

Press Release from Sleights Area Men's Shed

2nd April 2018

SAMS Men's Shed in Littlebeck receives funding from North Yorkshire's healthLevel to establish Sheds for men and women in the Staithes area

A voluntary organisation engaging people at risk of social isolation from "some kind of a loss" has received funding of £17,920 from People's Health Trust using money raised by healthLevel Community Interest Company through The Health Lottery. The funding will enable Sleights Area Men's Shed in Littlebeck to further expand wellbeing Sheds in the Whitby area from the current 3 to 5, with the addition of a Men's Shed and a Women's Shed serving the Staithes area.

A Shed provides creative distraction for individuals as they engage with others in practical tasks often unfamiliar to them. The Sheds will occupy an outbuilding at Staithes Athletic and Social Club. Preparations will start with Shed fit-out from late April as part of local people – women and men - building "their own" Shed. Staithes Area Sheds (SAS) will formally open in June once a week, mainly for men. It will build progressively to 4 mornings a week including sessions mainly for women.

SAMS Graham Storer said: "This grant will help us expand our work in the community with adults who have various reasons for feeling disconnected from others. SAMS began with a handful of men from Sleights who needed a change in circumstance and a bit of a lift. The inclusion, the banter, the activity and the mix of men all help rebuild confidence and connect socially. Results are measured by rejuvenated smiles and revived sense of purpose. It's been so worthwhile."

Elaine Marsh of Whitby Women's Shed said: "The She Shed has done a lot for me and the other women. For various reasons I found myself at a loose end and rather down. I followed the Whitby Gazette articles on SAMS and the web-site, realising that women had attended SAMS from time to time and when the Women's Shed was launched in Whitby I was at the first meeting. It was the kind of purposeful activity with others that I needed. I feel revitalised and recommend it to women who prefer activity to meetings."

Lindsay Morgan Carers Resource said: "At Carers Resource we support the person in the relationship that has the caring responsibility. Carers are often isolated and sometimes lose confidence, I've found the Sheds to be invaluable for people in this situation. I've suggested it to a few of the carers I support and those that have attended have found it to be enjoyable and beneficial. Also a bit of respite from the caring situation can make all the difference to the carer's health and wellbeing."

Quote from John Hume, Chief Executive of People's Health Trust: "This project brings real value to the health and well being of the local community and we are delighted to be supporting it."

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For more information about the project please contact Graham Storer:

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For more information about People's Health Trust contact Anna.mauremootoo@peopleshealthtrust.org.uk or call 020 7296 4017 or visit www.peopleshealthtrust.org.uk

For more information about healthLevel contact media@healthLevelCIC.org.uk, call 0203 384 8309 or visit www.healthstrenghtcic.org.uk

healthLevel and People's Health Trust combined logo

Sleights Area Men's Shed logo

New logos for Staithes Men's Shed and Staithes Women's Shed

The Staithes Area Sheds are members of the UK Men's Shed Association

money raised by
healthLevel
through



Notes to editor

People's Health Trust is an independent charity addressing health inequalities across Great Britain. It works closely with each Community Interest Company distributing grants. www.peopleshealthtrust.org.uk

healthLevel is a Community Interest Company committed to raising money to address health inequalities in North Yorkshire. www.healthlevelcic.org.uk

The Health Lottery is operated for and on behalf of 51 Community Interest Companies across England, Scotland and Wales, all holding society lottery licences issued by the Gambling Commission. www.healthlottery.co.uk

