; some are providing mentoring with youth; there are Sheds that take on the handyman duties for aged or disabled people; some adopt a local park while others make toys or fix broken bikes to pass on to underprivileged kids.