

# Be Connected: Men In Sheds

**Head to a Shed today!**

Newham is launching its first Men In Sheds programme that aims to reduce loneliness and isolation. The sheds are part of the Be Connected programme that aims to keep communities connected and encourages opportunities for meaningful conversations.

## What is Men In Sheds?

Men In Sheds are community spaces for men to connect, converse and create. The activities are often similar to those of garden sheds, but for groups of men to enjoy together. At Breaking Grounds Shed, we look upon our Shed as a collective group of people working towards a common goal.

## Where are the Sheds?

Our flagship shed is based in the grounds of [Chargeable Lane Resource Centre](#), which has been converted to include a workshop and social area. **Every Tuesday and Thursday 12:00 – 16:00.** Contact [newham.breakinggrounds@gmail.com](mailto:newham.breakinggrounds@gmail.com) for more information



**BREAKING GROUNDS SHED @ CHARGEABLE LANE**



We are also working with local men from Manor Park at the Jack Cornwell Community Centre who run a men's group every Thursday 12-1pm



**JACK CORNWELL COMMUNITY CENTER**



However, a shed can be located anywhere, not just in a workshop. It could be in a school, be part of another community group in a church hall or even in a back garden.

Click the link to [Find A Shed - \(menssheds.org.uk\)](http://menssheds.org.uk)

## Why should I join?

There are many reasons why you may want to join a shed. Maybe you're retired and looking to fill some of your time. You may currently be unemployed and need that 'boost' to gain confidence and skills.

Getting out, meeting new people, learning new skills – it makes me feel useful again

You may have a long-term medical condition that stops you from carrying out regular work. Or you might just want to come along and talk.

It gives me a reason to get up in the morning

Whatever your circumstances as soon as you walk through our door you will become a 'Shedder', and will be welcomed in whichever capacity you wish to be involved

## Why is the Shed needed?

For a long time, research has shown the negative impact of loneliness and isolation on a person's health and wellbeing. Recently we have seen more evidence come to light that shows loneliness and isolation can be as bad for our health as obesity and excessive smoking.

Mental health charities are finding that millions of people report feeling lonely on a daily basis. Men typically find it more difficult to build social connections than women, and unlike women of a similar age, fewer older men have networks of friends and rarely share personal concerns about health and personal worries.

It is not the case for all men, but for some, when retirement comes, it can feel like personal identity and purpose is lost. This can be the same for some women. Men In Sheds can change all of that.

## Become a Shedder

Our shed is primarily (but not exclusively) aimed at men 18+. We offer a skills sharing workshop environment for men of all ages and abilities. Shed members work on their own projects, volunteer their time to undertake public commissions and engage in community based projects. Some members also mentor/tutor fellow members and community groups.

Newham's Men's Shed membership is open to any person (aged 18+) who is interested in accessing a workshop environment. Members span the novice, the diy-er, the keen hobbyist and the retired professional – all abilities and skillsets are welcome.

## Get Involved!

If you have time on your hands, and would like to join our Breaking Grounds Sheds you can either pop along on Tuesdays between 12-4pm or join as a volunteer using the link below

[Be Connected: Men In Sheds \(newham.gov.uk\)](http://newham.gov.uk)

## **How do we get more Sheds?**

If you would like to suggest a location for a new Men In Sheds project, please contact

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**Nobody needs to feel lonely.**

**#NewhamConnected #MenInSheds**