



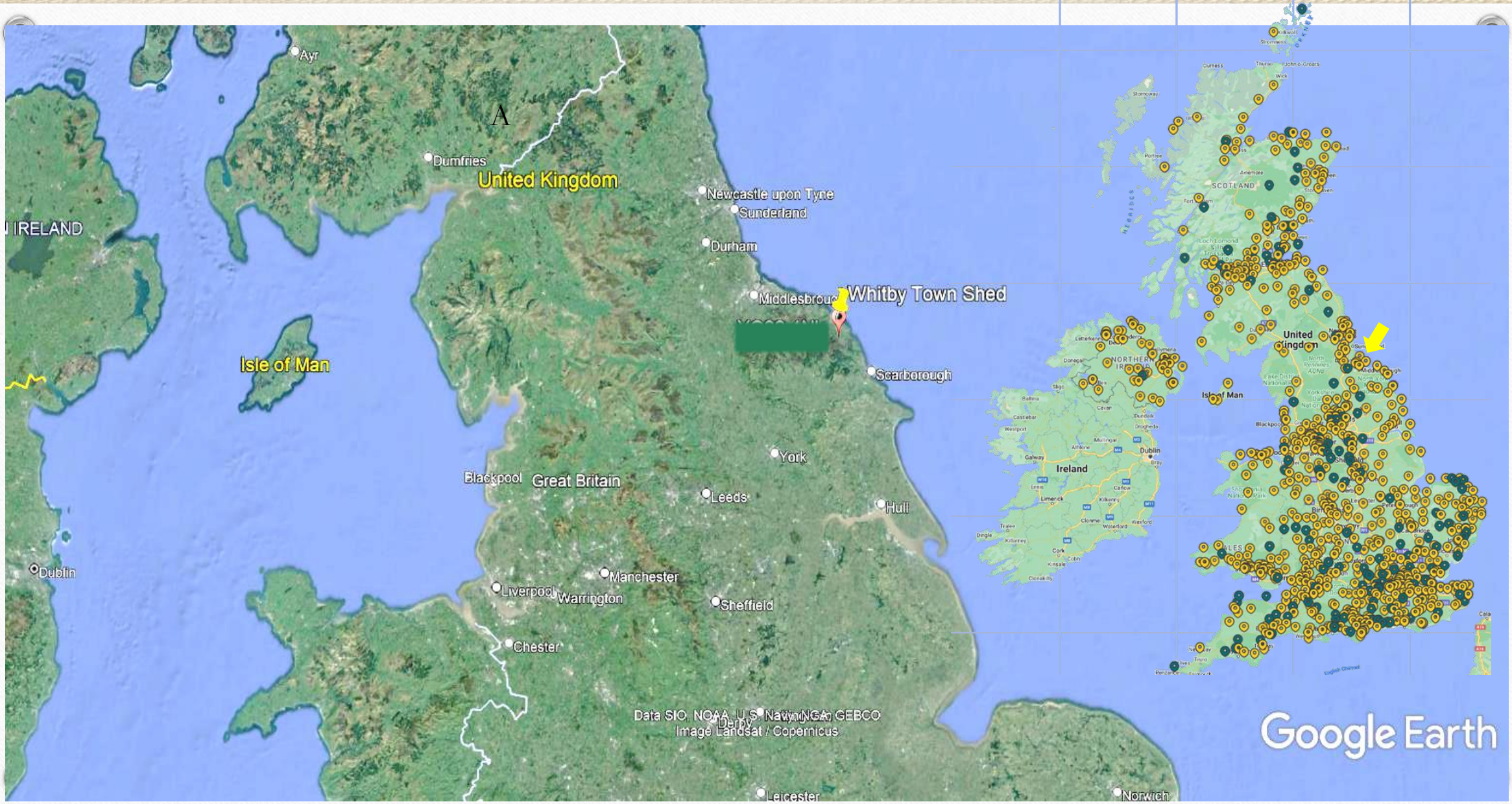
Sheds Without Walls

. . . aren't mugs!



