

GREETINGS: I am Doug Taylor living in Heritage Creek SG. I am looking for support to establish the following older adult activity in Spruce Grove. This is one page summary and I am readily available to chat on the concept. These regional and national websites can illustrate the model

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Men's Sheds Canada: Working together

<http://menssheds.ca/> or <https://mensshedsyeg.ca/>

5 minute summary video <https://www.facebook.com/tristan.laurillard/videos/528431218934563>

About : Men's Sheds are modern, shared versions of the home workshops that have long been part of the Canadian way of life. The Canadian Men's Sheds Association is a peer-run group that aims to build relationships between Canadian sheds, help new ones get started, and raise awareness about the friendly, inclusive, and creative spaces that sheds can offer.

What's a shed? In a shed, men get together for activities, like woodworking projects, bike repairs, music, cooking and yelling at the television during the playoffs. The movement started in Australia in 2007, expanding their tradition of backyard sheds into collaborative, communal spaces. Since then, the [Australian Men's Shed Association](#) has grown to over 900 member sheds. Other places with large Men's Shed movements include [Ireland](#), the [United Kingdom](#), [New Zealand](#), and [Scotland](#). It is hoped to see a similar movement develop here in Canada. There are now approaching 10 in Alberta, and 15-20 in BC. In the world there are at last count, 2800 Sheds.

Why sheds? Doug Mackie founded the first Canadian Shed in 2011 in Winnipeg. Doug recognized that many older men in his community had both time on their hands and a tendency to suffer from isolation, loneliness, and depression. This was especially true after they retired as many men tie big parts of their identities to their careers. Since starting Men Sheds Manitoba, Doug has helped men come together, stay productive, and contribute to the community—all of which are keys to good overall health. In our community there are resources available to help get started.

What to expect

Above all, men's sheds are what we make them. Sheds are:

- A gathering place for men of purpose. And others.
- Usually involving a work space. For those who don't have one or have had to give theirs up.
- Productive. Maybe.
- A place to change the world. Definitely.
- A helping hand. You bet.

Sheds are not:

- A formal training program. But you may gain some knowledge and skills.
- A sports club. But you may play sports.
- A structured health program. But your physical health and well-being will improve.
- An information source service. But you may ask questions.
- A secluded service for men. But you might be of service to others or get advice and support from time to time from friends and resource persons in community agencies.

Sheds aim to be:

- Independent. We welcome help from others as long as there are no strings attached.
- A benefit to the community. We will give more than we get.
- Inclusive. All are welcome.

Qualifications needed: * **Respect.**

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