

Media Release

May 18, 2016

For immediate release

Men's Shed provides tools to health and emotional wellbeing

While his wife receives physiotherapy after a stroke, James Tan is busy in Uniting AgeWell Hawthorn Centre's Men's Shed, crafting her a hand-made wobble board to help improve her balance.

Despite having no woodwork experience, the retired IT consultant is enjoying learning new skills, being creative and the mateship and comradery with the other participants.

James and his mates from the Men's Shed Monday group are keen to show off the amazing purpose-built facility of their blokes-only sanctuary as part of the upcoming Open Day at the **Uniting AgeWell Hawthorn Centre on Friday, June 10, from 10am-2pm.**

"I started coming along when my wife Rosalind started attending physiotherapy at the Hawthorn Centre as part of her recovery program," James said.

"I come from a really technical background and have never done woodwork until now. I love it as it's handy, allows me to be creative and make something useful.

"The guys and I make a variety of things, with many bringing in their own home projects to complete here, while enjoying the company of each other.

"Some of the other guys have made chairs, knife blocks, carry-all toolboxes and toy aeroplanes - things really handy around the house.

"After completing the wobble board, I hope to build a folding chair and other pieces of equipment to help with my wife's balance and aid her recovery."

Hawthorn Centre Manager Integrated Services, Helen Page, said the Men's Shed had undergone a major redevelopment in the past year and now boasts a larger shed with air-conditioning, heating, skylights and a multimedia room.

"The Hawthorn Centre's Men's Shed officially opened last August, after receiving a significant contribution from the Victorian Government and support from the Glenferrie Rotary Club to rebuild the facility," she said.

"It is part of the Hawthorn Centre, which offers a wide range of community services to assist

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Uniting AgeWell is an organisation of the Uniting Church in Australia

older people in remaining active, socially connected and living independently.

“Our aim is to help people experience a sense of wellbeing, choice and independence at every age and stage of life,” she said.

The Hawthorn Centre offers tailored rehabilitation and health maintenance programs, special focus health promotion activities, including physiotherapy, group exercise programs, social activities and outings. The centre also provides specialised day activities for people experiencing symptoms of dementia.

Uniting AgeWell Hawthorn Centre is located at 93-95 Elgin Street Hawthorn.

For more information or to visit the centre, contact 9815 0155.

Photograph opportunities are available. Please contact Communications and Social Media Advisor John Le on 0417 647 000, or email JLe@unitingagewell.org

Media are also invited to attend the Open Day:

Friday, June 10

10am-2pm

Uniting AgeWell Hawthorn Centre

93-95 Elgin Street Hawthorn.

About Uniting AgeWell

Uniting AgeWell is an organisation of the Uniting Church in Australia with a long tradition of providing quality aged care services for older Australians. With services available throughout metropolitan and regional Victoria and Tasmania, Uniting AgeWell offers a range of specialised options to support health and wellbeing including independent and assisted living, home care, social support and therapy programs, respite and residential care communities. For further information visit www.unitingagewell.org