

Welcome to our new monthly Newsletter!



Each month the newsletter will keep you updated on all the latest news from the Irish Men's Sheds Association and sheds around the country. The newsletter will be circulated at the first week of every month. What we would like is for all our sheds to share your stories with us, whether it's a new project you are working on, news of an event you are organising or a project you have been working on with your local community. If you have a piece for our newsletter please email us on: info@menssheds.ie so we can try and include it. It's an opportunity for you to share your news with fellow shedders around the country and for us at Irish Men's Sheds Association to keep you informed of all developments in relation to Men's Sheds in Ireland. We look forward to sharing all our news.

Barry Sheridan—CEO, Irish Men's Sheds Association

ESB 'Energy for Generations Community

ESB has awarded funding to community and voluntary organisations as part of the autumn 2015 round of the 'Energy for Generations' community fund. We are delighted that The Irish Men's Shed Association was one of the organisations who received funding for its series of local network well-being events.

The latest award brings the total amount of funding issued by ESB in the autumn round up to over €270,000 for not-for-profit organisations, charities and community and voluntary organisations whose work falls under the areas of educational access and support, suicide prevention, and care of the homeless.



Adelaide Nic Chartaigh from Suas, Barry Sheridan from Irish Men's Sheds Association, Marguerite Sayers, Managing Director of ESB Networks and Orlagh Reilly from The Soar Foundation at award presentation.

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AUSTRALIAN MEN'S SHEDS CONFERENCE 2015

The Australian Men's Shed Association 6th National Conference, was held in October in Newcastle - (Newcastle City Hall & Civic Theatre), New South Wales. The aim of the Conference was to promote the spread of Sheds throughout the nation and showcase the Australian Men's Shed movement across the world.

This years theme "Innovation" will examined what sheds do on a day to day basis and focused on their future growth and development, whilst at the same time tackling the bigger picture issues such as the prevention of social isolation and engaging men within the community.

Men's Sheds have as their primary objective, to advance the health and wellbeing of male members and provide safe, friendly environment where men feel they belong and are able to work on meaningful projects in the company of other men.

Delegates came from a broad spectrum of backgrounds, including "shedders", shed coordinators, health and aged care professionals, educators and policy makers.

Representing the Irish Men's Sheds Association at the Conference were Barry Sheridan, CEO, George Kelly, Chairperson and Eva Bernie, Company Secretary.



Irish Men's Shed CEO Barry Sheridan (left) and John Evoy (second from right) chat with local men's shed patron John Macdonald and Australian Men's Shed Association Chief Executive David Helmers.



George Kelly chairman IMSA on tour visiting sheds in Australia. Picture one is George visiting the Klaas and Coreen Kimstra shed and picture 2 is George been presented with a replica of an old Irish ship watch by the men in the Buninyong Men's Shed

BUDDY BENCH



Another new initiative that the Irish Men's Sheds Association are supporting is Buddy Bench

A new community based organisations providing garden benches to primary schools across the country. The Buddy Bench is a simple idea to eliminate loneliness and foster friendship on the playground. We have been approached to assist in the making of the benches for schools across Ireland. A number of sheds across Ireland have helped in the production of the Benches which are then donated to local schools. Its a great project that will be looking for benches for schools across the country. If your shed would like to get involved email us at info@menssheds.ie and we can put you in touch.

The Men's Shed Movement—The Company of Men



We are delighted to announce that Barry Goldings new book 'The Men's Shed Movement' has just been published! This book is essential reading and has a Chapter devoted to case studies of Men's Sheds in Ireland. It also gives insight into the story of Men's Sheds and how the remarkable movement has spread from the back blocks of Australia to reach a total of more than 1,400 Men's Sheds in countries on opposite sides of the world.

Copies of this book are available from IMSA at a cost of €25.00 each The book has been added to the Common Ground Publishing bookstore and can be viewed and ordered as an eBook or in hard copy public via their webpage:

<http://agingandsociety.cgpublisher.com/product/pub.335/prod.3>

SHEDDERS' SHED PROJECT

The Dublin 8 Men's Shedders have just started building a large shed in their local community garden, 'Flanagan's Field' in Rialto. Some of the members of the garden are also members of the Men's Shed and approached them to see if they would be interested in the project. With the engineer on site, Jamie Roche, six Shedders started work on August 31st and plan to complete the shed within three weeks depending on the weather. The shed will be used for potting, storing tools and working on other projects. There will also be space for children to do arts and crafts where it is hoped that their own interest in gardening will bloom. We look forward to posting the final product in our next Newsletter.



