

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 **Martin McDaid** on:

T 07809 343575

or email: mmcdaid@amh.org.uk

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