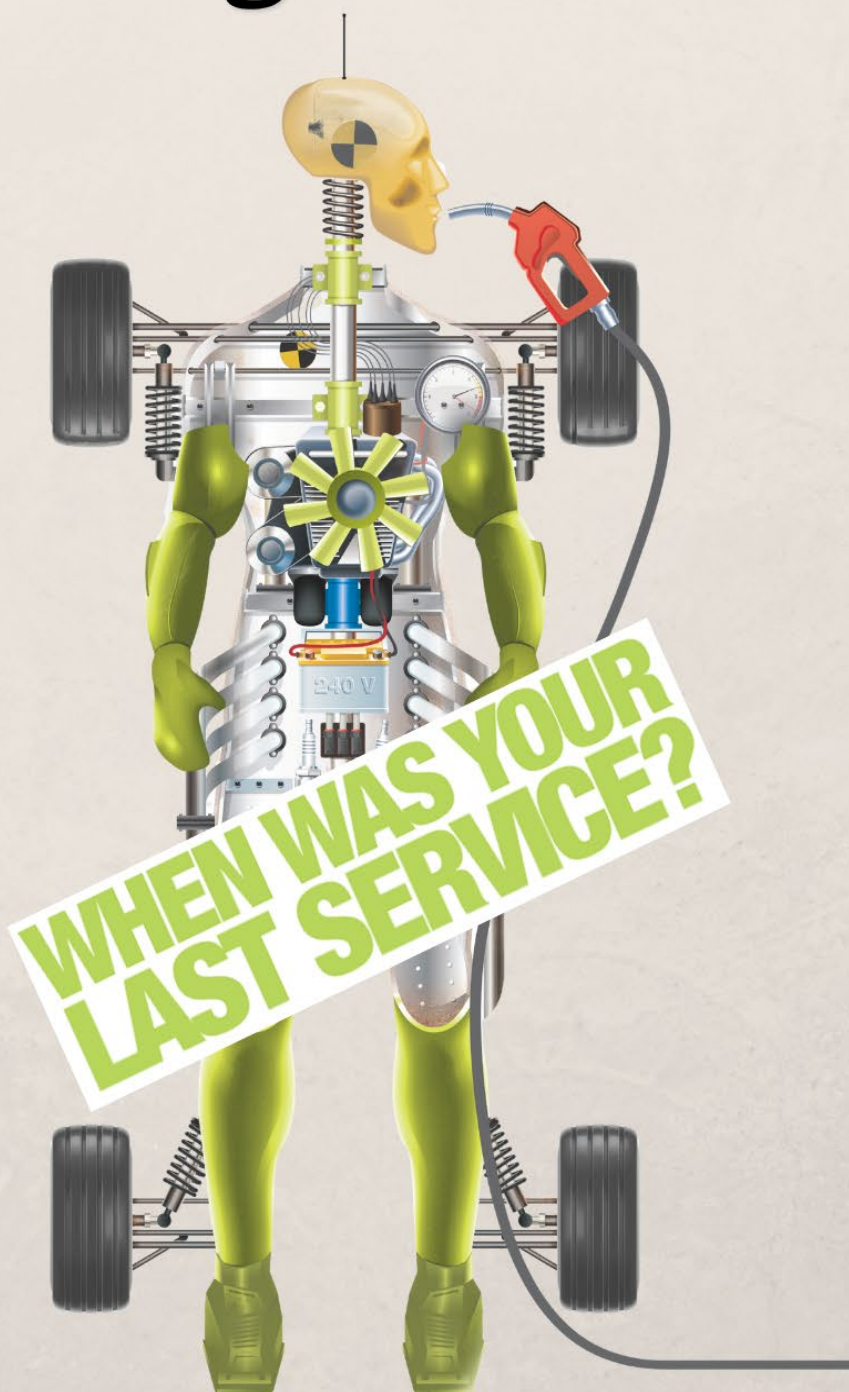


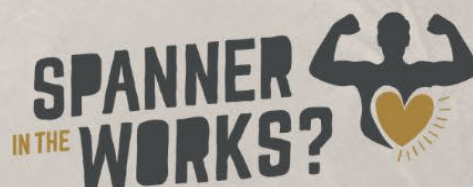
Men's Health Week Event Organisers Guide



Men's Health Week
15-21 June 2026



**AUSTRALIAN
MEN'S SHED
ASSOCIATION**
Shoulder to Shoulder





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What is Men's Health Week?

International Men's Health Week is held globally each year, this year it's 15- 21 June. It serves as a vital reminder of the importance of men's health and encourages communities to support the wellbeing of men and boys.

This week goes beyond just physical health – it also shines a light on mental health and emotional wellbeing. It's a time to address the unique health challenges men face in Australia and around the world, and to promote activities and habits that can benefit their health all year long.

With nationwide events, campaigns, and discussions, Men's Health Week sparks awareness and encourages action to improve health outcomes for men and boys.

This year's theme is *When was your last service?*

This year's theme – *When was your last service?* - is designed to encourage men to get an annual check-up as preventative care, with a focus on reducing avoidable illness through early intervention.

