

What is a Men's Shed? Many are sheds, much larger than your average garden shed, or rooms in halls or industrial units, but the principle is the same.

Sheds are relatively large areas where there could be a workshop, a seated area and somewhere that members can undertake a variety of activities. It is somewhere that groups of men (and women) can meet and undertake an activity together, but also where people can pop in for a chat and a coffee, find information about local services and help their local community.

Each shed will reflect the interest of those that use them. Some will have lots of equipment for woodworking and joinery, others will have workbenches where upholstery or repairs are taking place; some will have bicycle, tool or furniture repair, others might have a pool table, chess sets or even cookery lessons! Some have eco themes and others may be an extension of an allotment; some may have a purpose built shed and others use a local hall or vacant shop. One big thing that happens in a men's shed is that friendships form and people can have a chat. They are open to everyone all ages and are very welcoming.

Men tend not to talk a lot about their feelings or seek help if anything is wrong and a men's shed can provide information along with a safe and secure place where members can work out their problems together and have a laugh!