

It seems unbelievable that it was only three weeks ago that I first discovered the Whitby Area Sheds.

It seems a lot, lot longer, but in a good way!

Since relocating to Whitby six months ago, discovering the sheds has been the most positive and rewarding move that I have made. I now attend once or twice a week, feel very much a part of a team and always leave feeling uplifted.

My 'mental health' and to some extent my physical health is now exercised weekly at the sheds. This is achieved by interacting with others, learning new skills and sharing the banter.

My creativity has become encouraged by learning woodturning and I am currently enjoying being tutored by a very skilled shed member whose patience and teaching skills are admirable.

So how does all this work so well? I think the answer is a healthy combination of 'people' and 'doing'. The people obviously being the primary factor but the doing provides a focus and becomes an equally essential ingredient. Without the doing it would be just a social get together, enjoyable in its own way but I think less effective. I just can't imagine a group of us men all sitting in a big circle... talking!

It must be said at this point that the sheds are not exclusively male. It is not Men in Sheds it is Whitby Area Sheds. There are She Shedders there too making a huge contribution and having just as much fun.

Last week at the shed for example, just stopping for a moment to drink some coffee and taking a look around. What did I see?

Right in front of me a dolls house being constructed, a gate is being assembled, then disassembled.....and assembled again! More wood turning and someone mucking about with some sawdust!!!

To my left knitting, paper-crafting, someone doing something on a computer and a couple of guys looking at some plans.

On the other side of the room a bit of banter going on as Alexa is asked for another music request.

Next week a shed member is bringing his stereo in so that hopefully together we can fix it. In return he said he will assist me to repair my caravan windows.

Just a snapshot of what's going on, the next day of course it will be completely different, that's the beauty of it.

Well, my original reason for writing the 'shedders diary' was to paint a picture of shed life and perhaps to encourage newcomers to come along and take a look.

You know what....I think it's better if you just turn up!

A warm welcome will await you.

Rob

Banter (definition) = the playful, friendly and good-humoured exchange of teasing remarks.