

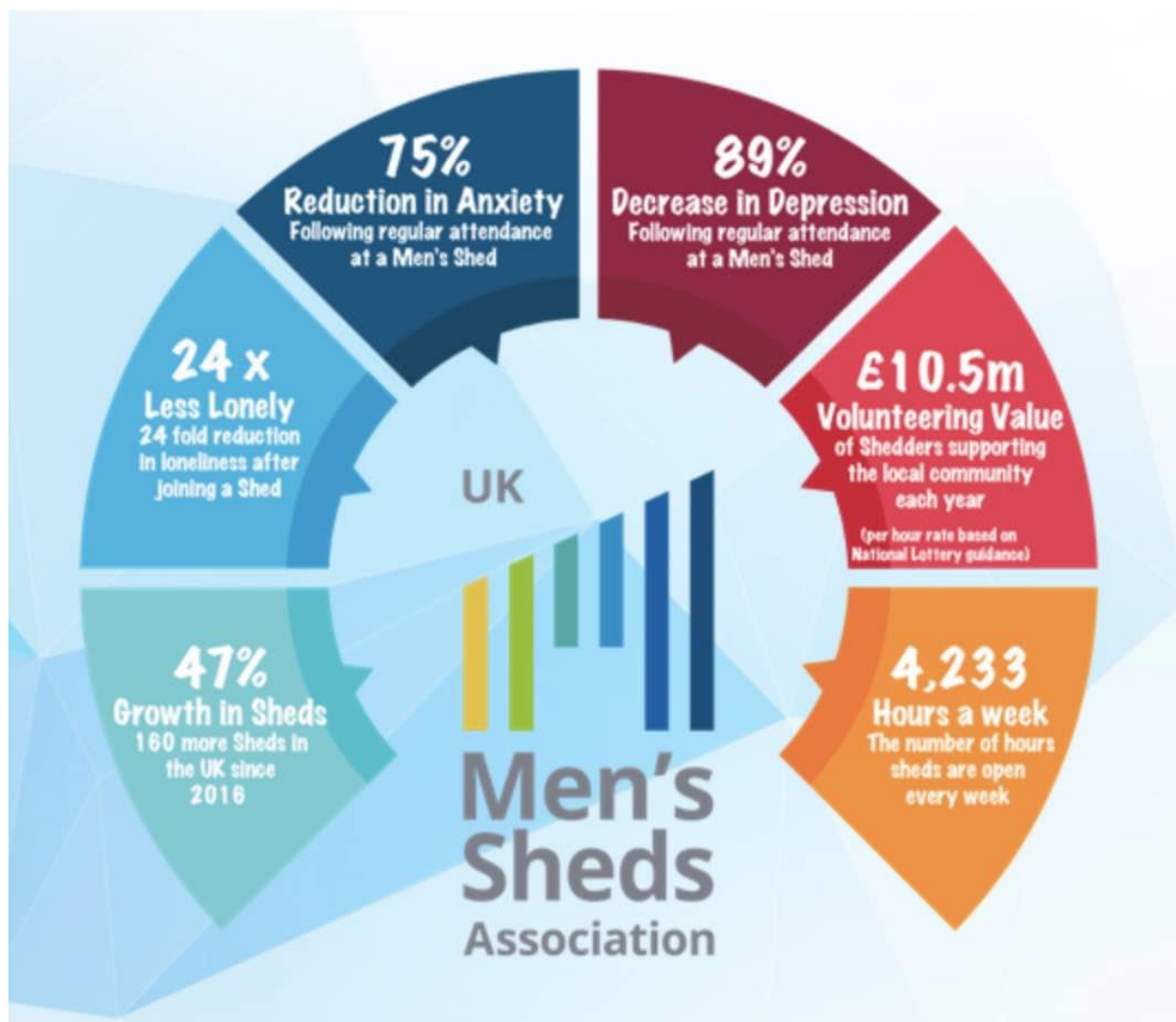
What is a Men's Shed?

Men's Sheds is based on a simple concept: Improve our members' physical and mental health through activities men will actually join.

It's where you can learn or teach new skills and find new opportunities and interests while making new friends.

A Men's Shed provides a safe and friendly environment where men can work on meaningful projects. Men work at their own pace, in their own time, in the company of other men.

A Shed offers men an alternate way to reach out to avoid 'isolation' while giving back to society.



What takes place at a Men's Shed?

It's a place where men with time on their hands and too few friends meet to socialize, to work on rewarding projects, and to engage in enjoyable physical and cultural activities at their own pace, in their own time, in the company of other men.

At a Men's Shed some men learn, some teach, and some are happy to watch.

Some sheds will focus on a single activity, and others may have many. Activities, projects and goals may change in time, but doing things usually remains the focus that draws guys together.

Here is a partial list of activities that your Shed might include:

- Drop-in – socialize with coffee/tea
- Bikes and bike repair
- Woodworking, Metalworking
- Auto and small engine repair
- Cooking
- Gardening
- Mentoring and skill-sharing
- Walking or hiking
- Activism and community involvement
- Volunteering
- Music – listening and playing
- Culture-specific events/activities
- Workshops with guests
- Watch topic-specific videos followed by discussion
- Computers/technology workshops
- Home repair
- Health-related discussions and guest speakers
or anything you want it to be. It's about getting out of the house, hanging with other guys, teaching, learning, growing and having fun.

United Way of BC Healthy Aging – Men’s Shed

Men’s Sheds

Men’s Sheds serve as invaluable havens for older men, providing them with a conducive space, meaningful activities, and an avenue for open conversation – all crucial elements in combating the social isolation that often accompanies major life changes as men age.

These community-based groups play a pivotal role in supporting the health and well-being of their members, while fostering positive engagement within the broader community through local projects and partnerships.

The Men’s Shed initiative, spearheaded by United Way BC Healthy Aging, has been collaborating closely with the Men’s Shed Association of B.C. to fortify and expand this transformative movement.



Wayne (far left) is a beneficiary of a United Way BC supported Men’s Shed in Maple Ridge, BC. The program supports seniors like Wayne, a Maple Ridge, BC, local who has battled clinical depression for most of his life. Little did he know that a Men’s Shed would become his unlikely remedy.

Wayne discovered the Alouette Men’s Shed, a vibrant community group that has changed his life in profound ways. “Joining the shed has been a game-changer,” he enthuses. “Even my wife has noticed how positively motivated I’ve become.”

Wayne is just one of sixty members proudly associated with the Alouette Men’s Shed, a true cornerstone of their community, bound together by the belief that men should stand shoulder to shoulder and lend each other a hand.

Thanks to a community grant from United Way BC, the shed recently acquired essential health and safety equipment, along with major tools for their workshop located at a local church.

For Wayne, this experience has been nothing short of transformative. It has brought him in touch with seasoned gentlemen, allowed him to acquire new skills, and given him a chance to contribute his own life wisdom to the organization. In fact, he feels the impact of the Men’s Shed has been so profound that he’s considering reducing his reliance on medication.

Since 2021, the initiative has been instrumental in providing start-up grants that facilitated the establishment of **16** new Sheds, while project grants have empowered **29** existing Sheds to secure or enhance their meeting spaces, acquire essential tools and supplies, and embark on various community projects or activities aimed at enhancing men’s health and overall well-being.