

Men in Sheds, Rutland



For more information please contact us:

Age UK Leicester Shire & Rutland
Men in Sheds, Unit 8A, Oakham Enterprise Park
Ashwell, Oakham, Rutland LE15 7TU

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Web: www.ageukleics.org.uk
Find us on social media:



Age UK Leicester Shire & Rutland



@ageukleics

What is a Shed?

Our Men's Shed is a larger version of the typical man's shed in the garden – a place where he feels at home and pursues practical interests with a high degree of autonomy.

Men in Sheds offers this to a group of men with members sharing the tools and resources they need to work on projects of their own choosing, at their own pace and in a safe, friendly and inclusive venue. Our Shed is a place for skill-sharing and informal learning, of individual pursuits and community projects, of purpose, achievement and social interaction. It's a place of leisure where men come together to work.

What can you do?

Suggested projects include:

- Gardening
- Woodworking (e.g. carpentry, joinery, turning, carving, whittling, marquetry, furniture renovation, picture frames, garden furniture, bird boxes, Xmas/Easter ornaments)
- Electronics
- Bike repair
- Arts/crafts (painting, calligraphy, pottery)
- Model trains, boats, planes, cars etc.
- IT/communication - computers, languages

But there must be more - make a suggestion and we'll try to help...

Reclamation, reuse and restoration will feature strongly – and some say that is true of the men too!

**Whichever activities are pursued
the essence of a Shed is not the building,
but the network of relationships between the members.**

This project has been supported by Rutland Better Care Fund.

What does it cost?

There will be a small contribution towards refreshments and other day-to-day expenses, but apart from that all facilities are free of charge.

We just request your enthusiasm and enjoyment.

Shed opening times:

Monday, Tuesday & Wednesday

Morning and afternoon sessions are available:

09:30am to 12:30pm
12:30pm to 3:30pm

How to find the Shed:

We are at:

Unit 8A
Men in Sheds
Oakham Enterprise Park
Ashwell
Oakham
Rutland LE15 7TU



Contact us for more information on
07540 413 805 / 01572 720 319

Or

Age UK Leicester Shire & Rutland
Lansdowne House, 113 Princess Road East, Leicester. LE1 7LA
0116 299 2233

How can we help you?

Information & Advice [Open Monday to Friday, 11:00am - 4:00pm] **0116 299 2278**

A free and confidential service to assist with issues affecting your quality of life including: finances & welfare benefits; housing & property; leisure activities.

Day Care Services **0116 222 0572**

Social support in a community setting including care, entertainment and companionship, with optional transport if required.

Home Care **0116 299 2266**

Assistance with domestic tasks to make living at home that little easier to manage. Services include: food preparation; cleaning & ironing; shopping; collecting prescriptions; personal care; companionship.

Personal Assistant **0116 299 2266**

A flexible service to give you help with household management, getting out and about and to appointments.

Respite **0116 299 2266**

Fully trained Respite Workers offer carers a break from the stress and demands of caring for someone. We also offer dementia respite by workers experienced and trained in dementia care.