The Concept

Men can be quite particular about cars and machinery. It doesn't matter if we're farmers, office workers, timber workers, truck drivers, miners, or corporate leaders – when a service is due on our valued vehicle, we generally take it to the professionals. And our bodies are the most important piece of machinery we have.

The Opportunity

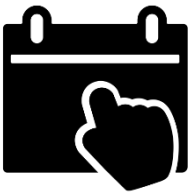
We're encouraging blokes to take care of themselves by going over the pits each year - getting a full health check with your GP or nurse practitioner.

Why get involved?

Men's Sheds are perfectly positioned to host events during Men's Health Week, as they already serve as trusted spaces where men come together, connect, and support one another. Holding an event during this week not only strengthens community ties but also provides a valuable opportunity to raise awareness about physical and mental health in a relaxed, welcoming environment. By promoting open conversations, sharing resources, and encouraging regular health check-ups, Men's Sheds can play a powerful role in breaking down the stigma around men's health and helping local men take proactive steps toward their wellbeing.

The event can be small or large – but most importantly it should encourage members of your shed to think about their health.

How to get involved



Celebrate

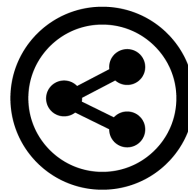
Hold an event – large or small – to promote the men's health during the week. Use this event guide to help you plan.



Promote

Contact your local media outlets to generate some interest in your shed during Men's Health Week. We've provided a media release template to get you started.

Don't forget to reach out to your government representatives and get them involved in a visit to the shed.



Share your stories

Get involved in Men's Health Week on Facebook and Instagram!

Share a story, photograph or video showcasing connection, community and camaraderie at your Men's Shed.



Australian Men's Shed Association



@australianmensshedassociation



Prepare for a great event

There are countless ways to be a part of Men's Health Week and there is no limit to the size or type of event you can hold. It can be as simple as having an open day and setting up displays through your Shed with a health literature table placed amongst the displays, or you could invite a health professional in to conduct health checks on members and visitors. Simply participate in a way that is meaningful to your Men's Shed. Organising a Men's Health Week event is not difficult – there are plenty of people who will assist you. If you would like further information, to initially discuss your idea or need some direction please contact AMSA.

Step-by-step

1. *Discuss* the idea with members. You'll need their support and help.
2. Form a *small committee* to drive the planning and delivery of the event.
3. Delegate tasks and meet on a regular basis.
4. Lock in a *date and time* to run the event.
5. Develop a working *budget*.
6. Identify and invite a guest speaker on a health topic
7. Develop an *event programme*.
8. Determine who is going to act as *M.C.* for the event.
9. Develop an *invitation list*.
10. Develop *promotional material* and a *media strategy*.
11. Make sure you include a *photographer* to capture the day.

Budget

When planning an event you need to consider the following budget items:

- Equipment Hire i.e. PA System
- Catering
- Printing, stationery

Equipment

What equipment will you need on the day?

- PA system & microphone
- Plenty of table and chairs
- Barriers in areas that could potentially impact on the safety of visitors

Catering

Morning Tea Only

Cakes, biscuits, slices, hot finger food, fruit-tea, coffee, water, fruit juice.

Lunch

The easiest catering method is to offer a BBQ or a buffet style lunch

- Buffet with several stations
- Hot chickens and BBQ/or a selection of cold meats
- Bread/bread rolls/butter
- A variety of salads

- Desserts or cakes/biscuits/fruit platters
- Tea, coffee, water, fruit juice



Promoting your event

Once you've planned the details of your event, it's time to start promoting it.

Promotion is about making sure the right people know about and attend your event. Promote your event wherever and whenever you can.

- Send personal invitations - there may be specific people you wish to invite from government or business.
- Use your networks
- Write a media release
- Contact local media outlets – advertise your event and highlight to your local media outlets what Men's Health Week is and why your Men's Shed is important to the local community
- Invite local media to the event
- Set up an event page on Facebook
- Advertise in local newsletters, event calendars and community notices

Invitations – Suggested Guests

- Your Local Federal and State Member
- Mayor/Local Government councillors
- Health Service representatives
- Representatives from community agencies
- Supporters of the Men's Shed such as businesses, people who have donated items etc



The Big Day

The Day Before

- Gather volunteers for full briefing
- Distribute a final run sheet outlining event programme, timings and responsibilities
- Set out different areas (e.g. guest registration, entertainment)
- Circulate contact list with mobile numbers
- Contact media, if attending
- Get your equipment packed and ready to go
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On the Day

- Have plenty of activities
- Display your workmanship
- Maybe a demonstration e.g. woodturning
- Take lots of photos
- Share photos on your Facebook page and tag @AustralianMensShedAssociation in your posts!
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After the Event

- Removal of equipment and rubbish
- Thank you letters to volunteers, entertainers, supporters and special guests
- Engage and ask for feedback
- Close off budget
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Contact information

For further information, visit
mensshed.org/events

Email events@mensshed.net

Phone **1300 550 009**

