

Moray Men's Sheds

An initiative designed to bring men together to form new friendships and to socialise while sharing skills and experiences is underway in Moray.

Men over the age of 18 with spare time on their hands are welcomed to join one of the 4 'sheds' throughout Moray.

The sheds are venues where men can get together for work and pleasure, getting involved in projects that require fixing, building and mending things.

As well as putting their practical skills to good use, the shed brings men

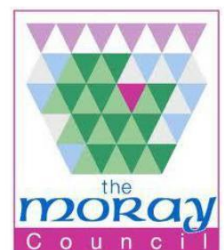
together in friendship, reducing social isolation and providing the chance to learn new things and support local communities.

The Forres shed can be found within Moray Waste Busters premises at Waterford.

The Fochabers Men's Shed group is also up and running and operating from the Institute at Fochabers.

Keith and District works out of Keith Loft whilst they finalise their shed.

Elgin and District meet at Hanover Linkwood View, Thornhill Drive, Elgin, on Thursdays from 1.30 – 3.30pm.



Scottish Men's Sheds is the name of the umbrella organisation overseeing the development of 'sheds', through Scotland.

The Men's Sheds concept originated in Australia where they are now an established part of the health infrastructure to support men's health and wellbeing.

Comments from Men's Shed members:

"There has been a positive response so far and we are all really keen to get the Elgin Shed up and running."

"Supporting this is investing in the community as it can help bring alive an often untapped resource – the considerable experience and skills of men for the benefit of the community."

Find out more

For further information, contact Community Wellbeing Development Team on 01343 56310 or CWDevelopmentTeam@moray.gov.uk

For further information, contact the Moray Council Adult Community Care Access Care Team on 01343 563999 or email: accesscareteam@moray.gov.uk

To see the full collection of adult community care fact sheets, visit <http://www.moray.gov.uk/communitycare/leaflets/> or call in at any Moray library or access point.