



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

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.



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 members and project staff. Please contact **Louise Jones at Men's Shed Steeple Antrim on 07809343575 or email ljones@amh.org.uk**