

“Men don't talk face to face, they talk shoulder to shoulder”

The new kid on the block is an older man - and he's making, mending and learning in a community of other older men.

When older men come together to connect, converse and create, they stay healthier for longer - and they have more contact with their wider community.

A Men's Shed is like the shed at the bottom of the garden but bigger, and most are run by the men themselves. They are community workspaces where men can work on practical projects of their own choosing and at their own pace, on their own or in a group.

Men learn from each other and many say they get a greater sense of achievement and purpose.

What's in a Men's Shed for You?

Interested in becoming involved in a Shed for East Grinstead?

(Meeting details)



Shedders say *"In our sheds we do things for ourselves, our communities and to support ourselves. We have benches and tools and we learn from each other, mainly about how to do things but also about life. We reuse materials, mend the broken and we make things we are proud of. We are more active than we were, more engaged through our projects, we are talking more, volunteering more and we have more friends. We are out of the house and not under our partner's feet. When at home, we are happier, better company and more helpful. We feel our health has improved. Mostly we organise the Sheds ourselves with help and donations from our communities."*



Find out more about men's Sheds at www.UKMSA.org.uk