

Disclaimer - a personal view of one Shed leader, not a corporate one!



BENEFITS OF MEN'S SHEDS

Graham Storer – One of the UKMSA Shed Ambassadors

A Southerner who has migrated via Whitby to Norton-on-Tees

*Doing his 5th Shed, viewable on www.normens.org.uk
Scroll down on home page to where the blogs are!*

What is a Men's Shed?

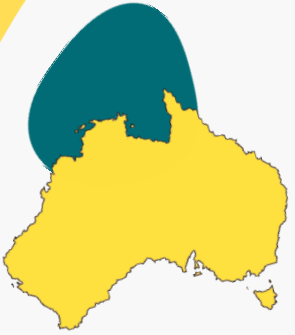
A Building?

Tools/
Equipment?

Men?



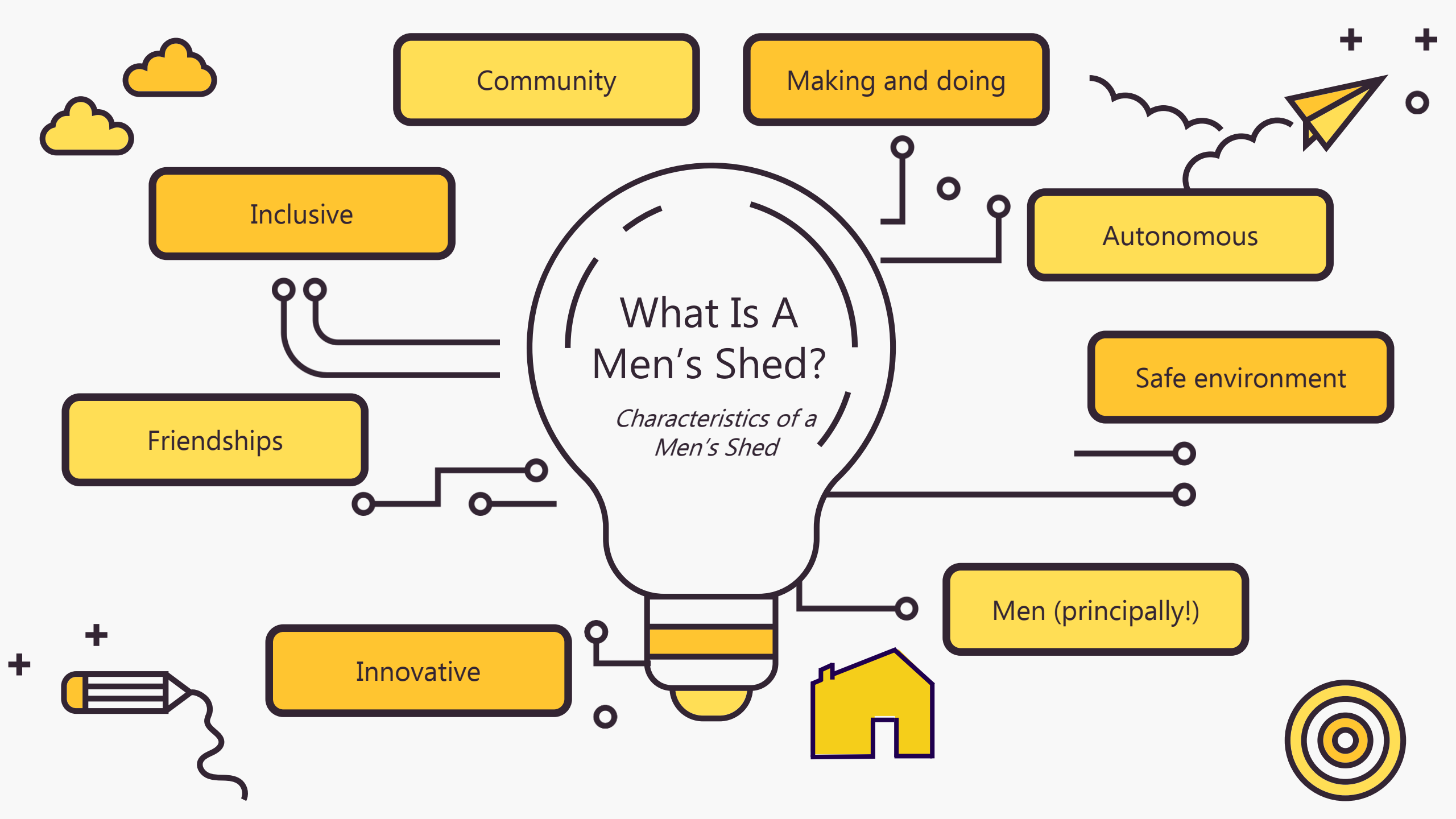
What's the Answer?

