



Men's Sheds now feature daily in the news. For the good reason that the wellbeing of attenders is raised, often quickly. Camaraderie and banter benefit all, even those initially withdrawn.

What is not often appreciated is that Sheds can similarly work for women who are feeling at a loss. A talking group is not what they necessarily want, but something to distract them from daily concerns. Therapy!

Here's what the She Shedders say:

The Shed transformed my outlook. My confidence returned.

As a widow I soldiered on. The Shed found me and I am part of a new family.

Shedders were a life-saver over a life crisis period.

I love swapping my usual habit to turn wood amongst friends!

I really enjoy the friendly banter and the crafts I've tried.

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