



Shedder Information Pack

Who can join the Men's Shed?

The Shed is open to men aged over 50 membership is FREE.

Why would I participate in the 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

If you would like to visit the Men's Shed 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 David Lowe at Men's Shed on 07866384117 or email dlowe@amh.org.uk

How do I Join?

Registration is free. There is a voluntary contribution of £10 per month. You can register by completing our membership form. New members will also be given an induction to the Shed including health and safety policy and procedures.

When is the Shed open?

Currently Men's Shed is open:

Monday	9.30am to 1.30pm
Tuesday	9.30am to 1.00pm
Wednesday	9.30am to 1.00pm
Thursday	closed
Friday	9.30am – 1.00pm

Tea and scone/bread is available at 10.00 am each day and lunch for £1.50 is available at 12.15 pm

How do I get there?

Men's Shed is located at AMH New Horizons, Drumcoo, Enniskillen BT74 4FY just next to the Enniskillen Integrated College. Free parking is provided. The town bus service and all other buses heading out of Enniskillen towards Irvinestown and Ballinamallard leave the bus depot and call at the South West Acute Hospital the stop at the hospital is a short walk from the shed.

