

This brochure is one a series of topic-specific service listings extracted from COTA ACT's Directory of Services for the Ageing.

Other brochures include:

Residential Aged Care in Canberra
De-cluttering, Downsizing and Home Modifications
Respite Services
Transport
Dementia Services
Hearing Services
Seniors' Groups and Activities
Keeping Active
Men's Health and Services
Activities for Grandparents
Computer Classes and Assistance
Financial and Legal Services
Support in Your Home
Retirement Villages in Canberra
Women's Groups
Women's Health and Services

COTA ACT has acted in good faith in providing this information and cannot endorse or recommend any particular organisation in this brochure.

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About COTA ACT

Council on the Ageing (COTA) ACT is an independent, non-party political and nonreligious organisation working to protect and promote the well-being, rights and interests of all older people in the ACT irrespective of socio-economic, ethnic, religious or cultural background.

Please contact COTA ACT for more information on membership.

Call **(02) 6282 3777** or visit
www.cotaact.org.au.



AUSTRALIAN CAPITAL TERRITORY
Representing the interests
of older Canberrans



**Hughes Community Centre,
Wisdom Street, Hughes**
(next to the Hughes shopping centre)



(02) 6282 3777



**contact@cotaact.org.au
www.cotaact.org.au**

Men's Sheds

AUSTRALIAN CAPITAL TERRITORY

What is a Men's 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.

Not all Men's Sheds are the same - if you looked inside you might see a number of men making furniture, perhaps restoring bicycles for a local school, making Mynah bird traps, fixing lawn mowers or making a cubby house. You might see local elders making traditional weapons or designing arts and crafts. You will see tea-bags, coffee cups and a comfortable area where men can sit and talk. You will probably also see an area where men can learn to cook for themselves or how to contact their families via the internet.

What is so special about the Men's Shed?

Becoming a member of a Men's Shed provides a safe and busy environment where men can find many of these things in an atmosphere of old-fashioned mateship. And, importantly, there is no pressure. Men can just come and have a yarn and a cuppa if that is all they're looking for.

Good health is based on many factors including feeling good about yourself, being productive, contributing to your community, connecting with friends and maintaining an active body and mind.

Members of Men's Sheds come from all walks of life - the bond that unites them is that they are men with time on their hands and would like something meaningful to do with that time.

The Men's Shed movement has now become one of the most powerful tools in addressing health and wellbeing and helping men to once again become valued and productive members of our community.

ACT Model Railway Society Inc

Chomley Court
Evatt

0402 751 325

Belconnen Community Men's Shed

32 Dallach Street
Page

0411 567 377

Canberra Monaro N Scale Group

Clift Crescent
Richardson

0407 239 382

Forrest Men's Shed

20 National Circuit
Forrest

0490 027 153

Giralang-Kaleen Men's Shed

28 Georgina Crescent
Kaleen Community Hall
Kaleen

0409 122 455

Greewick Park Workshop

20-26 Anzac Park
Campbell

0408 622 155

Gungahlin Men's Shed

40 Yarrowonga Street
Ngunnawal

6293 6500

Hall and District Men's Shed

Palmer Street
Hall

0407 062 573

Hawker Softball Centre Men's Shed

45 Walhallow Street
Hawker

0408 844 875

Hughes Men's Shed

Corner Whittle and Groom Streets
Hughes

6282 3777

L'Arche Men's Shed

38-40 Colbee Court
Phillip

6282 9066

Majura Men's Shed

2 Rosevear Place
Dickson

0416 423 284

Melba Men's Shed

North Belconnen Uniting Church
Conley Drive
Melba

0412 622 839

Queanbeyan Men's Shed

5 Lorn Road
Queanbeyan

0417 584 430

South Canberra Veterans' Shed Inc

77 Athllon Drive
Greenway

0411 155 731

Tuggeranong Men's Shed

299 Soward Way
Greenway

0421 207 064

Weston Creek Men's Shed

37 Bangalay Crescent
Rivett

0450 960 834

Yass Valley Men's Shed Inc

1428 Yass Valley Way
Yass

secretary@yassmensshed.org.au