

# Muswellbrook



## Men's Shed Inc.

*A Community Organisation for Men of all ages and backgrounds  
focusing on Men's Health & Social Inclusion*

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**Australian  
Men's Shed  
Association**  
SHOULDER TO SHOULDER



The **Muswellbrook Men's Shed Inc.**, is a community-based, non-commercial, Not for Profit organisation under which is open to all males where:

The primary activity is the provision of a safe, friendly and inclusive environment where males are able to gather together and/or work on meaningful projects at their own pace, in their own time and in the company of other males; and

The primary objective of the **Muswellbrook Men's Shed** is to advance the health and well-being of their male members.

The **Muswellbrook Men's Shed** is a vital community investment delivering programmes and activities that foster community spirit, connect communities and contribute to building a more inclusive local area. Our 'shedders' see themselves as having a strong sense of belonging and ownership of their Shed, share fellowship, camaraderie and devote most of their time to worthwhile community projects. The **Muswellbrook Men's Shed** not only plays an important role in the overall improvement of health and wellbeing but also positively engages within our local community for the benefit of the Muswellbrook community.

## **VISION STATEMENT**

*To promote and support men's health activities through the provision of a safe environment that encourages the social inclusion of men and facilitates meaningful discussion within their local community.*

## **MISSION STATEMENT**

*The mission of the **Muswellbrook Men's Shed** is to advance the health and well-being of its members by providing a safe and happy environment where men can pursue hobbies, pastimes and interests. They can also learn new skills as well as practice and pass on old skills, and at the same time promote their own and other men's health and well-being. By their efforts, they will benefit their families, their friends, The Shed and their community. There is also the opportunity to promote the mentoring of younger men and men with disabilities.*

## **GOALS & OBJECTIVES**

*To maintain our incorporation and registration as a not-for-profit Organisation; this will allow us to apply for future funding grants to help fund much needed equipment and additional organisation assets; this will enable **Muswellbrook Men's Shed** to maintain operation as a safe, purpose-built environment for community projects, official meetings, and to house donated and acquired equipment, tools, records and assets. Establish systems so we have procedures for financial record keeping, have our annual accounts audited, ensure a safe and risk-treated work/social space by engaging the services of an Internal Business Development Consultant and Auditor.*

*Foster partnerships with organisations and individuals that share our direction and offer our members and the public a gateway to support and information. Generate projects and services that are community focused.*

The **Muswellbrook Men's Shed** sees a number of men making furniture, perhaps assembling bicycles for local department stores, making wildlife breeding boxes/nests, fixing lawn mowers or making a cubby house to raffle. You will also see a few young men as well as young men with disabilities working with the older men in obtaining new skills and learning something about life from the men with whom they work. You will see tea-bags, coffee cups and a comfortable area where men can sit and talk. You will probably also see an area where men can learn to cook for themselves or how to contact their families by computer.

Most men have learned from our culture that they don't talk about feelings and emotions many do not 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, drink more, take more risks and 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 may find difficult to deal with on their own.

Good health is based on many factors including feeling good about yourself, being productive, contributing to your community, connecting with friends and maintaining an active body and mind. Becoming a member of a Men's Shed provides a safe and busy environment where men 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 and would like something meaningful to do with that time.

The **Muswellbrook Men's Shed** has a Management Committee that has developed a safe and happy environment where men are welcome to work on community projects, specific Men's Shed projects or a project of their choice in their own time and where the only 'must' is to observe safe working practices....all in a spirit of mateship.

The Men's Shed movement has now become one of the most powerful tools in addressing health and well-being and helping men to once again become valued and productive members of our community.

The **Muswellbrook Men's Shed** recognises and values the diversity of reasons why men come together to share activities and common interests in the context of a Men's Shed.

The **Muswellbrook Men's Shed** believes that it should be open to all men. The **Muswellbrook Men's Shed** will not admit discriminates against its members on the basis of race, creed, sexual preference or age **Muswellbrook Men's Shed** is committed to health & safety and duty of care of its members and public, it has the required level of insurances, is a legal entity (incorporated) and has written agreements of partnership with sponsor bodies.

The **Muswellbrook Men's Shed** recognises as a Men's Shed any community-based, non-profit, non-commercial organization that is accessible to all men and whose primary activity is the provision of a safe and friendly environment where men are able to work on meaningful projects at their own pace in their own time in the company of other men. A major objective is to advance the well-being and health of their male members.

## **MUSWELLBROOK MEN'S SHED Inc.**

**7 – 9 Industrial Close, Muswellbrook. NSW. 2333.**

**Tel: 0411 361028**

**Email: [mbkmenshed@outlook.com](mailto:mbkmenshed@outlook.com)**



**NEW MEMBERS MORE THAN WELCOME !!!!!**

*When and Where do we meet?*

**Every Wednesday from 9am to 3pm  
Muswellbrook Men's Shed  
7-9 Industrial Close Muswellbrook NSW 2333**



## **Muswellbrook Men's Shed Inc**

*Proudly Supported by*

