

## **Association of Men's Sheds Cymru**

**Founded in Carmarthen in January 2013**

**A model of social enterprise that addresses social isolation amongst older men.**



**We would like to invite you to a short seminar to share with you the progress we are making in Wales and inform you of our exciting plans for the future.**

- A Men's Shed is a dedicated, friendly and welcoming meeting place where men come together and undertake a variety of mutually agreed activities.
- Men's Sheds are open to all men regardless of age, background or ability. It is a place where you can share your skills and knowledge with others, learn new skills and develop your old skills.
- An objective of Men's Sheds is to enhance or maintain the well-being of the participating men.
- Each Shed is owned by the Men
- A Shed is a 'not for profit Social Enterprise' and since January 4 Men's Sheds have formed around Wales.

**Thursday 19<sup>th</sup> November 2013 (International Men's Day!)**

**Time: 11am to 1pm**

**Where: Hafan Cymru Head Offices, Pensarn Way, Carmarthen**

**To book a free place, contact Luke Conlon on 07908860061**

**The Association of Men's Sheds Cymru**