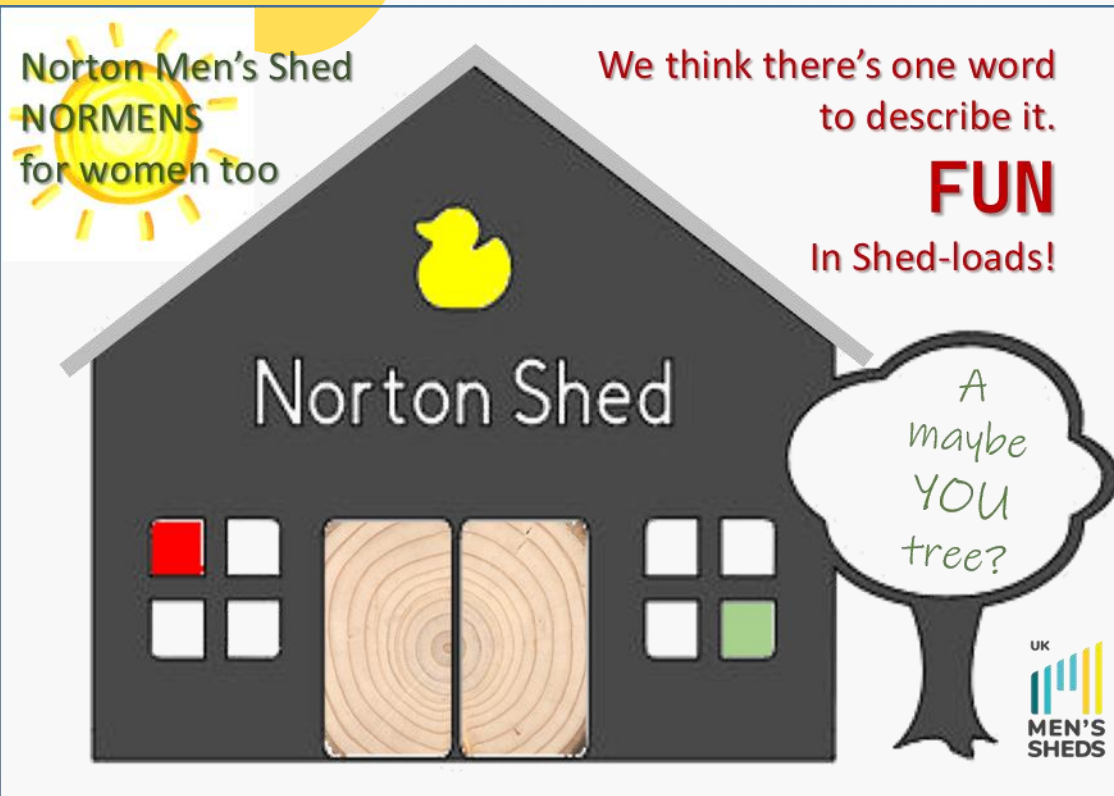


It's YES to all, BUT it's more!

