

Why not drop in for a chat and a cuppa, it may be just the place you have been looking for.

**Our opening hours are:
TUES, WED & THURSDAY
9.00am til 2pm**

**MAIL TO
Post Office Box 200
Carrington
NSW 2294**

**Contact
Phone 0490 148 684**

newcastleshed@gmail.com

www.newcastle-mens-shed.com

**Member of
Australian Men's Shed Association**

ABN 62 404 700 128 Inc. No. Inc1300349

Designed by Don Sharp 2015

WHERE ARE WE ?

**NEWCASTLE
MEN'S SHED**

Is situated at

**The Old BHP
Administration Building
99 Selwyn Street,
Mayfield North
NSW 2304**



**NEWCASTLE
MEN'S SHED**

THE KEY IS—WORKING TOGETHER

**A
COMMUNITY
PROJECT FOR MEN
OF ALL AGES**

SHED OPENED 2015

**NEW MEMBERS ARE
ALWAYS WELCOME**

What is a Men's Shed?

A Men's Shed is a place where men can go to be part of a community.

Some of the things that you will find in a men's shed could be woodworking, metalworking, computers for members to use for all sorts of things that may be of interest to them, such as family history or catching up on the news from around the world. It may even be for someone to drop in for a cuppa and a chat and for someone who may live alone and need the company of their fellow shedders.

The list is endless, sheds are there for what the members wish to do.

You may find younger men learning skills from an older tradesman or a tradesman learning different skill from someone else. The shed is a place where men go to perhaps repair things for the local school or make things for charities to raffle or even for men to make things for themselves.



Over the years it has been found that men do not talk about health issues for various reasons, e.g. whether they are embarrassed or reluctant to seek advice. Men's sheds are there to encourage men to mix with others but also to assist in the wellbeing of other men. Health professionals do come into the sheds (when invited) to give talks on different subjects relating to men's health.

There are lots of different causes for the breakdown in men's health, from the loss of a loved one, to loss of employment, early retirement and not knowing what to do with the extra hours that are now available each day. The members also get involved in social and fundraising activities, manning BBQs for different supporters of the shed on occasions throughout the year.

[The shed is there for you when you need it, and only for your health and wellbeing. It is not there to put any pressure on you in any way.](#)

You can come when you can and leave when you want, there are no restrictions. The aim of the shedders is to treat every person equally no matter what you want from the shed. Remember men are only at the shed because they want to be and not because they have to be.

Men's Sheds are supposed to be happy places for every member



SUPPORTERS



Industrial Drive
Mayfield East