Graham Storer (a Northern Shed Ambassador)

shares outside the box thinking from 4 Sheds in Whitby District and a new Norton-on-Tees Shed



United Kingdom

Whitby Town Shed

Google Earth

Data SIO, NOAA, U.S. Navy, NGA, GEBCO
Image Landsat / Copernicus

IRELAND

Isle of Man

Great Britain

Ireland

United Kingdom

Isle of Man

WALES

SCOTLAND

NORTHERN IRELAND

Dumfries

Newcastle upon Tyne

Sunderland

Durham

Middlesbrough

Scarborough

York

Leeds

Hull

Blackpool

Manchester

Sheffield

Liverpool

Warrington

Derby

Chester

Leicester

Norwich

Ayr

Dublin

Cardiff

Edinburgh

Belfast

Liverpool

London

Manchester

Newcastle

Sheffield

Sunderland

Warrington

York

Leeds

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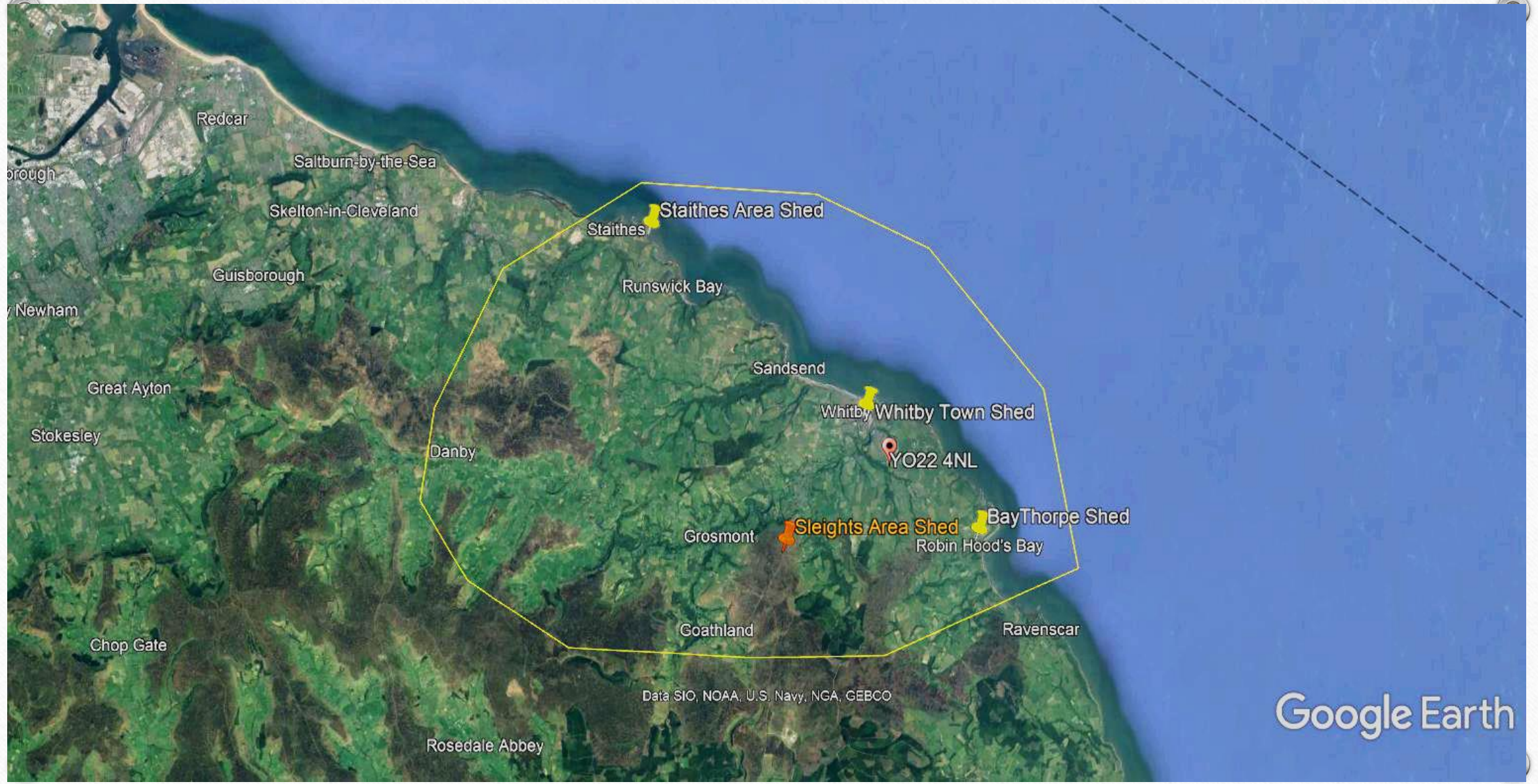
Sheffield

