

## **What is a shed?**

A Men's Shed is a larger version of the typical man's shed in the garden – a place where he feels at home and pursues practical interests with a high degree of autonomy. A Men's Shed offers this to a group of such men where members share the tools and resources they need to work on projects of their own choosing at their own pace and in a safe, friendly and inclusive venue.

A place of leisure where men come together to work and gain a sense of belonging and purpose.

## **What Happens at the shed?**

Everyone works together to do the practical projects, with everyone passing on and, or, picking up new skills from other members of the Shed. The lists of individual tasks are almost endless, from sawing wood to painting the projects.

Some of the projects that the men work on are listed below, these are only a small snapshot of what has been done by the groups. And often people can work on their own projects if they want to do so:

Some of the projects completed so far:

- Benches for working on
- Benches for sitting on
- Building a Chicken coop
- Tables
- Community centre sign
- Planters

Not everyone has to embark on practical projects, for some just coming along and enjoying a coffee is all they want to do, chatting and socialising with the other men in the Shed.

## **Further health benefits.**

Along with enjoying the company of other like-minded people, the men in the shed also have the opportunity to receive holistic treatments, such as reflexology, seated massage and cranio sacral therapy.