



Photo: Members of the Shed gathered outside on Remembrance Day (11.00 AM on 11th November, 2025)

Claremont Men's Shed

Community Action Plan 2025-2026

Relationships
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Where can I get support?

Talking and reading about mental health and suicide can be distressing and may bring up strong feelings or personal experiences for some people. If you're worried about how you're feeling and need help, please use the below services to access support.

Need Support?

We are here for you...



! Is this an emergency?

If you or someone you know is in immediate danger - CALL triple zero (000)

Lifeline

Anyone having a personal crisis

☎ 13 11 14

🌐 lifeline.org.au

Suicide Call Back Service

Anyone thinking about suicide

☎ 1300 659 467

🌐 suicidecallbackservice.org.au

A Tasmanian Lifeline

Tasmanians supporting Tasmanians

☎ 1800 984 434

🌐 atasmanianlifeline.com.au

Beyond Blue

Support around depression and anxiety

☎ 1300 224 636

🌐 beyondblue.org.au

Find Help Tas

Directory of Tasmanian supports

🌐 findhelptas.org.au

SANE

Support around complex mental health

☎ 1800 187 263

🌐 sane.org.au

Bereavement Support

StandBy Support After Suicide

📞 1300 727 247

🌐 standbysupport.com.au

Alcohol & Drug Support

Holyoake (Hobart)

📞 03 6224 1777

🌐 holyoake.com.au

First Nations Support

13YARN

📞 13 92 76

🌐 13yarn.org.au

LGBTQIA+ Support

Qlife

📞 1800 184 527

🌐 qlife.org.au

Youth Support

Kids Helpline

📞 1800 551 800

🌐 kidshelpline.com.au

Men's Support

Mensline

📞 1300 78 99 78

🌐 mensline.org.au

Financial Advice

National Debt Helpline

📞 1800 007 007

🌐 ndh.org.au

Veterans Support

Open Arms

📞 1800 011 046

🌐 openarms.gov.au

Gambling Support

Gambling Help Online

📞 1800 858 858

🌐 gamblinghelponline.org.au



What is a CAP?

A Community Action Plan (CAP) is a community owned and led plan that focusses on promoting wellbeing, mental health, and suicide prevention. CAPs are developed in collaboration with the community to ensure that actions are as practical and sustainable as possible, focusing on the specific needs of each target group. CAP actions typically support one or more of the following domains:

- Stigma reduction,
- Connection to community,
- Awareness of supports available,
- Suicide prevention preparedness, and
- Suicide prevention prioritisation.

The Tasmanian Government has funded Relationships Australia Tasmania to provide support for communities to develop initiatives which align with the Tasmanian Suicide Prevention Strategy (2023-2027). This initiative provides communities with a small grant to support the roll out of the action/s.

Background Information

The Men's Shed initiative was established in 2002 as a movement across Australia, with the Australian Men's Shed Association (AMSA) forming in 2007 to represent, support, and promote the movement (1). The modern Men's Shed is an updated version of the shed in the backyard that has long been a part of Australian culture. There are many socio-cultural factors that have resulted in men's reluctance to talk about their emotions or ask for help. The end of a relationship, early retirement, losing contact with children after a divorce, and struggling with physical or mental health issues are just some of the challenges that men often find hard to cope with on their own.

The Claremont Men's Shed was established in 2016 by founding members over a pint at the local RSL and a shared vision of creating a more productive space for men to gather. The Men's Shed Model champions cultural and structural supports that meet men where they are, building social connection and engagement in activities that are "By Men, For Men" (2). The Claremont Men's Shed is governed by the Tasmanian Men's Shed Association (TMSA), joining the ranks of 73 other Member Sheds across Tasmania.

Community consultation method and results

The first point of contact with Claremont Men's Shed occurred when RA Tas Suicide Prevention Project Officer found their listing for a handcrafted birdhouse on Facebook Marketplace in January 2026. After a visit, tour, and conversation about the Shed an introductory email was sent to the Men's Shed leadership team with an overview of the Community Action Plan (CAP) initiative.

