

23 Wallace Street, Macksville NSW 2447
PO Box 317 Macksville NSW 2447
T 02 6568 2522 F 02 6568 4024
E mail@lifetimeconnect.org.au
www.lifetimeconnect.org.au
ABN 81 147 226 069



Men's Shed Information Sheet

The Community Men's Shed has a social support program aimed at maintaining and expanding men's social networks, providing healthcare information on, education and work related skills to encourage men to participate in projects that can benefit the whole community.

Older men need 'a space' where they can be free to engage in a range of activities that are designed with male interests in mind, and where they can discuss their thoughts, feelings and concerns for the future with other men.

When men retire they often change their living arrangements, downsizing to smaller accommodation. A common result is that men lose their personal space (a shed or garage) and are less active.

It has been proven that social participation increases quality of life, individual empowerment and healthy living and ageing.

What's on Offer:

There are always a variety of activities to suit a range of men's interests and needs like woodworking, guest speakers, welding, community projects, restoration, games, pizza and more.

How:

Contact the Coordinator, Stuart Holmes on 02 6568 4009

Situated 5 Centra Park Street Macksville (Industrial Estate)

Open Times:

The shed is open Tuesday to Thursday, 9.00-3.00pm.

LEARN NEW SKILLS....MEET NEW PEOPLE....SHARE YOUR KNOWLEDGE