- It may include women BUT the atmosphere is that of a Men's Shed:
- Doing things that challenge people's "never done/ can't do" nature
- Can be almost anything that's acceptably safe
- Direction taken depends on the Shedders who attend
- It's a club not a class. Depends on participation to run sustainably
- Lot of mutual accountability for each other – respect
- There's a lot of "working life" banter that takes account of each other
- It's all adult age normally
- Anyone needing personal care brings a carer
- Every Shed has it's own rules about inclusion – for the good of all

It's all about Creative Distraction!





It's on the cards

The primary objective of NORMENS is to bring together people who are at risk from social isolation arising from personal circumstances such as:

- *Bereavement*
- *Illness/disability affecting mobility*
- *Loss of job*
- *Adjusting to retirement*
- *Moving to a new place*
- *Relationship breakdown and more . . .*



The Shed provides an atmosphere which allows everyone to participate, contribute, benefit and belong in their way.

The benefits are the creative distraction of a workshop and the friendships made. Plus friendly banter.

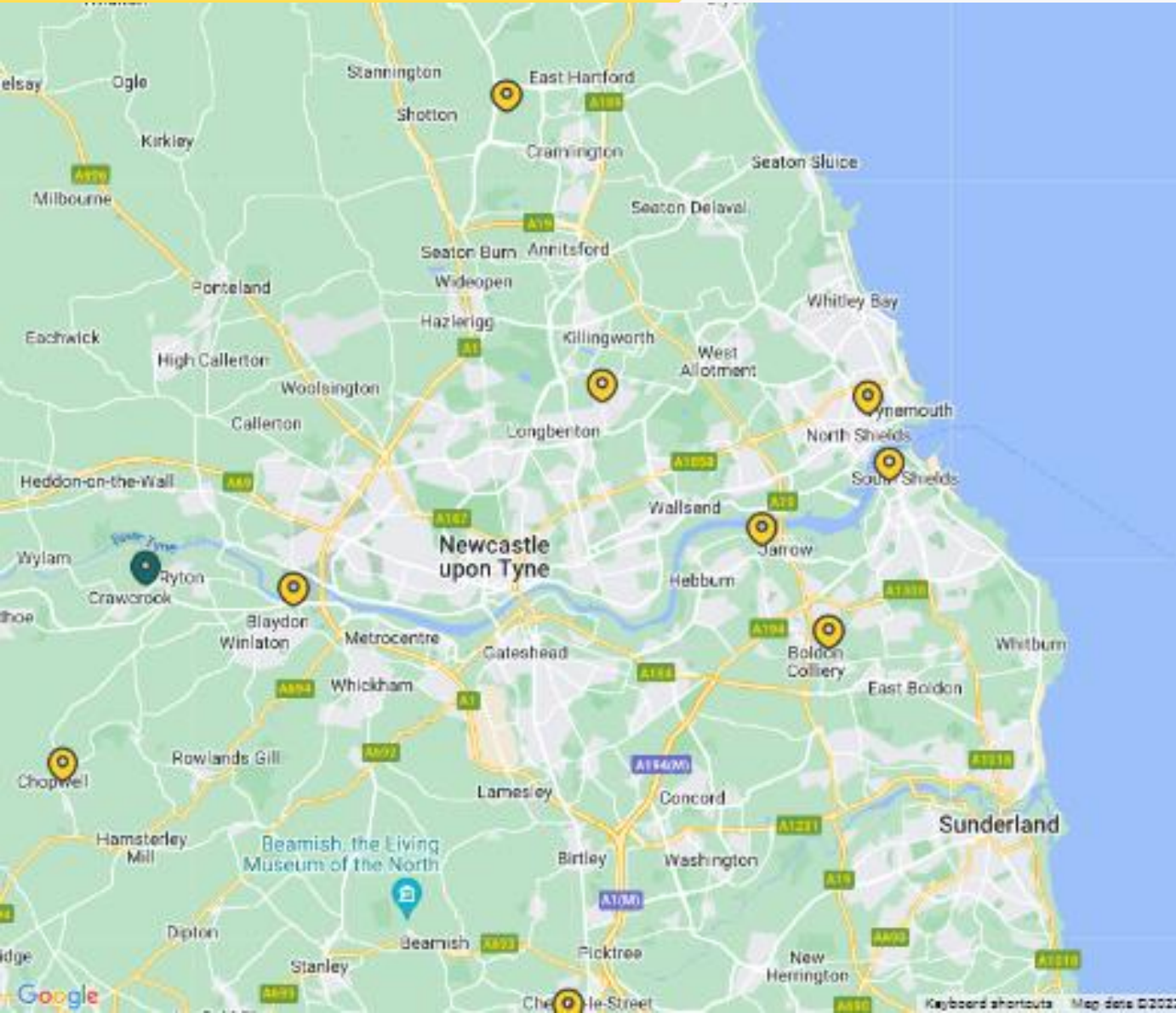
www.normens.org.uk
email: nortonmensshed@gmail.com

