

What is Men's Shed?



A larger version of the typical man's shed in the garden!



Somewhere to feel at home, have a laugh, socialise, pursue practical interests and stay active!



A group of men working on projects of their own choosing at their own pace and in safe, friendly and inclusive venue.



A place to capture and pass on skills and craftsmanship between each other.



The shed can also be a place just to come and sit for a while, have a chat over a cup of tea, or play a game of darts.



WHO CAN JOIN?

Men aged **60 years and over** and membership is **free!**

Men's Shed is NOT...



It's **NOT** a formal training programme but you may gain new knowledge and skills.

It's **NOT** a sports club but you could play sports.

It's **NOT** a health programme but your health and wellbeing may improve.

It's **NOT** a service for men but activities organised by men.

It's **NOT** an information service but you can ask for the information you need.

For more information please call **Kathryn Hughes** on:

T 07866 384117

or email: khughes@amh.org.uk

Men's Shed Fermanagh

Drumcoo, Enniskillen
Co. Fermanagh BT74 4FY

www.amh.org.uk/mensshed

