

What is a Men's Shed?

The modern Men's Shed is an updated version of the shed in the backyard, which has long been an important part of Australian culture. Men's Sheds are springing up all over Australia. If you visited one today you could see Men restoring furniture, fixing toys, building a cubby house or repairing bicycles. You might also see Men from different age groups working together on community projects. You may also see tea bags and coffee cups and Men sitting around having a chat.

So what is so special about this new type of Men's Shed? Most men have learned from our culture that they don't talk about feelings and emotions. There has been little encouragement for men to take an interest in their own health and well-being. Unlike women, most men are reluctant to talk about their emotions and that means that they usually don't ask for help. Probably because of this many men are less healthy than women, they drink more, take more risks and they suffer more from isolation, loneliness and depression. Relationship breakdown, retrenchment or early retirement from a job, loss of children following divorce, physical or mental illness are just some of the problems that men find it hard to deal with on their own.

Good health is based on many factors including feeling good about yourself, being productive and valuable to your community, connecting to friends and maintaining an active body and an active mind. Becoming a member of a Men's Shed gives a man that safe and busy environment where he can find many of these things in an atmosphere of old-fashioned mateship. And, importantly, there is no pressure. Men can just come and have a yarn and a cuppa if that is all they're looking for.

Members of Men's Sheds come from all walks of life - the bond that unites them is that they are men with time on their hands who would like something meaningful to do with that time.

Mount Barker Men's Shed

Mount Barker Men's Shed was a long time in the making. Originally planned to be set up the Adelaide Hills Community Health Service in 2006, volunteers Errol Crouch and Graeme Simmons supported the men's health workers at the service to try and establish the shed. After a few years of toiling away with no reward the Health Service passed the baton to the Mount Barker Community Centre. After several community meetings and media coverage a local business owner provided a home for the original shed, known at the time as the 'Clover Leaf Men's Shed'. After two years successful operation the premises became unavailable, but the shed continued through kind support from the Mount Barker Waldorf School and St Francis de Sales College who offered up their tech rooms for use by the members.

Now thanks to more hard work from the Mount Barker Community Centre, shed members and elected members with the District Council of Mt Barker, the shed is open again and ready for business, operating now as the 'Mount Barker Men's Shed' from premises at 1 McFarlane Terrace, Mount Barker.



Opening Hours

Tuesdays – Thursdays
9.30 am – 3.00 pm

For more information on how to join or support the shed, please contact the Mount Barker Community Centre on 8391 2747.

Management Committee

Brian Pascoe	Chairperson
Sean Hames	Public Officer / Manager of the Mount Barker Community Centre
Errol Crouch	Projects Coordinator
John Forster	Secretary
Lindsay Campbell	Council Representative
Rob Heath	Committee Member
John Lawrie	Committee Member
Graham Walters	Committee Member
Michael Stapleton	Committee Member

This program supported by:



“Men’s Sheds are not just fixing furniture and building toys, they are fixing men and building communities”

This Program is managed by the:

