

Council Priority Funds – Application

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PRIORITY FUND INFORMATION – Completed by Applicant

Organization Name Men's Shed Strathcona County

Address [Redacted]

Street and number

Subdivision if rural

City or town Sherwood Park Province AB Postal code T8H 0H8

Contact person Riley Tookey

Telephone [Redacted]

Email address (optional) [Redacted]

Project Type  Event  Project  Expense

Amount Requested \$ 5000<sup>00</sup>

Is the organization receiving other grant funding from Strathcona County?  Yes  No

If yes – please attach details

Brief description of request

We are requesting a 'start up' grant to start a men's shed in Strathcona County. The grant will be spent to create and deliver flyers to seniors where they gather. Expenses will include costs to present to service clubs + business groups to ask for support in finding a home. Once we have a shed we will require basic tools, chairs and safety equipment.

Print name Riley Tookey

[Redacted Signature]

Date May 29/23

Please remember to attach a proposed budget, other grant details (if applicable), and request letter to this request.

Number of attached pages 2

Collection and use of personal information

Personal information is collected under the authority of section 33(c) of the Freedom of Information and Protection of Privacy Act and will be used to manage and administer Council Priority Funds. Please be aware that information provided may be made public. If you have questions regarding the collection, use or disclosure of this information, contact Vicky Cushman at 780-464-8098.



We are asking Strathcona County for a startup grant to get a Men's Shed started in Strathcona County. The dollars will initially go towards connecting with senior through various means. Firstly, to create flyers to be hand delivered to seniors where they gather, with sign-up sheets to build a data base of interested seniors that we can connect with when we start having meetings. Also, for expenses involved with engaging service clubs and the business community for their support in finding a suitable location. Once we find a physical home for the Shed, we will need to set it up with basic hand tools, benches, chairs, safety equipment etc. Going forward from there tools and project needs will be from donations.

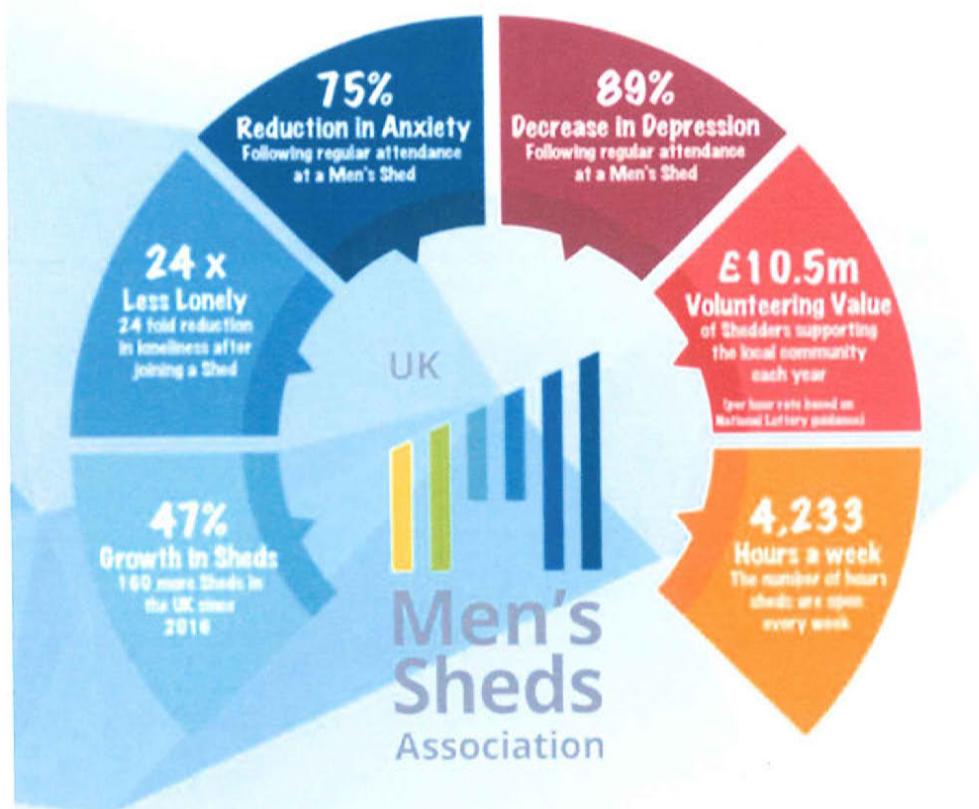
Across Canada and around the world it is being recognized that senior men are often lonely and depressed. After a life of being an important member of the family they are relegated to obscurity and traditionally men are not capable of sharing their feelings easily, so they suffer in isolation.

A Men's Shed's goal is to improve mental health and happiness by getting its members out of the house and re-engaging with society. A Men's Shed provides a safe and friendly environment where men can work on meaningful projects. Men work at their own pace, in their own time, in the company of other men.

It's a place where they can learn or teach new skills and find new opportunities and interests while making new friends. A Men's Shed is a community-based, not-for-profit, non-commercial organization accessible to all men. A Shed offers men an alternate way to reach out to avoid isolation while giving back to society. It's a place where men with too much time on their hands and too few friends to meet and socialize with, can work on rewarding projects, and to engage in enjoyable physical and cultural activities at their own pace, in their own time, in the company of other men. Often, they can assist the local community by doing projects that will benefit everyone, like refurbishing park benches or building bird or bat houses or community garden boxes.

Men's Sheds have a Father's Day project where we invite fathers to bring their kids out to work with members on a small project like a birdhouse, they can take home with them.

Between November 2017 and June 2018, Men's Sheds carried out a survey to discover the impact Sheds can have for Shedders and what difference they are making.



With over 470 Sheds now open around the world, 130 Sheds in development and an estimated 11,000 Shedders, it is clear from the growth of Men's Sheds and the results of our survey that Men's Sheds have a positive impact on the well-being of the many Shedders and volunteers who are now involved and the communities they support.

There has been a 47% growth of Sheds in just 2 years, and the health benefits Shedders told us about included alleviation of anxiety, decreases in depression and feelings of loneliness lessened.