

MEDIA RELEASE

New Space For Men Opening Soon

30/10/15

There will soon be a new place in Ferntree Gully for the local men to hang out and meet others. Ferntree Gully based disability service Interchange Outer East is reaching out to the men in the community and establishing a Mens Shed at their premises in Sylvia Street. To be known as the Ferntree Gully Community Mens Shed, it will have its official opening on **Friday November 27** at 5pm. The opening will kick off with 'snags on the barbie' followed by a shed tour, guest speakers and discussion about the proposed program and activities. There will also be a raffle to raise some funds for the Shed and tool boxes for the kids to make and take home.

In the meantime some of the locals are working hard to get the Shed ready, cleaning and clearing and setting up work benches and work spaces. The next working bee is planned for **November 15** from 10am – 4pm with lunch and drinks supplied – the more hands the merrier!

The Mens Shed is open to 'men' of all ages and will offer a diverse range of activities and projects. The vision for the Shed is for it to be a place where men can feel welcome, somewhere that will give men a sense of belonging, self esteem, purpose and companionship, with all these values flowing on to better general wellbeing and greater community connections.

"But getting down to the basics" said Fred Brumhead Interchange Outer East CEO "It is really just a place where men can get together, learn a few skills, work on a few projects and generally meet others, socialise and have a bit of fun."

Men will not be the only ones to benefit from the Shed. It is envisaged that once underway programs and workshops will also be offered to the ladies.

The Ferntree Gully Community Mens Shed project has been supported by a grant of \$6000 received through Australia Post's Our Neighbourhood Workforce Nominated Community Grants program.

Please let us know if you would like to come along to the opening. To register or for more information contact Erin at erin.weegberg@ioe.org.au or phone 03 9758 5522