



South African Men's Shed Association

What do men do in the shed?

A) Meet, talk, share stories and create social friends with a cup of coffee.



Men, when they stop working, lose most of their friends. And because men generally make friends through work, they get less opportunity to make new ones in retirement. They then tend to be alone and lonely.

B) Men's sheds are comfortable places where men can share about health issues in a safe environment. This is important because men do not like to talk about

their health. Many go to see the doctor when it is too late.

C) Men's sheds become places where men are encouraged to take care of their health. They get check-ups and listen to specialists.

D) Men engage in hobby activities. These can be anything from playing a musical instrument to making one; painting and other arts.



E) They learn new skills and share old ones.

F) They make products for themselves and the community.



G) They make money to sustain the men's shed.

H) They engage in community development.

I) They coach and mentor young people.



No two sheds are exactly the same. There are basic activities that one would find in every shed. But every shed would decide depending on skills in its ranks and what the community wants.

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