

# Men in Sheds



## Tools, Tinkering, Talking and Tea!

A Men's Shed is a larger version of the typical man's shed in the garden creating space and time for leisure, relaxation and practical activity.

Each Shed is different as it is developed by the men who use it. It can be a place of distraction from illness or bereavement, a place of occupation following redundancy or retirement, a place to share skills and knowledge with others or just somewhere to meet, chat and drink tea!

We are wondering whether men in this area would like to create a Shed. If so, please come along and have a cup of coffee with us and find out more. The project will need 'Shedders', volunteers, general support, equipment, tools, a Shed and ideas!

If you would like to get involved or find out more come along to information events on:

**6th September 2019 1pm - 2.30pm at  
Hessle Town Hall South Lane Hessle HU13ORR**

**or**

**11<sup>th</sup> September 2019 10.30 -12noon at  
Anlaby Community Centre First La Anlaby HU106UE**

Alternatively See the national website: <http://menssheds.org.uk> or contact Carole on 01652 637700 Humber and Wolds Rural Action [carole.johnson@hwrcc.org.uk](mailto:carole.johnson@hwrcc.org.uk) or Gill Rice [gillrice@rocketmail.com](mailto:gillrice@rocketmail.com)



**Set up support funded  
Public Health East Riding of Yorkshire**



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