Derby

Leicester

Nottingham

Sheffield



rough

Redcar

Saltburn-by-the-Sea

Skelton-in-Cleveland

Staites

Staites Area Shed

Guisborough

Runswick Bay

Newham

Sandsend

Great Ayton

Whitby Whitby Town Shed

Stokesley

Danby

YO22 4NL

Grosmont

Sleights Area Shed

Bay Thorpe Shed

Robin Hood's Bay

Chop Gate

Goathland

Ravenscar

Data SIO, NOAA, U.S. Navy, NGA, GEBCO

Rosedale Abbey

Google Earth

She Who Must Be Obeyed

- Rachel Meadows* said:
- Share a bit about how Whitby District Sheds:
 - have interacted with other groups,
 - have supported the community,
 - And why it can be a good thing to be connected and not insular

As a bonus, experience from Norton Men's Shed (2022) is also introduced.

* Volunteer and Community Development Manager, UKMSA. Just Rachel to us!

Norton Men's Shed Development (2022)



Sept 2021

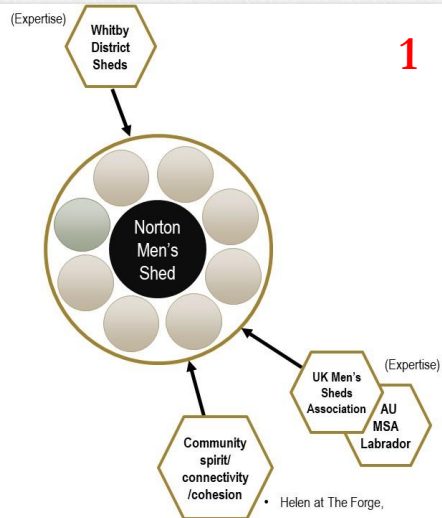
Nov 2021

Feb 2022

May 2022

July 2022

Sept 2022



1



Sept 2021

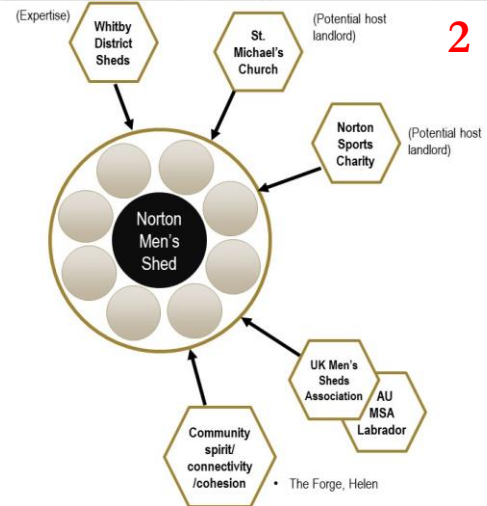
Nov 2021

Feb 2022

May 2022

July 2022

