



Hospice Highlights

Men's Shed

So what is a Men's Shed you might ask? Well, it is a place for guys to gather for socializing and taking part in activities either collectively or individually. Some spend their time fixing things while others might be making woodworking projects for a fundraiser. Many men feel isolated and lonely if they don't have a strong social network particularly if they have lost their spouse. Each Men's Shed is run a bit differently where-in it is the members who decide what projects they will focus on. Some sheds support projects that give back to their community such as building things for a local park.

The concept and name originated in Australia and comes from the idea that guys enjoy a backyard space where they go to work on projects. The idea soon caught on and spread around the globe. Canada's first Men's Shed started in Winnipeg through their Senior's centre in 2011. From there it caught in other locations throughout Canada. There are currently 10 in BC with 2 of them in the Northwest, in Fraser Lake and Vanderhoof.

The Terrace Hospice Society would like to see how much interest there is in starting one in Terrace. There are grants available for this type of project and it would be a great place for men gather and support one another as well as giving them a sense of purpose. Here is a partial list of possible activities.

- Drop in – socialize with coffee/tea.
- Bikes and bike repair.
- Woodworking.
- Small engine repair.
- Cooking.
- Gardening.
- Mentoring and skill-sharing.
- Walking or hiking.
- Activism and community involvement.
- Volunteering.
- Music – listening and playing.
- Workshops with invited guests.
- Computers/technology workshops.
- Home repair.
- Health-related discussions and guest speakers

One of the members of Vanderhoof Men's Shed is very happy to offer his advice and guidance if we should decide to proceed.

Interested? Give us a call with your thoughts and ideas. 250-635-4811.

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Terrace Hospice Society

<http://terracehospice.org/>

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