

From: Men's Sheds Canada <jill.j@mensshedsCanada.org>
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To: Robert Nash
Subject: Men's Sheds Canada News: Spring 2026



NEWS: Spring, 2026

**Dear Friends,
Supporters and
Members of Canada's
Shed Community:**

This growth is taking place at a pivotal moment. As Canada advances its **first national strategy for the health of men and boys**, there is a growing recognition of the importance of addressing social isolation, mental health, and community-based preventative supports. Men's Sheds offer a proven, practical model that aligns directly with this emerging national direction. What began as a simple idea has evolved into a national movement addressing some of



Over the past year, the Men's Shed movement in Canada has continued to grow in both reach and relevance. This spring, we are proud to have passed an important milestone: more than **200 Men's Sheds across Canada**. In 2020, there were just 35—reflecting the remarkable pace of growth driven by local leadership, community need, and the power of connection.

Looking ahead, our ambition is clear: to support the expansion to **1,000 Sheds by 2032**, ensuring that far more men in communities across the country

the most pressing challenges facing older men today, including loneliness, isolation, and declining mental health.

Across the country, Sheds are expanding, new partnerships are forming, and the evidence base supporting our work is strengthening. Most importantly, Shedders themselves continue to show us what belonging looks like in action.

This edition highlights some of the most significant milestones in our movement, starting with our **first-ever national Father's Day Campaign**.

Warm Regards,

Dr. Robert Goluch
President, Men's Sheds Canada

have access to welcoming spaces where they can gather, contribute, and thrive.



This Father's Day season, Men's Sheds Canada is inviting Canadians to honour ***The Men Beside Us*** — the fathers, grandfathers, brothers, uncles, neighbours, mentors, and friends who have stood beside us throughout our lives.

The Men Beside Us is our first national Father's Day fundraising campaign, highlighting the importance of connection, belonging, and community in the lives of men — especially those

experiencing loneliness or isolation, often quietly and without support. **Because men need community too.**

At a time when Canada is engaged in a growing national conversation about men's and boys' health — and too many men continue to experience poor health outcomes linked to isolation and disconnection — Men's Sheds provide a place for connection before isolation becomes a crisis.

Funds raised through the campaign will help Men's Sheds Canada strengthen and grow the Men's Shed movement nationwide through startup support, grants, resources, awareness-building, and support for existing and emerging Sheds across Canada.

Donate Now

ShedFest West: A Gathering of Ideas and Impact

This spring, ShedFest West brought together 150 Sheddors, partners, researchers, and community leaders in Edmonton for an energizing and forward-looking two-day gathering.

The event showcased the strength of the movement across Western Canada and highlighted innovative local Shed initiatives, peer connection, and cross-sector collaboration.



From hands-on workshops to national dialogue on men's wellbeing, ShedFest West reinforced the role of Men's Sheds as a practical, community-based response to social isolation.

[Visit the ShedFest West Recap Page Here](#)

New Research Highlights the Impact of Men's Sheds

Data released at ShedFest West from the **2025 National Shedder Survey** is helping strengthen the case for community-based solutions to loneliness, social isolation, and wellbeing among men.

Led by HelpAge Canada, the research reinforces what Shedders across the country already know firsthand: connection changes lives.



Men's Sheds Reduce Isolation and Loneliness

From isolation...



65.9%

Experienced loneliness or social isolation before joining a Men's Shed

74.3%

Reported a strong sense of belonging after joining

...to belonging

From the 2025 Survey of Men's Shed participants, led by Dr. Raza Mirza, HelpAge Canada



The survey demonstrates the measurable impact of Men's Sheds in improving wellbeing, fostering a sense of belonging, and supporting healthier aging. It also highlights the potential of the Shed model as a practical, scalable approach to prevention and health promotion.



Men's Sheds Improve Wellbeing



58.1%

Reported Improved mental wellbeing after joining a Men's Shed

50.3%

Reported improved mood

46.1%

Received informal mental health support or advice through their Shed

From the 2025 Survey of Men's Shed participants, led by Dr. Raza Mirza, HelpAge Canada



This growing evidence base is helping demonstrate the important role Men's Sheds can play in supporting healthier, more connected communities. The full research panel presentation from ShedFest West—including discussion of the findings and their implications for community wellbeing and healthy aging—is available to watch online.

[**Watch the Panel Presentation Here**](#)

SHEDtalks: Voices from Across the Movement

Without a doubt, the most powerful testament to the impact of Men's Sheds is the voices of Shedders themselves. Our new SHEDtalks video series features men speaking candidly about the many roles the Shed has played in their lives. You'll hear honest reflections and discover a few truths that might surprise you—from the importance of laughter, tears and hugs to the value of having a place where men can simply talk and be themselves.



View More SHEDtalks Here

Men's Sheds in the National Conversation

Two recent audio features include:

- A podcast conversation with Avis Favaro of the [Canadian Institute for Health Information](#) ,



Men's Sheds continue to gain recognition in national media and health policy discussions, with recent podcast and radio features helping bring conversations around men's wellbeing, loneliness, and community connection to wider audiences.

exploring community-based approaches to supporting men's health and wellbeing

- A feature on the [Toronto Star How to Live to 100 or Die Trying](#) podcast discussing the growing impact of social isolation among men

Together, these conversations reflect growing recognition that social connection is a key determinant of health—and that Men's Sheds have an important role to play in building healthier communities.

Thank you for being part of Canada's growing Men's Sheds movement. If you found something of interest in this newsletter, please consider sharing it with friends, family, colleagues, or anyone who may be interested in learning more about the positive impact of Men's Sheds.



For more information about Men's Sheds Canada, starting a Shed, supporting the movement, or getting involved, contact us at info@mensshedscanada.org .



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