



Media Release

Council sponsorship gets Kingscote Men's Shed off to great start

Monday 19 September 2016: Support for a Men's Shed in Kingscote got the thumbs up from Councillors at this month's Council meeting when they voted in favour of providing \$10,000 kick start funding to help get this much needed community service up and running.

One of the key people behind the project, Allan Henderson, said, "we are thrilled to be getting this support from Council and on behalf of everyone who has been working so hard to see it come to life, we just want to say thank you."

"There is a very real need for this type of service in Kingscote, and not just for older men, men of all ages can benefit from coming along to a Men's Shed and getting involved.

"We know a lot of men aren't very connected to the community, and if they don't belong to sports clubs, churches or community groups and they don't have a big family or friends nearby, it can be pretty isolating but men don't tend to talk to anyone about it or do anything about it – they just sit around in their cave.

"Men's Sheds can offer a good answer to that because they are relaxed but active places where men can get involved in team projects and be part of a supportive network where they also get information from visiting speakers like health practitioners".

The KI mental health team at Country Health SA confirmed that many men don't take a lot of responsibility for their physical or mental health and are known to seek help far too late. They see Men's Sheds acting as a conduit to provide health information to this less active group in an informal, non-threatening way. They also see Men's Sheds as playing a key role for men transitioning from work to retirement – a common time for depression to emerge.

Mayor Peter Clements said, "Council is delighted to have been able to support the Men's Shed and help them get it up and running and fit for purpose. A few of us, including Graeme Ricketts and myself, have been behind it since Iris Noyce and Allan Henderson came up with the idea over a year ago.

The Men's Shed is located at 9A Telegraph Road.

All enquiries should be directed to Men's Shed Chairman Graeme Connell on 0408 806 272.