

ALL WELCOME

- Drop in for a chat.
- Have a look around.
- Meet new people.
- Renew some old friendships.
- Share a yarn and have a laugh.
- Bring along fresh ideas.
- Share skills and knowledge.
- Solve the world's problems.
- Just call in and see what the shed has to offer you.
- It's a great meeting place.
- Wheelchair accessible



Ben's Shed ph 5967 1942

Committee contacts

Bob ph 0433 237 057
Ray ph 0408 385 151
Jenny ph 0439 942 773



Phone: 5967 1942

E-mail: jhoskins@each.com.au

Useful numbers

Dept Veteran Affairs hotline 13 3254

Men's Line Australia 1300 78 99 78

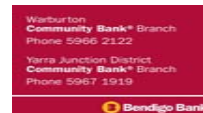
Men's Referral Service 1800 065 973

Beyond Blue Helpline 1300 22 4636

Life Line 13 11 14

Commonwealth

Carer Respite Centre 1800 059 059



BEN'S SHED INC.

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No. A0052359C

YARRA JUNCTION MEN'S SHED

A place for the blokes in the community to share a yarn, meet others, make new friends, socialize, relax and have a laugh while sharing skills and ideas.



2427 Warburton Highway
Yarra Junction

INTERNET KIOSK FOR SENIORS

An internet kiosk for those over 50's who feel they are unable to learn how to use the internet. Learn at your own pace; tutors available weekdays from 11.00 am

You are never too old; a number of people in their 90's are enjoying the experience of connecting with relatives all over the world.

Open to men and women. Come along and find out more - **get connected.**

FREE

Come along and experience the joy of being as involved as you want to be

**Open each week day from
10.30 am - 4.00pm**

**Open some Saturdays in the
Summer: just look for the
'OPEN' sign outside.**

Call in and meet us.

Membership Registration \$10

Annual Fee \$25

Gold coin donation for refreshments

BEN'S SHED MENTORING PROGRAM

An opportunity for schools to become involved, providing students with basic wood work skills in a community environment. Grade 5 and 6 welcome.

It's fun to learn new skills and discuss new ideas.

It's great learning about the tools and making things to take home".

"Getting to know all Ben's Shed members is very special".

"We have a great time".



Why a Men's Shed

Men spend a great deal of time in their sheds and feel lost when a shed is no longer available.

Retiring from the workforce, becoming disadvantaged through illness or injury, which can cause the onset of depression, which can lead to isolation and loss of self worth.

With no other male companions life can become mundane.

A shed in the community provides the opportunity to meet others, make new friends, learn new skills or teach others your skills.

The shed environment will give you scope to explore ideas, have a laugh, and help the community.

Not just woodwork, anything you enjoy, such as playing cards, reading the newspaper, learning computer skills, participating in mentoring projects.

Being involved in whatever capacity you wish will improve your health and wellbeing.

Call in - give it a go, no pressure.