*Sheds are about two "ings"
. . . . doing and belonging*

Tyneside Region

Where are the Sheds?

~ 600 Sheds in UK



Postcode / Address:

Enter a location

<https://menssheds.org.uk/find-a-shed/>

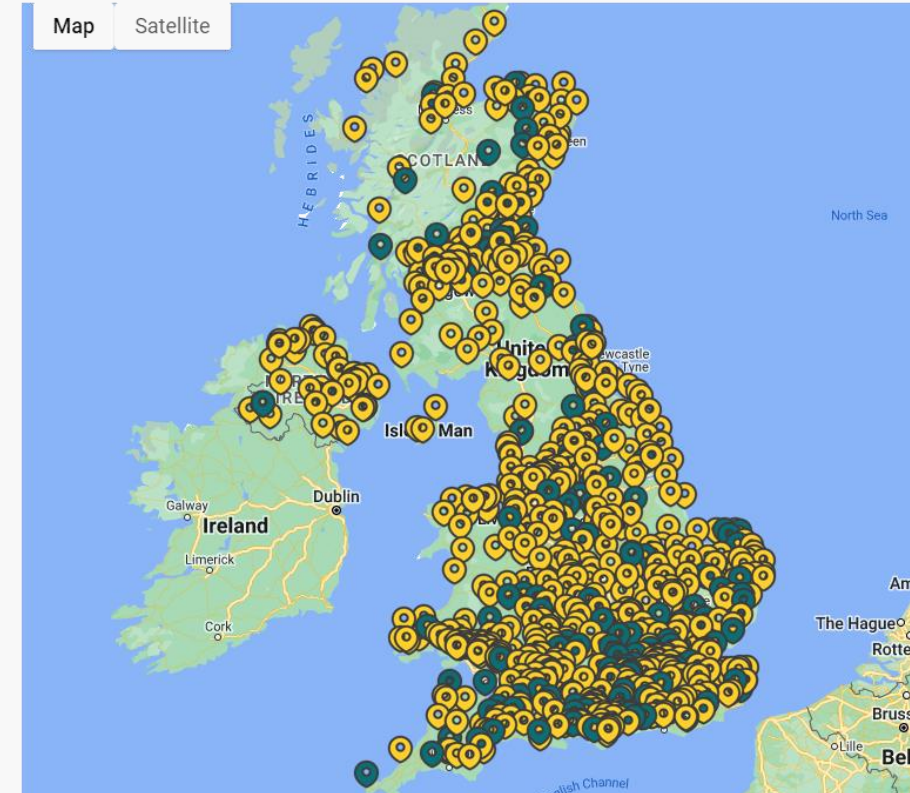
Radius:

SEARCH

RESET

Map

Satellite





41% of people felt lonely
this week (RED CROSS)



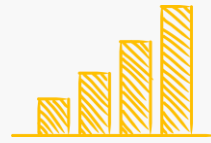
Social isolation results in
26% increase in mortality
for older people (NHS)



