



## Men's health

The Men's Shed movement specifically addresses issues surrounding men's health.

There is good evidence that just belonging to a community organisation can improve health. Experience also shows that men are more likely to talk through their problems in the sort of environment that the Shed provides.

Workshop projects are important for some members, but more than half of the members have interests outside the workshop.

The Shed also organises direct information programs targeting men's health, including talks by health professionals.

## Where to find us



The main entrance is from Orient Street. If the gates are closed, so is the Shed.

In cool weather enter through the side door on the uphill side of the building.

## Opening times

Tuesday, Wednesday, Thursday, Friday  
9.00 am to 2.00 pm

Visitors are welcome during any of these times.

## Contacts

6 Orient Street  
Katoomba NSW 2780

Phone: 4782 7433

Website: [kms.org.au](http://kms.org.au)

Email: [secretary@kms.org.au](mailto:secretary@kms.org.au)



The Katoomba Men's Shed is a not-for-profit community organisation that promotes the health and wellbeing of men by providing opportunities for men to share time together, swap yarns and maybe work on community or personal projects.

The Shed encourages membership and participation of men from all walks of life.

We are particularly aware of the social isolation and the boredom that often leads to depression when men experience a change of circumstances.



## What we do

Men come to the Shed for different reasons such as:

- Dropping in for a chat and a coffee.
- Working on community projects.
- Taking a break from home - some members are carers for a partner.
- Learning something new, like how to use a computer.
- Joining in social activities such as a barbeque.
- Supervising activities.
- Working on personal projects.
- Joining the Management Committee.

Our activity program is relaxed, informal and very flexible. It can be easily adapted to fit the needs of new members.



## Who we are

The Katoomba men's Shed is an independent organisation registered under the *NSW Associations Incorporation Act 2009*.

The Shed is self-funded from member subscriptions, attendance fees and fundraising projects. We also receive in-kind support from supporters, including the Blue Mountains City Council, who allow us to use the building. Other supporters are listed on our website.

We sometimes receive grants to improve the facilities.

We are affiliated with the Australian Men's Shed Association, which is the peak body representing Men's Sheds across Australia.



## How to join

You can apply for membership at the Shed whenever it is open. It costs \$40 to join and this includes the first year fee.

Prospective members are welcome to attend several times as a visitor before joining.

Some members who need special assistance attend the Shed with a carer. See the website for details.

We have a referral service for family members and service providers. Email contact details to [secretary@kms.org.au](mailto:secretary@kms.org.au)

