



Men's Sheds Central Coast are:

- 1) **At the heart of building healthy communities**
- 2) **Transforming the personal lives of men**
- 3) **For all ages and all backgrounds**

Blokes Card

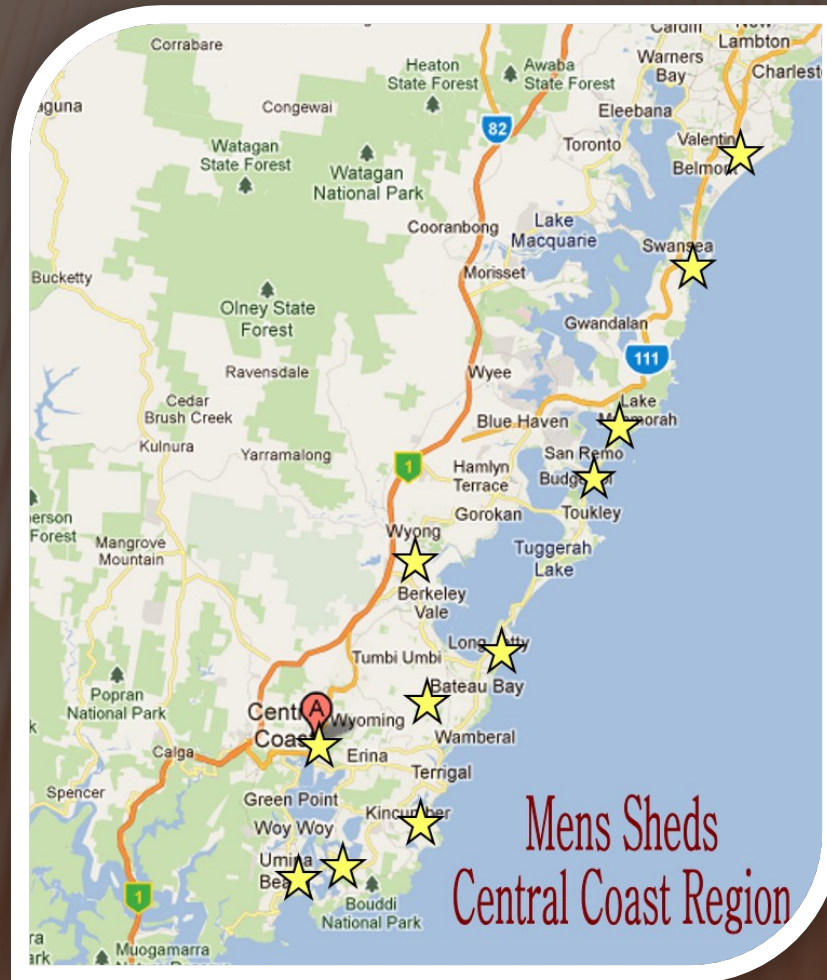


Indigenous Call Centre – <i>Help with Centrelink</i>	13 63 80
Child Support Agency – <i>Separated Families</i>	13 12 72
Mens Sheds – <i>Australian Mens Sheds Assc.</i>	1300 550 009
Family Drug Support – <i>Family Support</i>	1300 368 186
Credit and Debt Hotline	1800 808 488
Victim Support Services – NSW	1800 633 063
Centrelink – <i>Family Assistance</i>	13 61 50
G-Line – <i>Gambling Helpline</i>	1800 633 635

Sponsored by: www.centralcoastmenssheds.com

Men's Sheds

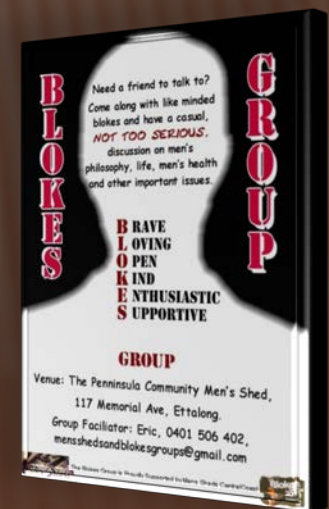
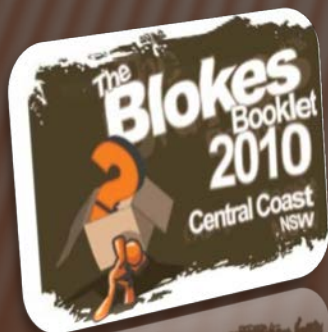
Central Coast





