

YEOVIL MENS SHED



Yeovil Menshed
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Intro

Yeovil Men's Shed and Community Workshop is a charitable, non-profit organisation open to both men and women. The aim is to promote and improve, health and wellbeing by the transfer of knowledge and skills in a relaxed, friendly, safe and supportive environment. We work with groups and individuals such as Yeovil Community Rivers Trust, the HUB Yeovil, Dorset Council, Nine Springs Country Park and recently local schools. We attend Local Events, Markets and Street fayres for fundraising and spreading the word.

Connection, conversation and creation – that's what joining a Men's Shed is all about.

Banishing loneliness and isolation aren't easy, which is why Men's Sheds encourages local communities to come together to build, fix and restore – projects as well as themselves!

What are Mens Sheds?

Men's Sheds (or Sheds) are similar to garden sheds – a place to pursue practical interests at leisure, to practice skills and enjoy making and mending. The difference is that garden sheds and their activities are often solitary in nature while Men's Sheds are the opposite. They're about social connections and friendship building, sharing skills and knowledge, and of course a lot of laughter.

Sheds are whatever the members (or Shedders as we call them) want them to be. Although labelled sheds, they often aren't sheds at all. They can be empty offices, portable cabin's, warehouses, garages, and in at least one case, a disused mortuary. Some Sheds are purpose-built workshops, but they rarely start out that way. Many don't have premises at all in the beginning and instead form a group that meets regularly for the social connection, company and camaraderie until they can find somewhere to kit out with tools. Many Sheds get involved in community projects too – restoring village features, helping maintain parks and green spaces, and building things for schools, libraries and individuals in need.

Activities in Sheds vary greatly and typically attract older men ,although many have younger members and woman too. Whatever the activity, the essence of a Shed is not a building but the connections and interaction between its members. Sheds are mainly 'grassroots' community activities that come about in response to shared needs. You can usually find woodworking, metalworking, repairing and restoring, electronics, model building and transferring skills to make and mend in the company of others. The Shed is not a building but the connections and camaraderie between its members. The UK Men's Sheds Association (UKMSA) regards a Shed as the group, whether or not it has a base for activity.

Sheds bring health benefits by encouraging physical and mental activity and improved wellbeing by providing an enjoyable way to stay socially integrated in local communities by being creative and learning or passing on skills.

Projects

