



Shedder

Information Pack



Who can join the Men's Shed

The Shed is open to men aged 60+ and membership is FREE.

Why would I participate in a Men's Shed?

- Gain, use and share practical skills and knowledge
- Improve health and wellbeing by keeping physically, mentally and socially active
- Meet new people
- Spend time with old friends and make new ones
- Try new things (activities include Horticulture, Joinery & Woodwork, Arts & Crafts, IT, Men's Health groups and Healthy Cooking.
- Enjoy the craic and have some fun

What to do now

If you would like to visit Men's Shed Steeple Antrim before you join to have a look around the premises and have a cup of tea and a chat with shedders and project staff, please contact Martin McDaid at Men's Shed Steeple Antrim on 07809343575 or email mmcdaid@amh.org.uk

How do I Join?

Registration is free. You can register by completing our membership form. New members will also be given a comprehensive induction to the Shed including health and safety policy and procedures.

Location & Parking

We are located at 4a Steeple Road Antrim, beside AMH New Horizons and Training Solutions. Once you drive through the gates, follow the road around the back. There is ample parking outside the shed.

Opening Hours

Monday: 9.30am – 1.30pm

Tuesday: 9.30am – 3.30pm

Wednesday: 9.30am – 1.30pm

Thursday: closed

Friday: 9.30am – 2.30pm