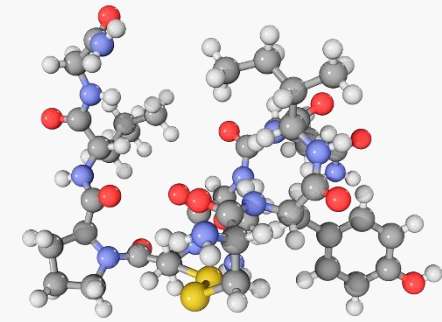
Increased
unemployment
following Covid-19
(UK GOV)



76% of all
suicides are
men (ZSA)



Loneliness equivalent of
smoking 15 cigarettes a day
(NHS)



Suicide biggest single killer of
men under 46 yrs. (ZSA)



Men are twice as likely to die
from Covid-19 than women
(FRONTIERS IN PUBLIC HEALTH)



Why Are Men's Sheds Needed?

The most common age of Men
dying by suicide is between
50 and 54 (ZSA)



Decline in Working
Men's Clubs



+1m elderly people say they
go a month without speaking
to friends, neighbors or
family

Colin, 80, attended a Shed in Whitby District. He is disabled but drove an adapted car that gave him a good measure of independence.. Of sound mind he enjoyed the banter. Illness took him to hospital but eventually into a care home at the start of the pandemic. This was permanent and unplanned. He remains part of Shed life through electronic media

"Most important to me is the 1:1 friendships made and a sense of belonging to something worthwhile when opportunities shrivelled due to my circumstances."

.An unemployed man with a past history of anxiety heard about the Shed from a Job Centre. It was to help him to use his time in a voluntary capacity.

"The Shed has helped me to make some good friendships and I've been able to use my skills to help the Shed. It has helped me feel appreciated."

Retirement is not easily planned for. It is not all about finances but the fact that work life skills are not in demand any more. The Shed provides a structure to life.

"It's been great to use my organisational skills in helping a new Shed start. I feel so fortunate to be able to help both myself and others."

Sheds are independent activities but welcome close connections to agencies needing to help people combat their isolation. An example is the new Social Prescriber Link Worker s associated with GP practices or local authorities.

"As a Shed leadership we realise that we are dependent on other organisations and the y on us. It's a together we can exercise of trust building."

Carers are an important part of some Sheddors getting to their Shed! Dementia sufferers can get great fun from a Shed and carers/families benefit too. Sheds are families and in families there are a mix of people. Inclusion.

"My mum had dementia but she found her place at the Shed. Sometimes doing workshop stuff (she is quite strong) but she excelled at making the tea and washing up! Shed was great for her to be herself."

The Shed Effect



The Shed Effect

Happy and healthy people



Loneliness

96% of Sheddors who identified as being lonely before joining a Shed reported to be **less lonely** after joining a Shed.



