



Norton Men's Shed

creative distraction for men and women

FOR *early* **2022!**

A recent church notice mentioned briefly
"Men's Shed, speak to Graham 07763 656627"

What is a Shed (capital S)? On the face of it, it's a communal workshop equipped for making and doing, offering social connections and some friendly banter. Sheds are arguably Australia's best export to the world of men!

A Shed's sustainability and value lies in an inclusive atmosphere likened to a supportive band of brothers. With the inclusion of women in a Men's Shed it is family! A Shed is for a mix of people but commonly at some kind of loss (maybe hidden) that isolates.



Not a Shed when no one there!

Perhaps it is bereavement, loss of job, retirement, moving home, relationship breakdown, ill health, dementia, depression, anxiety, loss of confidence, low esteem and feelings of not quite belonging. The result is loneliness, exacerbated in recent times by Covid-19.

Who runs a Shed? Simply those who come along, typically a dozen or so who come for a session of what the strapline above says – *creative distraction*. Doing something (anything!) tends to put life's concerns on the back burner for a while. Shedders, as they are called, come to care about each other by simply working alongside each other on perhaps a familiar task or something quite new.

Where will the Norton Shed live? The prefabricated shed (small s) in the grounds of St. Michael and All Angels. It needs some TLC which ought to suit a Shed! What is done will be more varied than that, influenced by individual choice. There may even be two Shed venues!

When will it launch?

Stage 1 is now. It is gathering a few men and women who possibly want to get involved for their own reasons. There's a bit of admin to do (like arranging insurance!) and some planning.

Stage 2 (doing it) should be in January. So start enquiring now! There will be an attended display for several days at Norton Library in early January. Norton Community Partnership knows about the plans and agencies will soon discover.

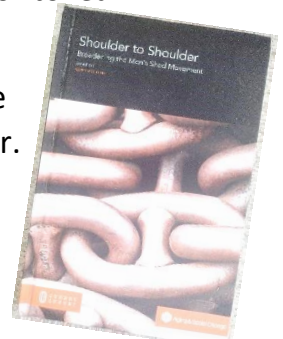
Does it work? It has at 4 places in Whitby District since 2016 (and Billingham, for example). Like them, Norton Shed will be independent, though a member of the UK Men's Sheds Association.



Will it cost the Church financially? No, but hopefully it will be considered a part of church life by virtue of location!

Why call it a Men's Shed when it is open to men and women? The original Aussie Sheds were strictly men only because there were few activities for men needing a break not in a pub! What Whitby Sheds discovered early on was that the activity and banter style of Men's Sheds was appreciated also by some women. Women with similar "at a loss" traits to men and wanting distraction and/or to learn alongside others.

Sheds often complement other activities and give mutual help. On that you may hear more next year.



See you at St. Mary's Christmas Fayre on 27th for a chat or call me on 07763 656627.

Graham Storer

New Shed book "Shoulder to Shoulder"