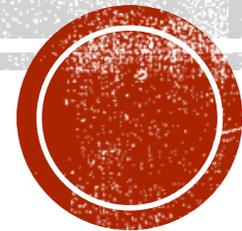


# WHITBY AREA SHEDS

Sleights/Littlebeck, Whitby Men, Whitby Women & STAITHES!!



[www.whitbysheds.org.uk](http://www.whitbysheds.org.uk) Go there

# WHAT IS A MEN'S SHED?

- Men's Sheds are similar to backyard sheds in which to pursue practical interests, practice and learn skills, and enjoy making, breaking and repairing in freedom!
- The difference is that Men's Sheds are communal, not solitary in nature.
- In Sheds people connect socially in friendship building, skills sharing and **banter**.
- Sheds often aren't sheds. We are using the back hall of a Methodist Chapel, a Scout Hall stage and a proper block-built shed in Staithes.
- Activities vary greatly, but the common core is woodworking, metalworking, repairing and restoring, electronics, model making and multifarious crafts.
- Sheds also get involved in local community projects too. Building more bridges.
- Men's Sheds typically attract retired, older men but many have younger members and women too. We do!

# WHY SHEDS?

- For a long time research has shown the negative impact of loneliness and isolation on individual's health and wellbeing. It's hardly out of the news. 1:15
- More evidence has come to light showing *loneliness and isolation can be as hazardous to our health as obesity and excessive smoking.*
- It is estimated that 1 in 15 people feel lonely on a daily basis. Of all ages.
- Men typically find it more difficult to build social connections than women. Unlike women of a similar age, older men have fewer networks of friends and rarely share personal concerns about health and personal worries.
- When retirement/ bereavement/ill health/impaired mental health comes, it can feel that your identity (the *you*) and sense of purpose are lost. Sheds (Men's and Women's) can change that.
- Sheds are about being with people in a similar boat and having someone to share concerns with. Sheds are about fun, the sharing of skills and knowledge, reviving purpose and simply belonging.
- As by-products Sheds allow people to cope with mental health challenges, remaining independent. They help rebuild families, communities and save lives.



# SHE SHED in PICTURES



**Whitby Women's Shed**

... is an antidote to isolation. It is a gateway to supportive friendships. Learning and sharing hands-on practical skills is absorbing and provides an important motivational "lift" in a creative, fun environment.

Whitby Women's Shed builds on experience with Sleights Area Men's Shed and some women Shedders there!

The She Shed answer to a Man Cave

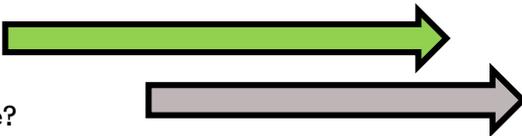
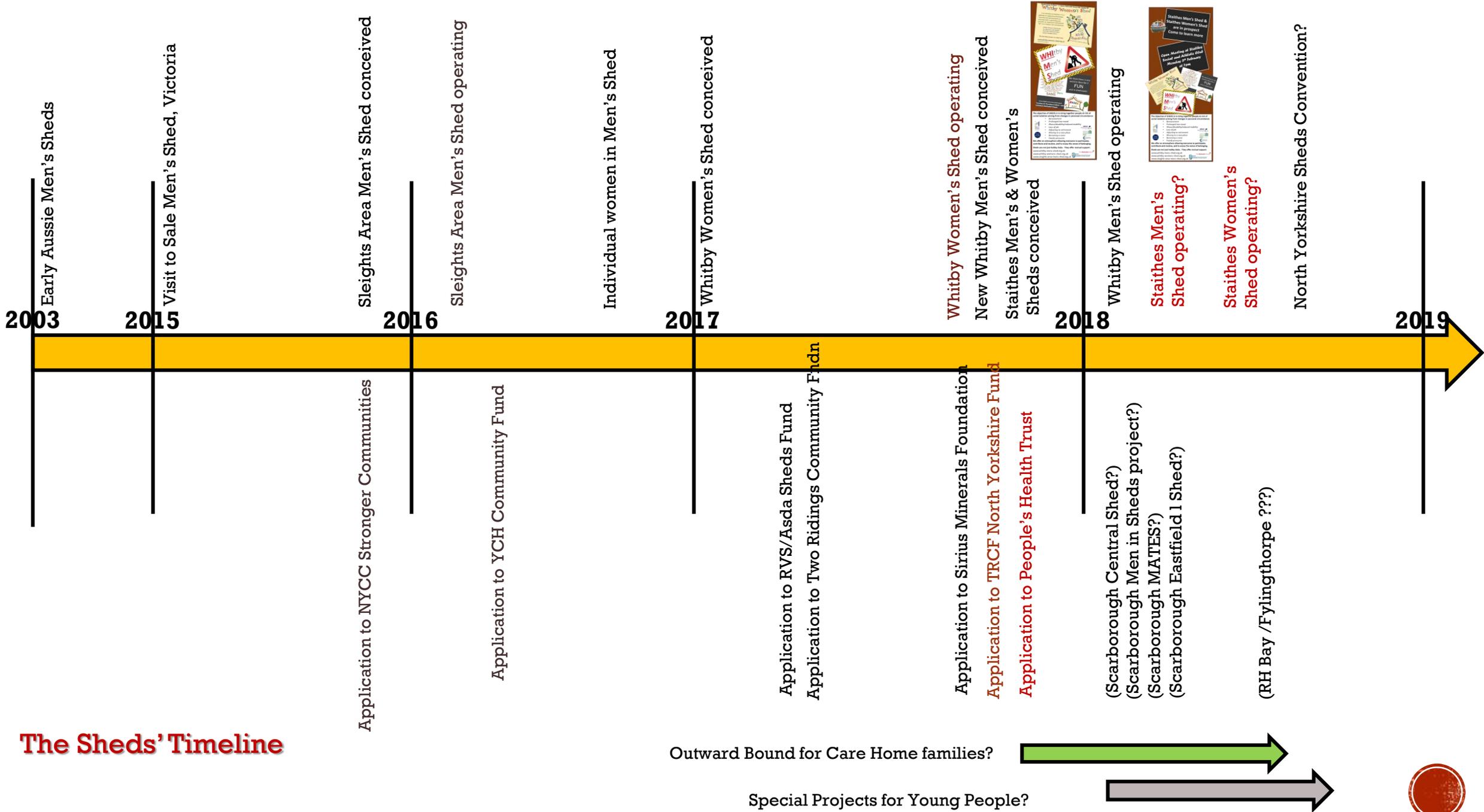
[www.whitby-womens-shed.org.uk](http://www.whitby-womens-shed.org.uk)  
Text 07763 656627



