



For immediate release
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WOOD YOU BELIEVE IT? WOMEN IN A MEN'S SHED

Local Men's Sheds have long been a domain for men to come together for friendship, social activities, to teach, learn and contribute to their community, but one particular Central Coast Men's Shed is bucking the trend by teaching ladies all about the benefit of woodworking and social interaction with likeminded individuals.

With more than 50 male members with an average age of 70, the San Remo Men's Shed has been actively involved in the community for many years, offering training programs for men in woodwork, metalwork, welding and computer training.

It wasn't until earlier this year that the San Remo Men's Shed group was introduced to a handful of women with an interest in woodwork, who have now affectionately become known as the *Wood You Believe It?* group at the shed.

President of the San Remo Men's Shed Les Shaw, explained that ladies' woodworking workshops are now held weekly on a Monday, with almost 10 regular members.

"Men's Sheds are a place of encouragement for all to take an interest in their own health and well-being and our members come from all walks of life.

"The bond that unites our members is that they are people with time on their hands and they would like to do something meaningful with that time and we didn't see why this should exclude women from joining and learning skills in woodworking," said Les.

Wallarrah 2 was pleased to hear of the new female members and was delighted to provide a grant to the Men's Shed to purchase a new scroll saw for the woodworking group and other male members.

"The ladies in our *Wood You Believe It?* woodworking group showed an interest in learning scroll work and started working on basic projects," continued Les.

"Once their skills grew we saw that the purchase of a scroll saw would add a great deal to the scope of projects our members could complete and we are delighted that Wallarah 2 were able to see the value of this new tool and assist us through their 2016 Community Foundation program," he added.

Peter Smith, Environment and Community Manager of the Wallarah 2 Coal Project said, "We were so excited to meet members of the women's woodworking group and see first-hand the projects that they have been working on.

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“From our recent visit to the Men’s Shed we also discovered that some of the women in this group have escaped from violent relationships and their participation in the woodworking classes is helping in their recovery as they find the ability to establish trust in men once more.

“If this small contribution that we are able to make impacts the Men's Shed and the women’s woodworking group in San Remo in a positive way, then that is a contribution worth making,” concluded Peter.

San Remo Community Men’s Shed provides a space to share life experiences, enjoy the friendly and safe environment and learn woodworking skills.

The Shed runs the women’s woodworking classes every Monday from 12pm. They also run a ‘Boyz to Men’ program run in conjunction with LINKS Youth Support Services. Young males at risk of disengaging from school are partnered with men from the Men’s Shed to work on woodwork projects. For more information on the San Remo Men’s Shed phone 4390 0070.

A total of nine grants were awarded to community initiatives that benefit the Wyong region as part of the Wallarah 2 Community Foundation 2016 grant process. For further information, please visit www.wallarrah.com.au.

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**For more information, interviews and photo opportunities:
Katey Small – Brilliant Logic
ksmall@brilliantlogic.com.au | 02 4324 6962 | 0422 639 093**