



Seniors Program

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Tristan Laurillard
Chair, Salt Spring Men's Shed

March 16th, 2022

Dear Tristan,

It has been almost 9 months since you first contacted me regarding your interest in setting up a Men's Shed on Salt Spring Island. Over those months you have followed leads, researched, connected with community partners and engaged individuals. It is beautiful to see someone who is both so passionate about something and so committed to the work of making it happen.

I truly believe that Men's Sheds are a valuable and needed resource in any community. We know that men are more comfortable relating *side-by-side*, rather than *face-to-face* which is the way so many support services are offered. Research supports the value of Men's Sheds as a way for men to connect, particularly isolated senior men who constitute a very vulnerable demographic who are the least likely to reach out for support. Men aged 65 and older is the demographic which is most likely to die of suicide. I know in the programs under my purview amongst both our volunteers and the people we serve, there are far more women than men.

I whole heartedly support the creation of a Men's Shed on Salt Spring Island. It will be a wonderful resource for older men to get together and find common ground, to putz and chat and feel connected and a part of a community.

My best wishes for your success in making this happen, as it will fill a service gap and be a benefit for Salt Spring

My very best regards,
Shellyse

Shellyse Szakacs
Seniors' Program Coordinator