

Media Release

The Hon Luke Donnellan MP
Minister for Child Protection
Minister for Disability, Ageing and Carers



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MORE MEN'S SHEDS TO BETTER SUPPORT MENTAL HEALTH

More men across Victoria will have the opportunity to learn new skills, build friendships and give back to their communities – when it's safe to do so – with almost \$1 million in Victorian Government support for men's sheds.

The funding will go towards the construction of eight new sheds and the renovation of 21 others across regional Victoria and metropolitan Melbourne.

Victoria's vibrant men's shed community continues to grow, with this grant round enabling five new shed organisations to form covering the communities of Colac-Otway, Swan Hill, Baw Baw, the Mornington Peninsula and the Njernda Aboriginal Corporation in Echuca.

Men's sheds improve the health and wellbeing of their members by reducing social isolation and promoting inclusion. Shedders get to share their skills, learn new ones and make new mates in their local area.

Mt Duneed Men's Shed, one of the successful grant recipients, will receive \$80,000 towards a permanent home at the planned community complex in Armstrong Creek.

The grant will enable the group to convert a warehouse into a purpose-built shed, complete with separate woodwork and metalwork areas and a built-in dust extraction system for their growing membership.

The Mt Duneed shedders work together to complete a number of local projects all year round such as building garden beds for schools and local communities and making toys for charities in the lead up to Christmas.

The Government provides \$1 million to support men's sheds each year, which includes \$130,560 to the Victorian Men's Shed Association.

There are currently more than 360 communities with men's sheds throughout Victoria. The list of grant recipients is available here providers.dffh.vic.gov.au/mens-shed-program.

Quotes attributable to Minister for Disability, Ageing and Carers Luke Donnellan

"Men's sheds provide a relaxed, supportive environment where men can roll their sleeves up, build friendships, learn something new and help their local community."

"After the past two years, spaces supporting community connection and mental health are more important than ever before and I am proud of our continued support of men's sheds."

Quote attributable to Minister for Mental Health James Merlino

"Men's sheds are worth their weight in gold – they're such unique places that really encourage men to open up and discuss their challenges with a strong community, and we're proud to support them."

Quote attributable to the Victorian Men's Shed Association Chief Executive Officer Derek O'Leary

"Men's sheds make a powerful contribution to the health and wellbeing of Victorians, bringing individuals together and strengthening communities. These grants will help men's sheds grow and welcome new members."

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