

## Joining Lisnaskea Men's Shed.

Membership of Lisnaskea Men's Sheds is open to all men aged 25+ irrespective of ethnic identity, ability, age, community background, race, nationality, sexual orientation, marital status or religion. New members are always welcome.

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*THE ETHOS OF THE MEN'S SHED IS AN 'OPEN DOOR' POLICY WITH MEN BEING ABLE TO SELF-REFER VIA CONTACTING THE MEN'S SHED COORDINATOR. THE SHED DOES NOT HAVE ANY SPECIFIC CRITERIA FOR ACCESS OTHER THAN COMPLETION OF A MEMBERSHIP FORM AND AGREEING TO COMPLY WITH IT'S CODE OF PRACTICE AND SHED RULES.*

*THE SHED ALSO ACCEPTS REFERRALS FROM GPs, SOCIAL SERVICES AND SOCIAL PRESCRIBERS.*

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Currently some of the men attending the shed have physical disabilities, mild mental health and/or long term health conditions.

*The shed aims to provide men with:*

- **A dedicated setting** for participating in 'greenwood' based activities such as production of traditional farm implements reflecting the area's rural nature and agricultural heritage, e.g. implements such as Flails and Hay Rakes, parlour stools/benches; willow woven garden hurdles, bird hides, planters, bird feeders, squirrel boxes etc;
- **A safe and welcoming space;**
- **A kitchen area for socialising** over tea and healthy homebakes ;
- **Activities which support mental well being** by reducing isolation;
- **Opportunities for health promoting information** sharing;
- **Opportunity to access other Oak HLC programmes** such as blood pressure checks, walking groups, stepping on falls prevention, otago and united against dementia;
- **Shared learning and development** through other activities such as trips to heritage/cultural facilities e.g. Ulster American Folk Park;
- **Donating/Giving** products made to others.
- **Free membership**, all materials and training are provided free of charge.

**THE MEN SEE THE SHED OFTEN AS A 'LIFELINE' OFFERING COMPANIONSHIP AND SOCIALISING WITH OTHER 'LIKE - MINDED' INDIVIDUALS SHARING THEIR INTERESTS. THEY PARTICIPATE IN ACTIVITIES WHICH OFFER A SENSE OF PRIDE, ACHIEVEMENT AND PURPOSE. THE MEN SAY IT IMPROVES THEIR CONFIDENCE, SELF - ESTEEM AND SENSE OF BELONGING.**

**THE SHED IS FULLY EQUIPPED WITH MODERN EQUIPMENT AND OPERATES IN COMPLIANCE WITH COVID REGULATIONS, HEALTH AND SAFETY REGULATIONS AND ALL OTHER RELEVANT OPERATIONAL POLICIES AND PROCEDURES WHICH ARE AVAILABLE FOR INSPECTION.**

**For a Membership application form including code of practice/shed rules:**

**Contact Us:**

**Men's Shed Coordinator:** Email, [paul@oakhlc.com](mailto:paul@oakhlc.com), Phone; Mobile, 07497 188117, Landline; 028 6772 3843.



**Important Information to note:**

We are not contracted by Health and Social Care Trusts and therefore are not a statutory or health service provider. We cannot therefore provide any individual care and we expect all members to be independent and to manage their own health conditions whilst attending our Men's Sheds.

When making a (*self*) referral to our Men's Sheds we require full disclosure of your (patient/clients') medical conditions prior to joining to ensure that the individual fits within the criteria of the sheds risk assessments.

We also require all members to disclose all criminal record details, as detailed in the member application document.

There may be occasions when it is deemed that Lisnaskea Men's Shed cannot cater for the specific needs of an individual wishing to join. We will make these reasons clear to a prospective applicant.

We cannot unfortunately offer transport to and from our Men's Sheds, however you may be eligible for affordable/accessible community transport options.

*We work under the auspices of the Oak Healthy Living Centre which is a registered charity (No: NIC 100296 ) and member of the Healthy Living Centre Alliance.*

*The Shed's activities are funded by The Executive Offices' Together: Building United Communities Central Good Relations Fund.*

**T:buc**  
Changing for the better, together

  
The Oak Healthy Living Centre