Sept 2022



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Sept 2021

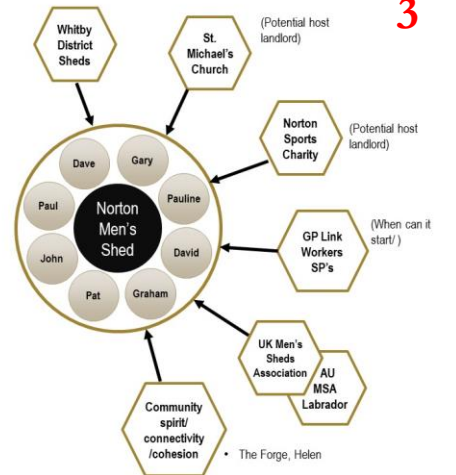
Nov 2021

Feb 2022

May 2022

July 2022

Sept 2022



3



Sept 2021

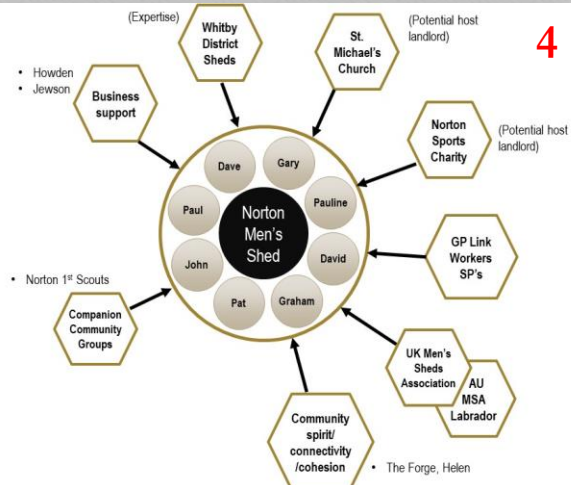
Nov 2021

Feb 2022

May 2022

July 2022

Sept 2022



4



Sept 2021

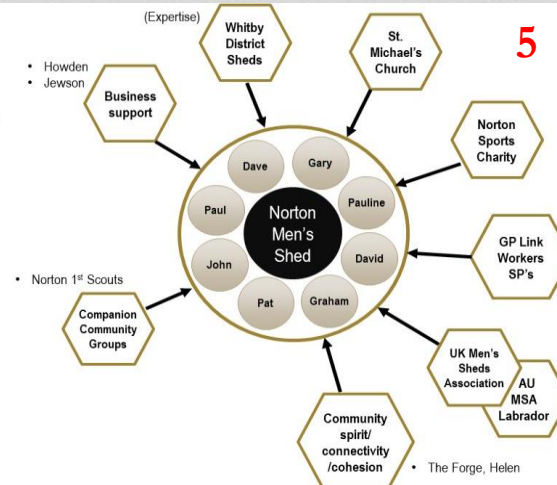
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Feb 2022

May 2022

July 2022

Sept 2022



5



Sept 2021

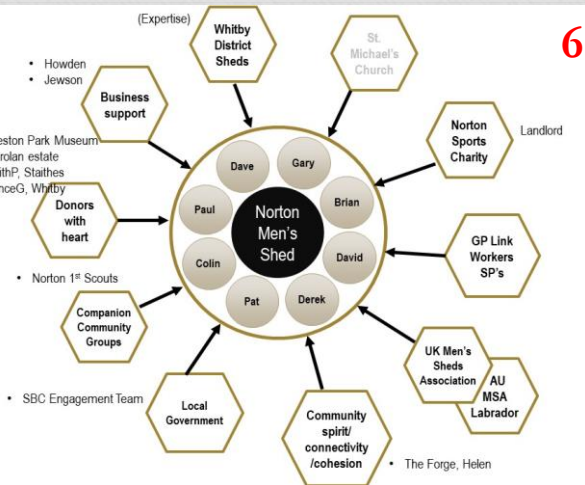
Nov 2021

Feb 2022

May 2022

July 2022

Sept 2022



6

Outward Bound

Shed

The Shed for Community

Contributing Partner in a Big Project

Building and Maintaining the Shed

Shed Lead in Community Projects

Partnership

Populating the Diagram

2016 Whitby chance meeting with Aussie Shedder
2017 Youth Justice seed that became Pop Up Shed
2018 Youth Shed/Club

The Shed for Community

Shed

2016 North Yorkshire CC Stronger Communities Team
2016 NYCC 'Living Well' Whitby Team (forerunner of social prescribing)
2016 Shed Web Site

