

Your Invitation & Opportunity to

MEET THE SHEDS

and the He and She Shedders inside

You may have heard of the Men's and Women's Sheds in the Whitby district.

Do you know what they do?

Woodwork and craft? That's a bit of it, but you'll find they are more about *you* and *your feeling of wellbeing*.

You will find we help people tackle isolation - which comes through age, bereavement, depression, redundancy and life situations generally - with some welcome distraction, friendly banter and being a bit of a family-like unit.

People share space in the workplaces and discover new friendships and new talents

Find out more by popping in for a cuppa and cake during

'Open Sheds' Week

Monday 18th - Thursday 21st March 10 am - 12.30 pm

Monday 18th March

Tuesday 19th March

Wednesday 20th March

Thursday 21st March

Staites Men's Shed, behind Sports & Social Club

Sleights Area Men's Shed, rear of Littlebeck Chapel

Whitby Men's Shed, Eskmouth Scout Hall, off Spring Hill

Whitby Women's Shed, Eskmouth Scout Hall

Staites Women's Shed, behind Sports & Social Club

Sleights Area Men's Shed, rear of Littlebeck Chapel