



Nine Benefits of a Men's Shed

Benefits to the Men's Shed member:

- 1) having more buddies with whom to share life a man feels more supported and less isolated, lonely and depressed;
- 2) by sharing health challenges and responses, a member is encouraged to practice better self care and therefore a longer, fuller and healthier life;
- 3) due to involvement with various projects a member's sense of purpose and self worth is enhanced and hence so is his attitude to life;

Benefits in the home setting:

- 4) as a result of a happier and healthier attitude, and because a man is less underfoot in the home, a man's primary relationship is enhanced thus diminishing marital conflict and what sometimes results in what is know as "grey divorce";
- 5) as a result of a healthier lifestyle, a man lives longer and both partners can live independent lives longer;

Benefits to the community:

- 6) while not being a service club, a Men's Shed benefits the community through partnerships with community organizations and projects to improve the community;
- 7) skills learned over a lifetime may be shared with other Sheddors, interested community members and youth;
- 8) when working on community projects, a Shedder feels more connected to the community, pays closer attention to community events and gets more involved in the community.
- 9) Men's Sheds give new men to a community a way into that community.

For more information, check out www.mensshedsontario.ca or
drop a note to <almoncarver@gmail.com>

Personal Testimonials

Men Shedding provides the opportunity to get out and socialize in an all male environment.

It allows me the opportunity to share problems (something that men don't do easily) and to hear what others have to say.

It offers me the opportunity to use my knowledge and expertise to help others as well as offer them to the community at large. ~ ~ N.F.

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Shedding provides me with friends, support and community involvement.

I cannot imagine the loneliness I would have experienced over the past year without it (wife died of cancer). One of our new member has been alone for 20 years. I have no idea how he survived the last 20 years. He is really coming out of what I truly think was depression.

At first he had excuses (for not participating). Now he is the first to volunteer!!!! ~ ~ D.J.

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(from a new member)

What it has brought me so far is: business vetted, honest, recommended referrals with explanations of contacts and details (which is pretty rare nowadays). Support on almost anything from grieving, hardships, divorce, unemployment etc etc. Friendships unconditionally. Advice and support. Always with some form of humour involved, again a must nowadays. ~ ~ R.M.

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I learn basic carpentry skills for self or Shed projects;

I can apply carpentry and physical assistance to help fill community needs;

I participate among new friends and meet other Sheddors in enjoyable projects. ~ ~ J.D.

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For me, personally, I have benefitted by making new friends, by having lively discussions (via Zoom) on various topics of interest, by feeling I am contributing in a small way to the local community, by having shared breakfasts (though unfortunately not so much during COVID), and by having an outlet for my creativity.

For the community, there is a direct benefit in terms of the various projects carried out that would otherwise not have been done. There are also indirect benefits in terms of the support provided to older guys perhaps leading to less loneliness and better health.

For families, getting the guys out of the house may be a benefit especially for their wives, giving guys something useful to do rather than sitting watching TV all day. ~ ~ D.C.

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We find companionship with the primary purpose of supporting and enhancing personal well being and health.

We allow members to feel that they are not alone when faced with life challenges that seem altogether too big for one person.

We make a worthwhile contribution to the larger community. ~ ~ K.S.