

Press release

Minister for Public Health, Wellbeing and the National Drugs Strategy announces funding for the Irish Men's Sheds Association

From [Department of Health \(/en/organisation/departments-of-health/\)](/en/organisation/departments-of-health/)

Published on 16 June 2023

Last updated on 29 June 2023

The Minister for Public Health, Wellbeing and the National Drugs Strategy Hildegard Naughton has marked Men's Health Week by announcing funding of €250,000 to support the Irish Men's Sheds Association.

The funding recognises the contribution of the Irish Men's Sheds to their communities through their civic, recreational and social activities, and their positive impact on the physical and mental wellbeing of members.

The 435 local sheds are supported by the Association which provides information on Health and Safety, insurance, fundraising and general Shed administration.

The €250,000 announced today will help to support essential operational functions including the establishment of a National Shed Support and Information Line, the re-development of the website, production of a Shed Toolkit tailored to Irish Sheds, as well as the establishment of County Network Forums for Sheds to share and learn from each other.

Minister Naughton said:

"Men's Sheds across Ireland are vibrant community spaces which bring people together to take part in useful and practical activities, to learn new skills or just simply to engage with others on a regular basis. The benefits from participating in Sheds can be far-reaching, from the improvements in men's health and wellbeing, to helping the environment, and strengthening and enhancing communities. I am delighted to be able to support this essential work."

Welcoming the funding, CEO of the Irish Men's Sheds Association Enda Egan, said:

"We are delighted with today's announcement as Men's Sheds have come through a lot in recent years and it's such a boost for us in the Irish Men's Sheds Association to know that the movement is on a sustainable footing. It allows for the completion of our strategic plan, which includes a new model of engagement with Sheds and an organisational structure which is in keeping with current best practice. This funding will help Sheds up and down the country, and their communities will benefit greatly."

Chief Medical Officer Professor Breda Smyth said:

"Connecting with others is good for us, and Men's Sheds provide a supportive environment for men to increase their social interactions and engage in structured health promotion programmes such as Sheds for Life."

"We know from research that males have higher death rates than females for almost all of the leading causes of death and at all ages, so initiatives like Men's Sheds play a very important role in empowering men to take proactive steps to improve their health and wellbeing."

Notes

Formed in 2011, the Irish Men's Sheds Association supports Ireland's network of 435 Men's Sheds. At least 12,000 men visit their local Shed every week.

Over the past decade, Men's Sheds have become a vital part of Ireland's community infrastructure. Sheds offer men an opportunity to meet in a supportive, collaborative space, improve their health and wellbeing, and contribute to their communities.

The Department of Health provides funding of €122,000 to support the roll-out of the flagship Sheds for Life Health and Wellbeing Programme. This community-based health promotion programme is aimed at supporting the physical, mental and social wellbeing of Men's Shed members.

The 2021 Sheds for Life Impact Report found that programme participants reported a significant increase in self-rated health, increased number of days of physical activity for at least 30 minutes and increased life satisfaction and life worth.

The IMSA receives HSE funding of €287,000 which funds a number of health promotion staff and administration support as well as the national office overheads.

In 2018, the IMSA received the European Citizen's Award after being nominated by Irish MEPs.

More information is available at www.menssheds.ie. (<https://menssheds.ie/>)

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