2019 Whitby Community Alliance

Contributing Partner in a Big Project

2023 Andys Man Club – new Whitby group conceived

2016 Shed in NY Moors Sleights Area Men's Shed
2017 Whitby Town Shed
2018 Staithes Shed
2019 Robin Hood's Bay Shed

Building and Maintaining the Shed

2022 Norton Men's Shed (Stockton-on-Tees)

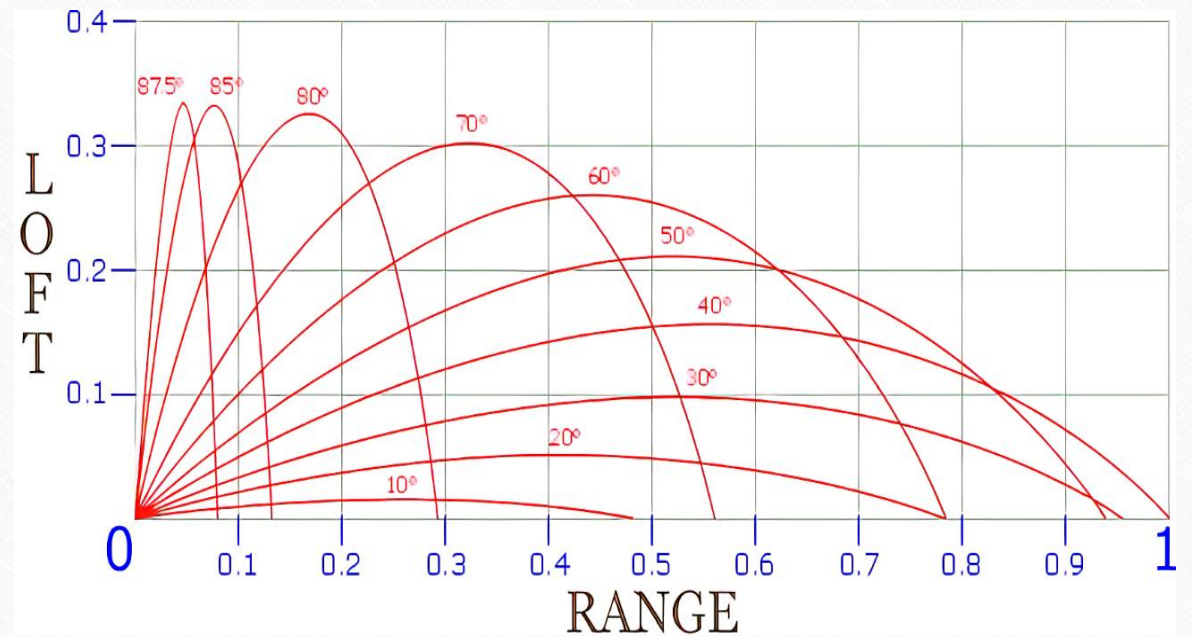
2019 Whitby Compassion Project
2022 The Doing Place, Whitby
2023 The Doing Place, Staithes

Shed Lead in Community Projects

Partnership

Take Aim

- What's your target?
- It changes in flight
- Try to take a long view
- Work in the present with an eye to the future



Keep on aiming high

Premises

A Shed

Work for
the
Community

A
Community
Chest



Whitby Community Alliance 2019

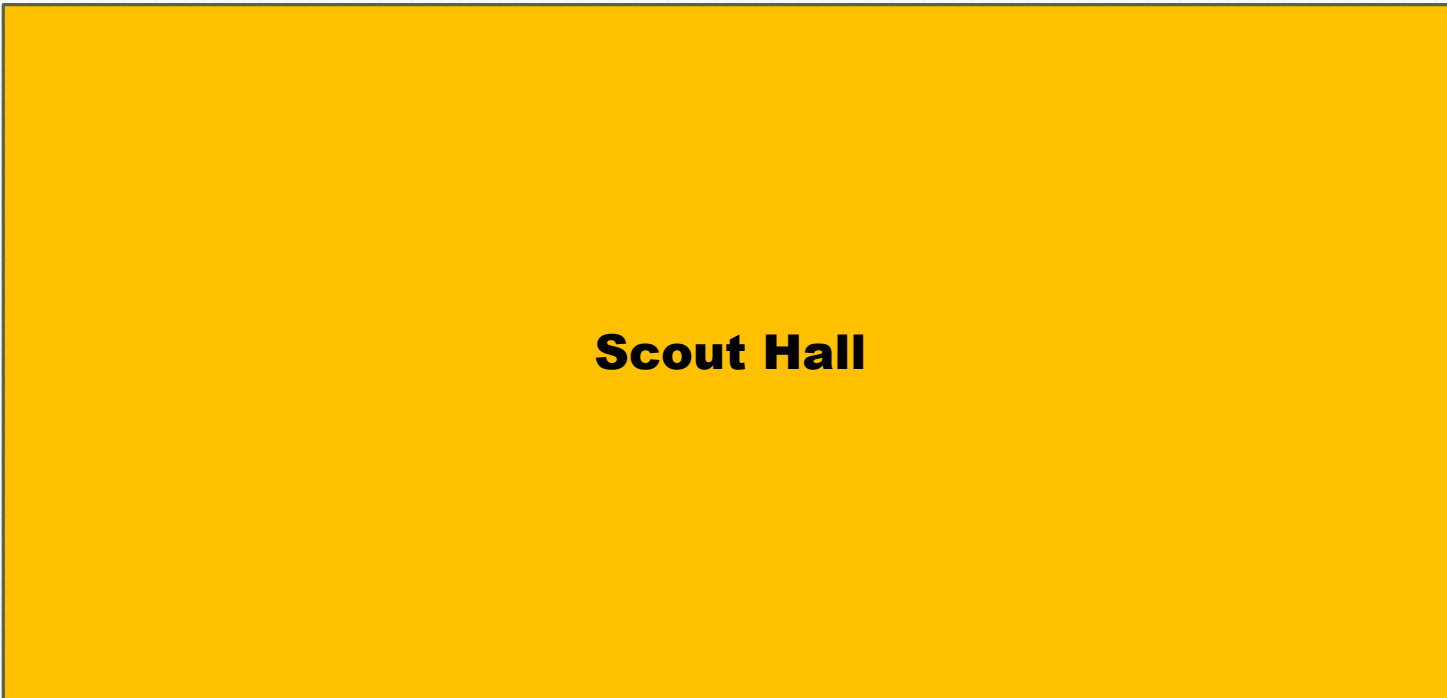
- Whitby Sheds a founding member of Whitby Community Alliance
- Voluntary sector combining it's efforts to support the Whitby Community
- Dealing with matters of common interest to third sector organisations
- Working on common approaches to community needs
- Building relationships between member organisations
- We discovered one of our disabled Sheddors received help from:
 - A Farmer's Breakfast, Male Voice Choir, Memory Lane Lunch, Wet Wheels, Whitby Disability Action Group and Staithes Men's Shed

