



Victorian Men's Sheds

Evaluation Summary 2026

A low-cost, high-impact model for strengthening community wellbeing across Victoria.



HEALTH

Supporting individual and community well-being



COMMUNITY

Generating tangible community benefits that reach far beyond our members



ECONOMIC

\$16.3M

in volunteer value, every year across the state

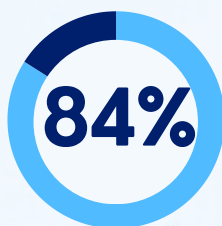
WHO WE ARE

Men's Sheds are safe, inclusive places to meet, make things and lend a hand — created in response to social isolation and loneliness among older men. Wellbeing grows quietly through shared activity, purpose and mateship, improving members' health by stealth.

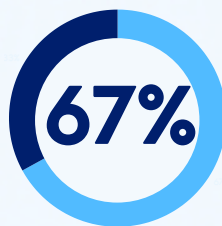
315

Sheds across metropolitan, regional and rural Victoria

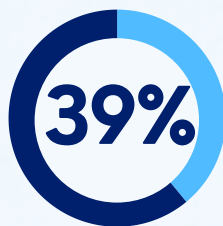
A DIVERSE AND INCLUSIVE MEMBERSHIP



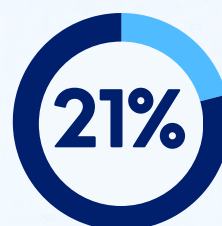
84% of Sheds have members with disabilities



67% of Sheds have veteran members



39% of Sheds have migrant and refugee members



21% of Sheds have Aboriginal and Torres Strait Islander members



A mature but continuing sector that remains responsive to community needs.





Men's Sheds Contributions to Victoria



HEALTH AND WELLBEING

Sheds aren't clinics — and that's the point. Friendship, purpose and peer support are the building blocks of wellbeing.



Improving Wellbeing



Helping with Depression



Reducing Loneliness



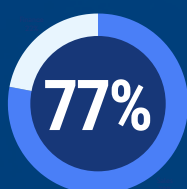
Increasing social interaction



Enhancing overall quality of life



of Sheds are confident they've helped members through hard times — illness, grief and loss.



are very or extremely confident of this impact.



COMMUNITY BENEFITS

Thriving Sheds share one recipe: inclusive governance, welcoming environments and a strong sense of belonging. Partnerships with other community groups amplify the impact.



Welcoming places

Sheds are open to all men from every background.



Community hubs

Places to meet, learn and connect — especially valued in rural and regional towns, where Sheds share space with other local groups.



Skills and safety

Sheds teach practical skills, promote safety, and build community capability.



ECONOMIC BENEFITS

High value, low cost; most Sheds run on modest outside support, while doing work that would otherwise need paid labour.



\$16,223

spent locally by a typical Shed every year



812,700

volunteer hours given each year across Victoria



391

full-time jobs — what those hours add up to



THE IMPACT

By mobilising local resources, volunteer energy and community assets, Men's Sheds generate meaningful economic value — and support a thriving, connected Victoria.

Summary of the Victorian Men's Shed evaluation report, 2026