The conversation continued over a phone call, and an in-person Initial Meeting was scheduled for 19 January with Duncan Hughes - President of the Claremont Men's Shed. The meeting provided a comprehensive overview of the Shed's establishment, current membership, and broader community engagement efforts spanning across the previous decade. The efficacy of the Men's Shed Model was expanded upon during this Initial Meeting, where Duncan shared that many members have expressed the positive impact of this Shed on their social and emotional wellbeing. It was agreed that a CAP could further explore members' current barriers, enablers, and shared goals for the future of the Shed.

The quantitative and qualitative reflections shared below were collected on 12 February 2026, during in-person morning tea at the Claremont Men's Shed. There were 17 members present, representing roughly 30% of the Shed's membership. It was noted that some members are infrequent visitors, given the drop-in nature of the Shed (Monday to Friday, 8.30am - 12.30pm). However, there are usually around 40 members in attendance during organised social events such as community BBQ days.

The first four questions were posed in a casual roundtable discussion, with some members sharing anecdotal personal stories and head-nods indicating a general consensus amongst the group. The final question (Q5) was posed as an interactive activity, with members given sticky notes and pencils to write down their top three priorities for the future of the Shed. An in-person Action Plan meeting was organised for the following week, 16 February 2026, to share these findings and confirm actions to better support the barriers and enablers for improved and sustained positive mental health outcomes in the Claremont Men's Shed community.

Community consultation method and results (cont.)



X = 17 member responses

Q1:

What motivated you to get along to Claremont Men's Shed?

- "Good to be around other guys of a similar age."
- "Terminal diagnosis put me out of work, I still needed connection to community. I went out to [another shed] and they were closed. I came to Claremont Men's Shed and they welcomed me with open arms."
- "I lost my wife 6 months ago. She was my reason... for everything, I lost my reason. I was at home, experiencing the grief alone and just staring out the window all day. Being here [at the Shed] has given me reasons again."
- "We were sitting around the RSL one day and thinking that men need a place to go where they can make stuff and just be around other men. That's where the idea came from with the original Shed. We've lost a couple of the founding members in recent years, but have kept the spirit of the Shed alive and grown our membership since 2016."



Q2:

What makes the Shed different from other clubs or groups that you could have joined (Bowls Club, Men's Circle etc.) or may also be a part of?

- "No comparison."
- "Learning heaps of new skills."
- "Coming from a career in the British Armed Forces as a submariner, and then an Air Traffic Controller – here I'm learning from master carpenters how to make things."

Q3:

If one of your mates here said he was 'doing it tough', would you be comfortable listening and having a chat about it?

All nodded yes in agreement.

Q4:

If you were 'doing it tough', would you feel comfortable reaching out to a mate here to have a chat?

Some collective hesitation before a vocal "Yes" and a few head nods.

Q5:

If you had a magic genie for the day and were granted 3 wishes to put towards dream projects or future plans for the Shed – what would it be?

Membership

- "More members."
- "More men."
- "Maybe open a little bit longer, maybe 1-2 hours."

Space

- "Larger shed."
- "Shed extension."
- "Shed expansion go-ahead."
- "More benches etc."

Support

- "Ability to share experiences."
- "More help."
- "More guidance."
- "More instructor men to aid non-carpenters."

Events

- "Guest speakers."
- "Visit other sheds."
- "More social events."
- "Each day to be busy."
- "Minibus."
- "More snacks."

Alignment with the Tasmanian Suicide Prevention Strategy 2023-2027 (Priority Population - Men)

In 2021, the Australian Bureau of Statistics reported Tasmania as having among the highest suicide rates in Australia, with men accounting for around 80% of all suicide deaths (3). While mental health issues affect all genders, men are less likely to seek help due to societal norms which can lead to a dangerous accumulation of unaddressed mental health struggles, increasing the risk of suicide.

In 2023, Suicide Prevention Australia reported that, consistent with previous years, males were three times more likely to die by suicide than females — accounting for 75.3% of deaths by suicide in Australia (4). There is a growing need to promote community connection, reduce stigma, and create safe spaces for open conversations about mental health.