# WHAT IS SAMS' ETHOS?

- The defining ethos of SAMS is expressed in the following:
  - The Shed is not the most important thing, Shedders and their families are.
  - SAMS is not a hobby club. It is for men who *need* it due to loss of some kind
  - Food banks deal with personal food poverty; Sheds aim to help with the impacts of personal isolation
  - Shedders are encouraged to give and receive support from each other
  - Shedders should respect one another, though that may not always appear to be so given the banter. Banter is what men often miss.
  - Shedders are responsible for personal safety and that of other Shedders or visitors.
  - SAMS will help the Littlebeck, Sleights and Whitby community of which it is a part
- SAMS must be fun. Oh, yes it must!

# The Sheds' Timeline



# RESULTS & OUTCOMES TO DATE

OUR FIRST 100 DAYS FROM THE FUNDING SUBMISSION DATE

- Results to date April 2016
  - A place equipped as a shed
    - Tools, equipment, storage, wi-fi
    - Some home comforts too
  - A group of 17 who are the Shed
  - Operating now 2-days a week
  - A web-site that replicates the atmosphere of SAMS
  - New Sheds (independent of SAMS)
    - At different stages of development in:
      - Danby, Filey & Whitby
  - Members of UK Men's Shed Assoc.
- Outcomes to date
  - Testimonies of the impact SAMS has already had on individuals  
[www.sleights-area-mens-shed.org.uk/member-bites/](http://www.sleights-area-mens-shed.org.uk/member-bites/)
  - Growing understanding of the needs that others have – empathy
  - A network outside of SAMS days has established spontaneously
  - Helping in Littlebeck without being asked. Family.
  - Acceptance of differences
  - Acceptance that comments are tongue in cheek – not insults!
  - People, councils, agencies, churches and businesses can work together to achieve a “good thing”. All take credit.

# LONELINESS IN LATER LIFE

Age UK Evidence Report

Section on Men (abbreviated)

- Loneliness affects 5-7% of older men [Sleights pop. 2000 ; 33% older, 50% men = 20]
- Social isolation and stressful social ties are common, linked with poor physical and mental health, higher risk of disability, poor recovery from illness and early death
- Finding activities for older men is challenging. Less likely to join groups and make new friends than corresponding older women
- ‘Work-like’ activities give sense of achievement and belonging
- E.g. ‘Men’s Sheds’ facilitate learning, skills improvement, knowledge sharing, a sense of accomplishment. Plus providing opportunities for social engagement in a fun manner
  - Aim is to improve physical, emotional, social and spiritual health and well-being
  - Encouraging and engaging men in informal learning is particularly important.
  - Sheds are flexibly tailored to the local context, rather than being standardised
- Participation revives sense of purpose, achievement and self-worth

# LEARNING FROM MEN'S SHEDS in Scotland

*"You make your own Shed, it is not something you are given"*

[Joint Improvement Team Report 2015](#)

- Transferable learning drawn from experience of Scottish Men's Sheds:
  - For community initiatives to succeed they must reflect the community needs and wants
  - There is capacity and assets to tackle initiatives if they identify with community need
  - One size does not fit all, however careful tailoring works
  - Flexibility is key to finding right solutions to satisfy local needs
  - Organisations serve communities. They should not try to force communities into policies, priorities, programmes and processes they do not fit
  - Organisational support is required to establish a community initiative. They should be a connector and facilitator rather than a doer
  - Initiatives do not always require significant money for success. Non financial support and simply encouragement *is as important* in many forms
  - Initiatives may not be evidence based at the start; they should create the evidence

# WHERE WE ARE WITH STAITHES

- Request for Staithes Sheds came in early November
- That week email from Scouts re: The People's Health Trust
- Staithes was a target area, but first stage closing within a few days
- Submitted, received request to submit full bid (stage 2)
- Has been decided by funders but no news for another week or two
- Venue: Staithes Athletic & Social Club raised before Christmas
- Club Committee approved at their business meeting in January
- Seeking supporters to help develop the Shed(s) to open around Easter.