Inspiration for All Sheds



To mark a 70th birthday, Shedder Ray Byrne on 29th June commenced a solo coast to coast cycle from Belmullet (Co. Mayo) to Ballagan (Co. Louth) to raise much needed funds for the Cooley Peninsula Men's Shed. A total of 10 Men's Sheds were contacted along the route and Ray paid a visit to three of them, i.e. Erris, Boyle and Dundalk and was made most welcome.

The cycle took over 2 days to complete and covered a distance of 322 km, with an average speed of 21km per hour. On reaching the Shed at Bush he was joined for the last few miles to Ballagan by a number of fellow Shedders

ANTRIM MEN'S SHED



The garden has been an integral part of the Shed at Steeple Antrim since it began two and a half years ago. It all started with seven large beds where shedders grew their own vegetables. Since then the garden project has grown to include a polytunnel where flowers are propagated and hanging baskets and containers are prepared for sale.

With numbers at the shed increasing, we recently expanded the garden area with the help of volunteers from a firm based in the town, Schrader Electronics, along with a donation of scaffolding planks from Farrans Construction and Crabbe Scaffolding.

Through working together, the ground has been cleared, levelled and seven new beds are being built. Once we get the structure of the beds made, new members can fill a bed for themselves and have a try at growing vegetables, fruit and flowers. When asked why the Garden Project is so popular among the members of the Shed, nearly every man will say they find it relaxing to be outside gardening and very satisfying to grow their own food and/or flowers. The men also built a clay pizza oven which they enjoy during the better weather

FERMANAGH MEN'S SHED IN A LEAGUE OF THEIR OWN

It's the beautiful game as it's never been seen before – walking football or 'Danderball' is giving men over 50 a new lease of life on and off the pitch. The game is just like normal indoor football, with one exception; players must walk and are not allowed to run.

Among those getting to grips with rules and showing off some silky skills are men from the National Lottery funded AMH Fermanagh Men's Shed as part of Fermanagh and Omagh District Council's Active Communities programme.

Their exploits feature in a special video as part of the National Lottery's 'Old is Gold' campaign which celebrates the life changing difference funding makes to older people.

The film also features legendary BBC NI football commentator Jackie Fullerton, who got behind the microphone to offer his unique perspective on proceedings.

Sonya Slevin, Fermanagh Men's Shed project said 'The men who take part get so much out of playing Danderball. We have men who have retired from work or may have suffered health problems but they get so much energy from taking part. There is an excellent social side too, as the lads enjoy each others company and build up a great team spirit, although some don't like to lose'



THE LAST PAGE

An Evaluation of experiences of the Participants of Men's Shed in County Cork



Recent research undertaken by a UCC student has determined that the organization of the Men's Shed is a vital and much needed community resource in today's society. The Men's Shed accommodates more than just a place to meet and greet friends and engage in comradeship. The importance of such traits are vital in promoting positive mental health and wellbeing and as the research has identified 'people who have strong social networks and are a part of a group of friends feel connected and are happier and healthier – and may even live longer'. Accumulated findings from the participants of the Men's Sheds in Blarney, Bandon and Ballincollig yielded the following results.

The organization provided its participants with:

Opportunities for companionship, meet with other men, make new friends and enjoy the 'cuppa' and the chat

Create projects with other men, share knowledge & skills and learn new skills and utilize the shed's workshop

Informally access health information, learn about men's health-related matters through discussion with fellow 'shedders'

Participating in their community, engaging in local projects and 'giving back' to their local area, thus making a contribution and a difference within their locality

Gaining a 'sense of self' whereby men felt a sense of identity, belonging, more confident, empowered and supported about making decisions which affected their lives.

The research was undertaken as a UCC CARL-project (Community/Academic Research Links) which aims to bring together UCC students and community groups in research partnership. The full report and findings is published on UCC's CARL website under 'completed projects 2015' at

<http://www.ucc.ie/en/scishop/rr/> or accessed directly on the link:

http://www.ucc.ie/en/media/research/carl/2015_Jacqueline_Daly_Butz.pdf

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