

Men in Sheds, Leicester

WELLBEING SERVICES



For more information and to arrange a visit, please contact us:

Unit 1, Gladstone Street, Leicester, LE1 2BN

Steve Bond—Men in Sheds Co-ordinator

0116 262 9077 or 07738 820 927

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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?

Some basic skills and abilities may be required to pursue the projects you choose. Members should be able to work independently with minimal support and supervision.

Suggested projects include activities as varied as:

- Woodworking (e.g. carpentry, joinery, turning, carving, whittling, marquetry, furniture renovation, picture frames, garden furniture, bird boxes, Xmas/Easter ornaments)
- Bike repair
- Sports/leisure - darts, dominoes, cards
- Model trains, boats, planes, cars etc.

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

Reclamation, reuse and restoration will feature strongly. Many projects use recycled material.

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.

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

Shed opening times:

Monday to Thursday - 9am to 4pm

How to find the Shed:

We are at Unit 1, Gladstone Street, Leicester, LE1 2BN



The Shed is a short walk from the Town Centre towards Humberstone Gate, turning left onto Wharf Street South. Continue to Erskine Street Entrance.

Access by car via the A594 turning left into Humberstone Road, then right at Clyde Street. Turn left at Gladstone Street, follow sign to car park entrance in Erskine Street. Limited parking is available on site.

Contact us for more information on

0116 262 9077 or 07738 820 927

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; support with appointments & outings.

Handyman & Gardening **0116 299 2266**

A 'no job too small' household maintenance service including: gardening; home security & safety; basic decorating; home maintenance.

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.

Befriending Services **0116 299 2233**

A free service offering regular visits or phone calls to people who are socially isolated or feel alone.

**We are a local charity
with a national name
...giving local older
people a voice**

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Products and Services **0116 254 5451**

Products and services for the over 50s: home, car and travel insurance, personal alarms, weekly lottery and funeral plans.

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