



**The positive impact of Men's Shed on men's wellbeing has been proven over a 20 year period in Australia.** In UK, Sheds have tripled in number since our first North Yorkshire Shed started in Littlebeck, near Whitby 4 years ago. There are now Sheds in Staithes, Whitby town and Robin Hood's Bay/Fylingthorpe.

**Men share issues mainly when they work together, shoulder to shoulder.** With inclusive banter, a cuppa in hand and something to do. You're welcomed in.

Here's what Shedders say:

*The Shed is one place I feel at ease with people and can come back to*

*It cut out my loneliness when I moved to a new place after retirement.*

*I appreciate the Shed's concern for individuals. It's about people not*

*Bereavement left a big social hole that helping to make the Shed filled!*

*The Shed has done immense good for me and allowed me to help others.*

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