

BCH Services Guide - Community

Ballarat Community Health supports community programs by developing and strengthening networks and partnerships to work towards a common goal. BCH is the auspice organisation for Sebastopol Men's Shed and provides support with their activities to promote Men's Health issues. BCH coordinates the Second Bite Community Connect program and has developed partnerships with the Soup Bus, local schools and communities to provide them with fresh produce for their community food programs.

Community Men's Shed in Ballarat and local surrounding areas

Ballarat Community Men's Shed

Address: 18 Barkly Street, Ballarat, VIC 3350
Contact: Iain Beggs
Phone: 03 5334 4030
Email: iain.beggs@aus.salvationarmy.org

Ballarat East Men's Shed

Address: 730 Eureka Street Ballarat, VIC 3350
Contact: Doug Jenkins
Phone: 03 5332 4400
Email: becs@shed.org.au
Website: www.becs.shed.org.au

Sebastopol Men's Shed

Address: 3 Yarrowee Street, Sebastopol, VIC 3356
Contact: Les Shimmin
Phone: 0427 174 974
Email: info@sebastopol.shed.org.au
Website: www.sebastopol.shed.org.au

Wendouree Men's Shed

Address: 12 - 14 Violet Grove Wendouree, VIC 3355
Contact: Colin Bilston
Phone: 03 5339 5069
Email: wncadmin@ncable.net.au

Creswick Men's Shed

Address: 15 Bridge Street Creswick, VIC 3350

Phone: 03 5345 8165

Email: creswick@mensshed.net

Buninyong Men's Shed

Address: Forest St Buninyong, VIC 3357

Contact: Bill Jolly (President)

Phone: 0414 717 507

Email: buninyongmensshed@gmail.com

Sebastopol Mens Shed

The Men's Shed is a place where men can get together, join in activities and talk about what's on their mind. It is a fully equipped workshop where skilled and unskilled men can share time with each other, swap yarns and work together on community projects. Men's Sheds is a charitable not-for-profit association.

Sheds are also places for men to:

- put their skills to use for the benefit of their community
- develop mentor programs,
- assist refugees to integrate into their new community
- provide a place for participants to have a chat, learn new skills and give back to the community.

Men's sheds are now established as part of the health infrastructure that supports programs to improve men's health and well being in the community.

Good health is based on many factors including feeling good about yourself, being productive and valuable to your community, connecting to friends and maintaining an active body and an active mind. Becoming a member of a Men's Shed gives a man that safe and busy environment where he can find many of these things in an atmosphere of old-fashioned mateship. And, importantly, there is no pressure. Men can just come and have a yarn and a cuppa if that is all they're looking for.

Members of Men's Sheds come from all walks of life - the bond that unites them is that they are men with time on their hands and they would like something meaningful to do with that time.

It's time for a change and the Men's Shed movement is one of the most powerful tools we have in helping men to once again become valued and valuable members of our community.

Come and see for yourself!

WHERE: 3 Yarrowee Street
Sebastopol Vic 3356

WHEN: Mon to Fri 10.00am to 4.00pm
Sat 10.00am to 12.00pm

For more information please contact Melissa Farrington at BCH on (03) 5338 4545

info@sebashed.com

www.sebashed.com

www.facebook.com/sebasshed

Member of [Australian Men's Shed Association](#)

Member of [Victorian Men's Shed Association](#)

Program Information

Where and when is it held?

SecondBite at BCH

SecondBite exists to provide access to fresh, nutritious food for people in need across Australia. The program does this by rescuing and redistributing surplus fresh food, building community capacity in food skills and nutrition and advocating for an end to food insecurity.

The SecondBite program at BCH rescues surplus food from local supermarkets and redistributes it to community food programs and school breakfast and lunch programs.

The food is also utilised for the fortnightly Soup Bus cook up and to assist BCH clients and programs. To become involved with our SecondBite program please contact: Melissa Farrington at BCH on (03) 5338 4545.