

COMMUNITY ACTION SUFFOLK

Men's Sheds



Do you enjoy using your practical skills?
Could you repair items to benefit your
local community?

Interested in creating and restoring
pieces as gifts for others?

If so, you will enjoy attending a local Men's
Shed or maybe starting a new one in your
local community!

The **Men's Sheds** project is a network of
community spaces operating in a wide range
of venues involving many different activities.

These are enjoyed by men and women with
sessions that share practical skills while
also building friendships, avoiding isolation
and encouraging positive wellbeing through
social interaction with others.



Many areas across Suffolk are now setting up
Men's Sheds to enjoy the positive impacts they
generate.

If you are interested and would like more
information, please contact Colin Burcombe –
Community Development Officer at:
colin.burcombe@communityactionsuffolk.org.uk
or call on 01473-345373.

For more information, please visit the following
link:

<https://www.communityactionsuffolk.org.uk/projects/mens-sheds/>