References:

1. Australian Men's Shed Association, 2023. "What Is a Men's Shed?" mensshed.org/about-mens-sheds/what-is-a-mens-shed/.
2. Poole, G., 2020. *Making Services Work For Men: A 10-Step Guide to developing Male-Friendly Health Services*. Sydney: Australian Men's Health Forum.
3. Australian Bureau of Statistics. (2021). Causes of death, Australia, available online at: <https://www.abs.gov.au/statistics/health/causes-death/causes-death-australia/latest-release#intentional-self-harm-suicides-key-characteristics>.
4. Stats & Facts." Suicide Prevention Australia, 14 Oct. 2024, www.suicidepreventionaust.org/news/statsandfacts#1676682483349-4dabbb54-f429ab41-e8570c56-f40916f2-819d.

Community Action Plan

Action 1: More opportunities for workshops & skills training

What will this action look like? (Activities)

Providing free or subsidised skills training at the Shed to ensure learning opportunities are accessible to all members. This may include short, practical, hands-on workshops such as welding, safe saw operation, or other trade-based skills delivered in response to member interest.

How will this action make a difference? (Outcomes)

- Encourages involvement from a wider range of men, including those who may not typically take part.
- Builds confidence, skills, and a sense of purpose through hands-on learning.
- Fosters stronger social connections by bringing people together around shared activities.
- Promotes mental wellbeing by providing something to anticipate, opportunities to learn, and a rewarding sense of achievement.

How will you know if the CAP has made a difference (Outcome Measures)

- The number of members participating in training sessions.
- Participant feedback on their experience and key learnings.
- Growth in Shed attendance or engagement, particularly from less regular members.
- Increased interest in future or similar training opportunities.
- Examples or observations of men applying new skills or feeling more socially connected.

Community Action Plan

Action 2: Social events and expeditions

<p>What will this action look like? (Activities)</p>	<p>Hosting more regular social gatherings at the Shed such as BBQs, day trips, or guest speaker sessions would create additional opportunities for connection. These events would remain simple and low-pressure, with CAP funding helping to offset costs such as food, transport, or speaker fees. Activities would be organised in line with member interest and available capacity.</p>
<p>How will this action make a difference? (Outcomes)</p>	<p>Social gatherings give men the chance to connect, unwind, and form friendships in a welcoming and supportive setting. Even simple events can have a meaningful impact, offering space to build a sense of belonging, share experiences, and support one another. They also provide a valuable way to reach and engage more men from the wider community.</p>
<p>How will you know if the CAP has made a difference (Outcome Measures)</p>	<ul style="list-style-type: none"> • Number of people attending each event. • Positive feedback or comments from participants. • Increased engagement from newer or less frequent members. • Observations of improved group connection or morale over time.

Community Action Plan

Action 3: Support for expansion efforts of shared space and new membership

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<p>What will this action look like? (Activities)</p>	<p>Setting aside CAP funding to support the time required for the grant-writing process to include member-led consultation from the Shed as to where to allocate potential future funding (e.g., work benches, shared tools, building supplies).</p> <p>Supporting targeted ad campaigns (or increased Facebook Marketplace visibility) outreach to recruit new members.</p>
<p>How will this action make a difference? (Outcomes)</p>	<ul style="list-style-type: none"> • Creating space for more men to be able to share a workbench, especially on days when >30 members are in the Shed will allow newcomers to feel welcome in knowing that there is room to join in. • Improved resources and facilities over time, as funding is directed toward agreed priorities such as work benches, shared tools, or building supplies. • Growth in membership and participation, supported by targeted advertising and increased online visibility.
<p>How will you know if the CAP has made a difference (Outcome Measures)</p>	<ul style="list-style-type: none"> • Evidence of member input (e.g., meeting notes, survey responses, or recorded discussions) guiding proposed funding allocations. • Increased visibility of the Shed through targeted advertising or boosted marketplace listings. • Growth in membership enquiries and/or new member sign-ups following advertising activities. • Improved member satisfaction, with feedback indicating that funding decisions reflect shared priorities.

