

HEALTHY SHED™

WHERE PEOPLE AND SERVICES MEET

Healthy Shed is an evidence-informed program that brings local services into men and community sheds to help members improve their overall health and wellbeing. It's suitable for any men's shed or community group and sessions are co-designed with key stakeholders. Healthy Shed has been successfully running across Tasmania since 2018.

WHO?

Healthy Tasmania Pty Ltd is a for-purpose business building connections between people who need help and people (and services) who provide help.

Their work is focused on creating healthy and connected communities where people feel in control of their health and wellbeing.

They provide a range of services to help solve common problems that prevent people, communities and organisations from thriving.

Healthy Tasmania was co-founded by sisters Lucy Byrne and Penny Terry who love to do things differently to get things done!

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**98% of participants agree/strongly agree
Healthy Shed™ taught them more about the
services available in our community, to help
them to improve their health.**

HOW?

- Face-to-face or online delivery mode, typically 10-14 weeks
- Each program created to meet the needs of your community
- Hands-on, fun and interactive sessions
- Delivered by a local Tasmanian company in partnership with local community organisations and existing local services

WHAT?

Sessions are co-designed with your members and may focus on:

- Physical activity
- Healthy eating and cooking
- Mental health
- Back pain management
- Financial health
- Understanding medications
- Respectful relationships
- Understanding suicide
- Quit smoking
- Drugs and alcohol
- Sleep
- Wound management
- Stress management and mindfulness
- Understanding the National Disability Insurance Scheme (NDIS)
- How health literacy can help decision making
- Chronic disease management (diabetes, cancer, heart disease)



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