

# 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
- Enjoy the craic and have some fun

### What to do now

If you would like to visit the Men's Shed Fermanagh before you join to have a look around the premises and have a cup of tea and a chat with members and project staff, below you will find information regarding opening hours and transport parking options. Please contact Sonya Slevin at Men's Shed Fermanagh on 07866384117 or email sslevin@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.

#### **Opening Hours**

Currently Men's Shed Fermanagh is open:

Monday: 9.30am – 1.30pm Tuesday: 9.30am – 3.30pm Wednesday: 9.30am – 1.30pm

Thursday: closed

Friday: 9.30am – 2.30pm

## **Transport & Parking**

Men's Shed Fermanagh is located at AMH New Horizons, Drumcoo, Enniskillen BT74 4FY. Free parking is provided.