Colin (80 yrs) has been in care homes, in hospitals for treatment, in hospitals as a "bed blocker", and away from his partner and dog for 3 years. A central lifeline since 2019 has been the Shed and practical help with social media and video conversations.





Whitby Shed Performing on Stage



Just Another Group at the Scout Hall



Krampus Crew (properly, Decadent Drawing) create large wire framed figures (people and animals) used in Whitby's regular December Krampus Run. They needed affordable space to use as a workshop. On their behalf we approached Whitby Scouts to use space whilst the Shed was on.

Just for a few weeks. However, a year on Krampus Crew are still there and now a partner in a new venture, The Doing Place..

The Whitby Doing Place

Krampus Crew
Oct 2021

Café Cart
Sept 2022

Sounds Creative
Aug 2022

Scout Hall

Zoom
The Talking Shop
Oct 2022

Shed
[on stage]
Since 2017

Nurturing start-up initiatives with a 'Department Store' approach funded by NYCC under suicide reduction programme.
Krampus (alternative creative art), Whitby Scouts (premises),
Whitby Shed (prime movers!)

The Whitby Doing Place

Scout Hall

- Krampus Crew Oct 2021
- Café Cart Sept 2022
- Sounds Creative Aug 2022
- Zoom The Talking Shop Oct 2022
- Let's Mend It! Jan 2023
- Home Education Makers' Club Nov 2022

Shed [on stage] Since 2017

Common factors:

- Creative Distractions that aid mental wellbeing
- Activities not part of the Shed, but . . . encouraged and facilitated by the Shed
- Helping build community capacity

Short term intent (2023)

- Duplicate concept as The Staithes Doing Place at Staithes Sports & Social Club
- In the longer term The Norton Doing Place ???

A mixed economy of Creative Distraction for people's different interests, needs and generations.

CERTAIN LIFE EVENTS CAN MAKE US MORE LIKELY TO FEEL LONELY
- HERE ARE SOME...

