

FOR IMMEDIATE RELEASE

Men's Sheds: Changing lives for the better

Mens Sheds Cymru/UKMSA and Pontypridd Men's Shed joins forces with Men's Mental Health Hub for Wales to Champion Social Prescribing Day

In an innovative collaboration, Helpu, the leading men's mental health hub for Wales, has partnered UK Mens Sheds Association and Pontypridd Mens Shed to produce a compelling campaign film to promote the benefits of Social Prescribing Day, **observed annually on March 14th**.

To watch the campaign film, ahead of its launch on 14th March 10am, visit:- <https://ukmsa.box.com/s/h4ra0uuetyf4vbb9e2fy41eq3ydxbo8d>

Social Prescribing Day aims to raise awareness about the benefits of social prescribing in healthcare, highlighting its potential to improve individuals' mental health and wellbeing by connecting them with community-based activities and support networks.

Ian Smith, Director of Helpu, expressed his enthusiasm for the collaboration, stating, "It's truly remarkable to see organisations like Mens Sheds Cymru, UKMSA and Pontypridd Mens Shed coming together with Helpu to amplify the message of social prescribing. Collaborating on this campaign film, especially filming on location in Pontypridd with members of Mens Sheds, underscores the power of community in supporting men's mental health."

The film features untrained actors from Pontypridd who have recently experienced personal bereavement and found solace and support within the community of Pontypridd Mens Sheds.

The heartfelt narrative showcases the transformative impact that participation in Mens Sheds can have on individuals facing mental health challenges.

Mens Sheds Cymru, an integral part of the movement, plays a vital role in providing safe and supportive spaces where men can come together to share skills, engage in meaningful activities, and foster camaraderie.

Robert Visintainer, Mens Sheds Cymru Development Officer, emphasised the importance of such initiatives, saying, "Our collaboration with Helpu exemplifies the collective effort needed to address the mental health needs of men across Wales. Together, we are breaking down barriers and promoting holistic approaches to wellbeing."

The campaign film, capturing the essence of community support and resilience, will be showcased in the UK Parliament in London, further amplifying the message of social prescribing and the importance of addressing men's mental health.

Social prescribing has seen a period of growth and development over the last decade in Wales. It addresses challenges like loneliness, mental health issues, and social isolation, fostering a comprehensive approach to healthcare management. By linking individuals with various community activities and groups, social prescribing enhances overall community wellbeing while alleviating pressure on medical services, paving the way for more sustainable and efficient healthcare systems in the long run.

About Helpu:

Helpu is a leading men's mental health hub dedicated to providing support, resources, and advocacy for men facing mental health challenges in Wales. Through collaborative efforts and community engagement, Helpu strives to promote wellbeing and resilience among men and dismantle stigmas surrounding mental health.

About Mens Sheds Cymru:

Mens Sheds Cymru is a grassroots movement that provides safe and supportive spaces for men across Wales to come together, share skills, and engage in meaningful activities. With a focus on fostering community connections and promoting mental wellbeing, Mens Sheds Cymru plays a vital role in addressing the unique mental health needs of men in local communities.

The UK Men's Sheds Association (UKMSA)

The Men's Shed movement, originating in Australia around 1999, has rapidly expanded globally, reaching countries like New Zealand, Ireland, the UK, Canada, Europe, and the USA, with approximately 2000 Sheds worldwide by 2020. These community-driven initiatives offer men access to tools, workbenches, and opportunities for making and mending alongside others. The UK Men's Sheds Association (UKMSA) defines a Shed as a group, whether or not it has a physical location for activities. Sheds promote physical and mental wellbeing by providing a space for creativity, skill development, and social integration within local communities. While traditionally catering to men, an increasing number of Sheds involve women, with some exclusively for women.



For more information on UKMSA, Men's Sheds Cymru and the Men's Sheds movement, please visit menssheds.org.uk

For more information on Helpu and their initiatives to support men's mental health in Wales, please visit helpu.org.uk

helpu.org.uk

**Yr hwb iechyd meddwl i ddynion yng Nghymru.
The mental health hub for men in Wales.**



National Academy for Social Prescribing visit socialprescribingacademy.org.uk

National framework for social prescribing – a description of social prescribing in Wales [here](#)