

# Betsi Cadwaladr University Health Board;

## Men's Sheds; Anglesey

**Project Lead; Contact-** Sian Purcell [Sian@medrwnmon.org](mailto:Sian@medrwnmon.org)

**Rationale;** None stated

**Project Details;** Create Men's sheds within areas of Gwynedd. A men's sheds is a safe and nurturing environment where Men, who have time on their hands for whichever reason, can go to work on projects and activities which interest them.



You can do anything within a shed- the choice of which activities to undertake is completely down to the shed members. Whilst many sheds work on woodworking or 'hands-on' projects, many sheds also work on other activities such as gardening, baking, model making, radio or arts based projects. The choice is entirely down to shed members – the one essential common strand being that the shed and its activities helps get people together to socialise and to meet new friends.

### **Intended Outcomes;**

- Promote social interaction and reduce depression related illness in elderly men
- Recruit and train volunteers to ensure long term sustainability
- Create an income stream to ensure that each becomes fully self-sufficient
- Increase participation of men within community based activities.
- Reduce isolation and loneliness
- Improve general wellbeing and mental health

**Partners;** Men's Sheds Cymru; Mantel Gwynedd; Betsi Cardwaladr UHB

**Time-frame;** No current information available

**Future Development Planned;** The project will develop as a sustainable model through ongoing recruitment and training of volunteers. The centres will also benefit from additional services that AGCM can offer such as the toe nail cutting service, information and advice (including benefits advice), advocacy and home support. They will also act as information hubs with access to other relevant third sector and statutory organisations and services. We will also set up lunch clubs within the sheds, through local volunteers and training schemes for intergenerational opportunities that will allow access to meals and work on nutrition strategies. Transport to each shed will be available if needed but at a self-sustainable rate. Project's development officer will work closely with Men's sheds Cymru to complete further work across both counties to determine evidence of need to further develop within other areas.

**Commissioning / Funding;** Intermediate Care Funding / Cluster Funding

**Evaluation / Reporting;** Specifically designed entry/exist questionnaires will be completed to determine the wellbeing impact of the service.

**Supporting Documentation;**



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**Acknowledgement; Claire Brennan, Senior Cluster Co-ordinator**

**Project Status;** No information currently available