"Loneliness doesn't discriminate"
- JO COX



RETIREMENT

MOVING INTO CARE



DIVORCE & RELATIONSHIP BREAKDOWN



BECOMING HOMELESS



LEAVING CARE



REFUGEES - AWAITING ASYLUM



BECOMING A PARENT



BECOMING A CARER



LIVING WITH DISABILITY



BULLYING



MOVING JOBS



LOSING A JOB



EXPERIENCING DISCRIMINATION

LIVING IN AN ABUSIVE ENVIRONMENT



BEING A VICTIM OF CRIME

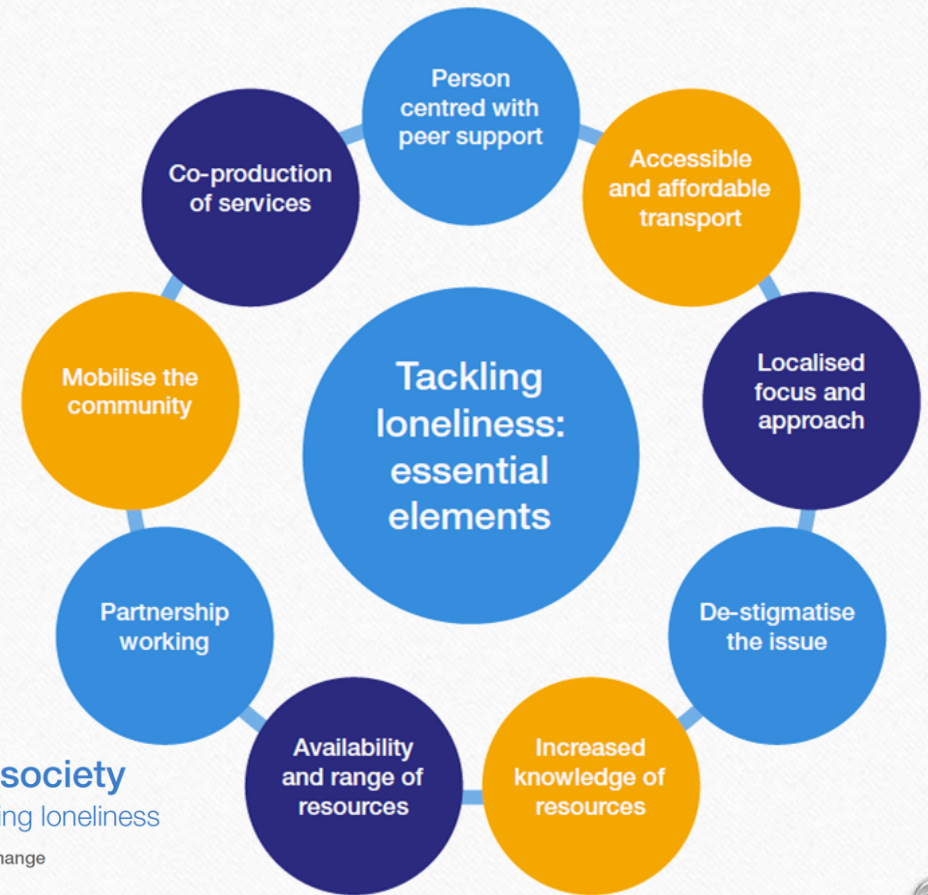


Key Elements to Tackling Loneliness

As our society continues to evolve, otherwise welcome advances can also increase the risk of loneliness. From working more flexibly but often more remotely to doing our shopping online, the warmth of human contact risks receding from our lives.

The expansion of social prescribing across the country will change the way that patients experiencing loneliness are treated - recognising that medical prescriptions alone cannot address the root causes of loneliness.

Thus the Whitby Compassion Project



A connected society
A strategy for tackling loneliness
laying the foundations for change

October 2018

Whitby Compassion Project



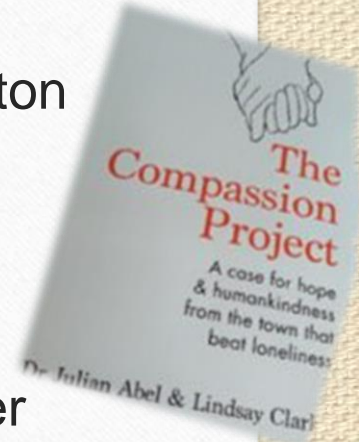
Little things mean a lot

Whitby Compassion Project

Populating the Diagram



- In the beginning was Frome Compassion Project envisioned by GP Dr Helen Kingston
- “A case for hope & human kindness from the town that beat loneliness”
- Shed Ambassador Patrick Abrahams and Frome Men’s Shed were in from the start of implementation. Helen inspired Patrick and Patrick inspired Graham!
- It’s about people in community sharing their innate compassion. Equipping volunteer “Community Connectors” to be signposts towards help for those out on a bit of a limb.
- To a Shedder everything is a Shed. Sheds exhibit a lot of compassion. Whitby Compassion Project is an expression of Shed ethos to the community we live in.
- Halted by Covid-19 for two years it is for launch in 2023. Working in co-production mode, we’ve gathered details of 200+ services and activities to re-connect people in community.
- They are packaged in a map based Whitby Handy Directory accessible by mobile on the hoof as when and where needed for signposting. After compassionate conversation.



Suitability

Offering ● Belonging ● Conversation ● Mental Wellbeing

Addiction Services
 Advice
 Belonging
 Care
 Conversation
 Family Support
 General Wellbeing
 Health Centre
 Health Support
 Independent Living
 Learning
 Mental Wellbeing
 Mutual Support
 Physical Wellbeing
 Post Life-Event
 Recreation
 Rememiscing
 Social Activity
 Social Services Support
 Spiritual Wellbeing

Is it enough to know what an activity does or is it more important to know what it does for a person?

