

Many thanks to all our funders and players of the National Lottery

The National Lottery Community Fund is funding the Shed until Spring 2027



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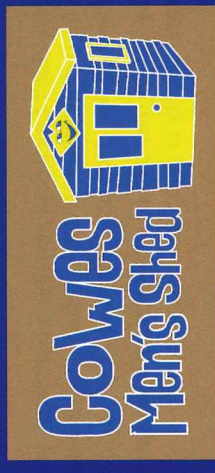
The Cowes Men's Shed, a Community Project brought to you by Storeroom2010

An Island charity dedicated to helping Island people



Storeroom website address:
www.storeroom.org.uk

Registered Charity 1142010
Registered Company 7488966



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Opening hours:
Monday - Friday, 10am-3pm

Open for our Isle of Wight Community since May 2018

Come along to connect, converse and create!

Cowes Men's Shed is open to everyone aged 18 and over, not just men! We offer a carpentry workshop, craft room, IT area and gardens with polytunnels, raised beds, seating areas and even red squirrels. There is no membership fee just a contribution when you visit. Parking is available locally with the Cowes Park and Ride bus stop just a few minutes along the road.



The Shed Project Leader is available to lend a hand, give guidance (when requested) and will show members how to safely use equipment unfamiliar to them.

Why not come along and see what's happening? Fix something, build something, invent something, share your skills with like minded people. This could just be what you have always needed, don't be bored at home and if you have nowhere to practice your carpentry, crafting or gardening skills - this could be just the ticket!

If you don't fancy doing anything practical - you can always pop in for a chat, a cuppa and a biscuit. Arrive when you like, leave when you like. No commitment.

The Cowes Men's Shed often has a project underway for another Island charity or good cause, you can join in - but only if you want to!

Not sure the Shed is for you? Please call our Project Leader for a chat or pop in during our opening hours to look around. Bring a friend along for company if you wish.



Why are Men's Sheds so vitally needed?

Men's Sheds (or Sheds) are similar to garden sheds - a place to pursue practical interests at leisure, to practice skills and enjoy making and mending. The difference is that garden sheds and their activities are often solitary in nature whilst Men's Sheds are the opposite. Sheds are about social connections, friendship building, sharing skills and knowledge, gaining a renewed sense of purpose and belonging, and of course lots of laughter.



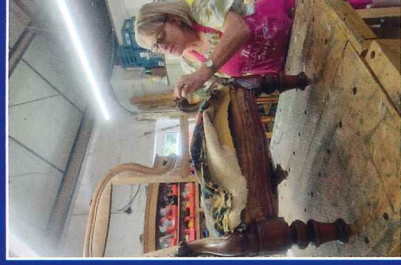
Sheds can play a particularly important part in meeting the needs of older people - particularly older men, who often do not feel that traditional services targeted at older people are right for them.



The creative, productive nature of Sheds provides an activity around which people can form bonds and networks, which may go on to benefit them outside of the Shed itself.

Sheds are about meeting like-minded people and having someone to share your worries with; they can help to reduce feelings of isolation and loneliness. Sheds allow people to deal with mental health challenges more easily and remain independent; and in some cases, Sheds may even save lives.

The Isle of Wight has a proportionally larger retired community than many other places in the UK.



Some quotes from our Shedders!

"I have a spring in my step again. I feel good. Better than I have in a long time."

"I really enjoy attending. It gives me purpose and makes me feel like I matter."

"It's good fun. I feel a lot less lonely now. I really like coming."

"I've noticed I've got better at doing physical things. I don't get as breathless as I once did. I feel stronger too. I'm not just sitting around the house anymore."

"I didn't realise how much I missed the company of others."

"I feel happy when I wake up in the mornings and know I'm coming to see my friends in the Shed."

