

## Connecting with the Men's Shed

The Coniston Men's Shed is a targeted program. We are funded to reach out to particular groups in our wider community who, for a variety of reasons, find themselves on the fringes of mainstream society.

So, if you tick the box for any of the following -

- are 40 or over
- live in the Central and Southern Suburbs of Wollongong LGA.
- are unemployed, retired, retrenched or under Workcover.
- from a culturally and linguistically diverse backgrounds
- are feeling isolated from the community or from traditional work. And want to mix with other men in an informal setting.
- have a mental health problems, depression, anxiety, etc
- are getting established in the community again after being homeless
- are a new arrival or refugee or
- are in an aged care facility and still have the ability to mix and work on projects.

then the Coniston Men's Shed is definitely for you.

If you think that you don't fit that's OK. If you just want to be part of a men's shed there is a place here for you too. It could be that you bring some skills to the shed that we wouldn't have without you. In particular, you may be able to offer help to some of the blokes who need it the most.

Give us a call on **4283 8111** and we can make a time for you to come and check us out.

**Brian Pember - Coordinator**



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The Healthy Men's Project is funded by



# Coniston Men's Shed





## The Healthy Men Project

Healthy Cities Illawarra has been providing support services to local men through its "Building Healthy Men" Project which operates from a Men's Shed in Coniston.

We recognise that there is more to health than just diets and doctors. Health is as much about how we feel about ourselves, our relationships with our families and friends, and our sense of belonging as it is about not being sick.

Most of us blokes are not so good at looking after our own health. We are reluctant to go to see a doctor and, apart from making the most of having a 'man-cold', we rarely mention it if we think or fear that there is something wrong with us.

If we extend our definition of health to include our thinking, feeling and our relationships we are even more reluctant to talk openly about what is bothering us.

Conversations about health and wellbeing usually happen when we are focused on something else and they come up as an aside. It has been said that blokes don't talk face to face so much 'shoulder to shoulder'.

A few times a year we also get in a speaker who will have a talk with us as a group about learning new skills along with our health and wellbeing and that of our families too.

We run a men's shed because when men are active together it is good for us - and it's good for our families too!

## Where to find us



## Our Shed

Our activities include personal projects in wood or steel as well as group projects for not-for-profit agencies and services. We have a good range of woodworking tools and machines as well as a welder and a small milling machine. Training is available and safety is a priority.

We also have BBQs, learn new crafts and go on occasional trips.

Our projects are facilitated by skilled trades people who have a strong track-record in Workplace Health and Safety and in working effectively with people from a variety of backgrounds.

**The Coniston Men's Shed is at  
5 Miller Street Coniston  
at the rear of the IteC Building.**

Enter through the driveway and continue to the back of the block, follow the road around the back of the building and then down the slope to the left. The shed is a large corrugated iron structure with a demountable kitchen at the front. You can't miss it!

**We are here!**

On your arrival ask to speak to one of the facilitators.