



## GRENFELL MEN'S SHED INC

PO Box 153  
GRENFELL  
NSW 2810

<http://grenfellmensshed.blogspot.com/>

This submission is made on behalf of the NSW South West Regional Independent Men's Shed Alliance.

Brief overview of the Men's Shed Alliance:

The alliance consists of, at present, *twelve* community men's sheds working together. The alliance was formed to strengthen each individual member shed by sharing resources, knowledge and help each other with various community projects that would normally be beyond the capability of an individual shed and its members. It is also a more cost effective way to promote the function of a Men's Shed and its benefits for the individuals and the community.

Our Mission Statement is.

To enjoy each others company promote self worth and work ethics, while developing and sharing skills for the benefit of both the individual and the community. (C)

What do Men's Sheds do?:

We deal with and provide projects that address the following community needs:

- Depression
- Social Isolation
- Loneliness
- Youth skills training
- Work for the Dole programs
- Skills training for the unemployed
- Provide project for the Community Justice Program
- Assist retired & elderly men to stay both mentally & physically active

This is done holistically by a hands on approach. We provide wood working, metal working, gardening and many other trade style projects for members to enjoy. Retired men use their life and trade skills to mentor youth and the unemployed work skills and ethics, this is all done on a voluntary basis. The Men's Shed is an early intervention program that addresses all the above and more, through mateship.

### Submission:

The Men's Shed movement is one of the fastest growing organisations, this movement has exploded to over 240 sheds around Australia and over 10,000 members in the last 5 years.

This is a most cost effective way to address many social issues, like depression, idleness and self esteem. The Sheds are staffed by volunteers who have life and trade skills, a life time of knowledge in their fields,

experience that we as a society can ill afford to lose. This experience cannot be gained in Schools and Universities. It is about mates helping mates and being there when needed not 2 months down the track when you can get an appointment; partners and carers can also benefit, this is what early intervention is about.

Thus the Men's Shed movement is engaging a valuable but often neglected section of the population and they then contribute to their community. Partners and carers can also benefit because of this concept.

Many Government Departments have obsolete equipment and machinery that may be utilised by these sheds. Governments could supply land and premises in communities so volunteers can start providing these services.

But most of all Governments need to know that this is the most economical way to address these issues, by having communities helping themselves.

Len Wallace the Grenfell Shed