



SHEDFEST 2021

Live Online Makers Festival

6-8 JULY 2021

DO YOU REFER MEN FOR SUPPORT? DO YOU SOCIALLY PRESCRIBE? HOW DOES A MEN'S SHED HELP PEOPLE?

How can you make a positive impact on Men in your community?

Men's Sheds are safe spaces for men (and women) through making, repurposing and repairing.

Sheds help communities and provide a sense of purpose in hard to reach men, particularly those of a certain age. Sheds reduce depression (89%), anxiety (75%) and loneliness (96%).

No pill can do this.

To find out more about Men's Sheds and how you can get involved join us at ShedFest on Thursday 8th July online by visiting: <https://menssheds.org.uk/shedfest-2021/>

Watch our latest Film at <https://youtu.be/NedQFF7m-9M>