

# 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 **50 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 **David Lowe** on:

**T 07866 384117**

or email: [dlowe@amh.org.uk](mailto:dlowe@amh.org.uk)

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