What activities match someone's expressed need to belong, for conversation or support mental wellbeing?

Men's Sheds in Staithe, Whitby and Robin Hood's Bay tick all 3 boxes.

Title of Activity		Description				Operated under organisation	
BayThorpe (Men's) Shed		BayThorpe Shed is a workshop providing opportunity for people (men and women) to participate in mainly hands on activities that require focus and provide a positive distraction from day to day concerns. Intended to be enjoyable even if sometimes more an onlooker than a frontline worker! We				Whitby District Sheds	
Additional location guidance		Address line 1	Address line 2	Venue name of activity	Access & Parking	Days & Times	Supplementary provision if applicable
Behind Fylingdales Village Hall		By Fylingdales Village Hall	Station Car Park	RHB Scout Hut		Tuesday, Wednesday mornings 9.30am -	
Phone number 1	Phone number 2	Text only number	Contact (first name)	Contact (surname)	Position		
07515 375705			Stuart	Purdie			
Website link		Facebook link		Email address			
Offering							
Belonging							
Conversation							
Mental Wellbeing							

You can drill down to the full details of an activity.



And navigate and view on a mobile phone. Easier on a tablet, of course.

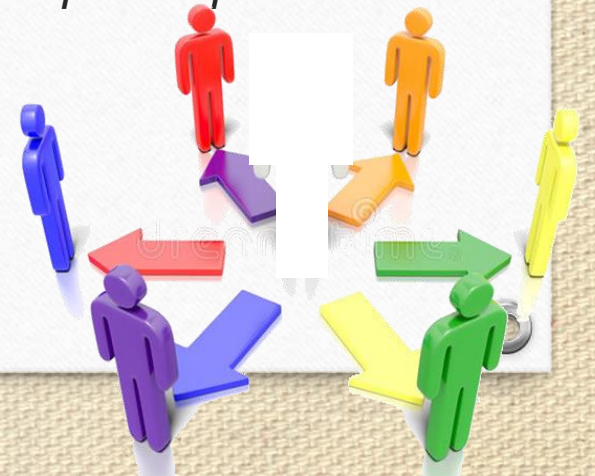
Why be connected and not insular? -1

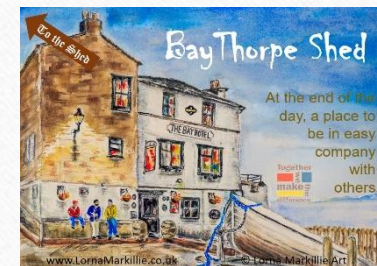
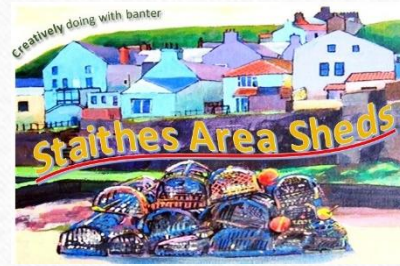
1. Making connections delivers the basic elements of a Shed.
 - Venue<>Owner; Finance<>Funders; Shedders<>Referrers; Support<>Administrations
2. Our Sheds are sustained by relationships – not by woodwork!
 - Camaraderie and banter are the glue that binds our Sheds – a little bit of capability too!
3. Supporting mental wellbeing is a main purpose of our Sheds
 - Newcomers reseed connection at the Shed and foster self worth and confidence
4. They allow individual Shedders to “do good” to each other
 - Compassion shrouded in banter, the great leveller



Why be connected and not insular? -2

5. If it's good for Sheddners to come together, why not Sheds with others too?
 - Facing outwards means seeing opportunities to work on a scale to tackle community needs
6. Great satisfaction (“feel good”) comes from being in a bigger team
 - Feeds the Shed ethos and offers opportunity for Sheddners to be compassionate
7. You discover that others have the same purpose but differently
 - It's all about *creative distraction* – *Shed, Knit & Natter, a U3A group, footpath repair*
8. Connection keeps the Shed refreshed and out of a rut
 - A Shed becomes a family and others are relatives 😊





Connect. Share. Give. Receive.

Happy to chat and to welcome Shed visitors!
graham.storer@ukmsa.org.uk

www.whitbysheds.co.uk
www.normens.org.uk