

Copa Men's Shed officially opens

Six years after a committee was formed to establish a Men's Shed at Copacabana, the new facility was officially opened on March 18.

Although the shed has been operating on a limited basis since January, it is now ready to commence full operation.

After a traditional smoking ceremony and Welcome to Country, local Australian Men's Shed Association Shed Zone Co-ordinator, Larry Lloyd, gave an overview of the important benefits men's sheds provide for the health and wellbeing of men.

He highlighted some of the issues and problems which could have an impact on the physical and mental health of men which they could find difficult to deal with on their own.

Lloyd said men's sheds provided a safe and friendly environment where men were welcome and could work on projects or just have a chat and a cuppa with other men, with the motto being 'shoulder to shoulder'.

Shed Co-ordinator Michael



The official opening of the Copacabana Community Men's Shed

Mitchelmore outlined the development of the Copa Men's Shed and acknowledged all those who had helped build it, especially his fellow committee members and the volunteer Project Manager.

He thanked the state and federal governments and shed sponsors for their financial contributions, as well as all those community members who had contributed large and small amounts to the Shed's GoFundMe campaign.

He also acknowledged the support of neighbouring sheds and the partners of the Men's Shed committee members.

Member for Robertson Gordon Reid and Parliamentary Secretary for the Central Coast Adam Crouch both spoke at the official opening, emphasising the important role men's sheds played.

Reid drew on his experience as a practising medical practitioner and Crouch on his record of helping to establish several other sheds on the Coast.

Crouch and Mitchelmore then cut the tape to officially open the shed before guests checked it out and enjoyed light refreshments.

It is a wonderful to be able to

offer this new facility to the community," Mitchelmore said.

"Although it has been a long and at times arduous task, I always believed that the committee of dedicated volunteers I led, with the support of local businesses, would achieve the task of building a Men's Shed for Copacabana."

Further information on Copacabana Community Men's Shed, including how to find it and how to join, are available at copamensshed.org.au.

Source:

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Copacabana Community Men's Shed