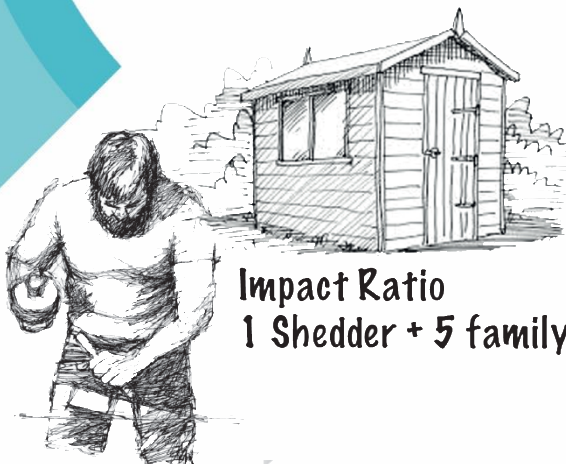
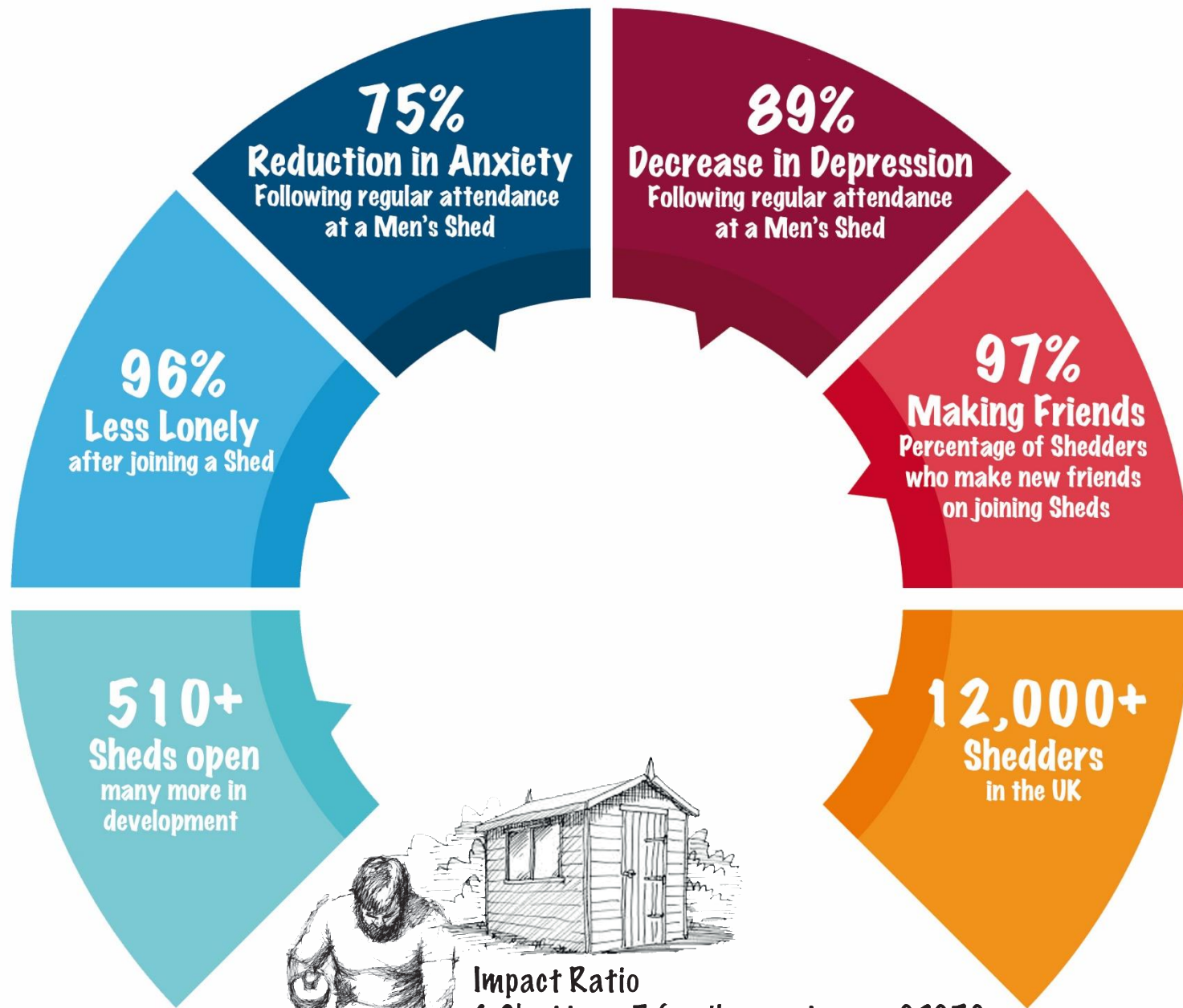
Mental Health

Anxiety reduced by 75% & depression reduced by 89% by those who identified as being anxious or depressed before joining a Shed.



Social isolation

88% of people feel **more connected** to the community after joining a Shed with **97% making new friendships**.



Impact Ratio
1 Shedder + 5 family members = 63,676



Want to know more?

Contact the nearest Men's Shed to you (using the Find-a-Shed map on the UKMSA web site)

<https://menssheds.org.uk/find-a-shed/>

The UK Men's Shed website has a wealth of guidance on it.