The transformative roles include

- Communication with over 700 men in sheds
- Mobile Men's Shed (Family engagement program)
- Social inclusion, Disability Access Projects
- Family and Community Violence Prevention Program
- Peer education and community skills development
- Promote positive male role models in community





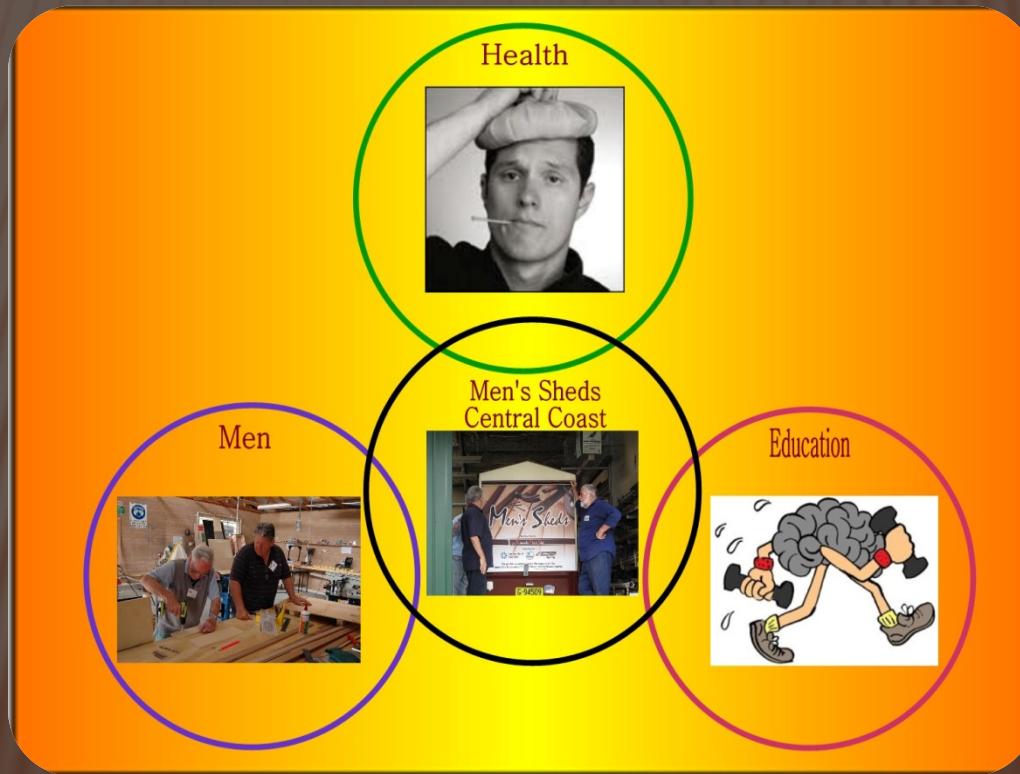
Central Coast Community Health Quality and Sustainability

- Male Homelessness (rise of 110%)
- Male suicide (Nearly 10-1 ratio p/a)
- Family and Community Violence (region specific 2nd highest rate in NSW)
- An Aging population in (50% over 55, 2008)
- Increasing disability clients
- High unemployment (youth unemployment as high as 40%)
- Growing Aboriginal community
 1. Highly populated
 2. Fastest growing in NSW
 3. Projected increase 21% to 44%



Men's Sheds Central Coast

Provide Co-ordination and Advocacy



➤ Courses: First Aid training. OH&S training. Accidental Counsellor