Press Release -Shed's Kent & Medway March 2017 Sheds Information Have you got skills to share? This could be just for you!



Sheds Kent & Medway Programme is an exciting new opportunity that has come to Groundwork South. A Shed is a place where people come together, share interests and skills working shoulder to shoulder with each other. The Sheds movement originated in Australia and is defined as 'a community-based, non-profit, non-commercial organisation where there is provision of a safe and friendly environment where men can work together on meaningful projects at their own pace'. Groups can come together in many ways, including allotments, furniture restoration, repair shops, outdoor leisure activities and any activity to improve your wellbeing.

Additional information about Sheds can be found at: <u>http://menssheds.org.uk</u>

Although Shed's Kent & Medway is aimed at men and ex-service personnel, it is inclusive to all. It is known to have a positive impact on wellbeing when people come together and take part in shared interests or hobbies.

We are welcoming groups, ex-service personel and organisations that would like to create a 'Shed' to affiliate to our Sheds Kent & Medway Programme. By joining we will offer support to your group to help make your shed idea real, we also offer financial assistance for purchasing equipment, promotion and help support running costs.

Sheds Kent & Medway Partnership is looking to support 10 sheds across Kent anf Medway, one could be yours, and do you already have an idea? Would you like to help others come together and form a shed? All groups that apply will have the support of our mentors, who will help you through the process of setting up and continuing into the future.

For more information email: <u>shedskm@groundwork.org.uk</u> or Tel: 01322 384848 Chris Hoddinott (Sheds Kent & Medway Project Officer)

Take a look:

Come along to our Open day at Fort Luton, Chatham, Magpie Hall Road (Next to Victory Academy)

Date: Friday 2nd June 11am – 4pm

Click on the link to book a place: <u>https://www.eventbrite.co.uk/e/sheds-kent-and-medway-open-day-tickets-32688125062</u>



Target area – Kent & Medway