

“The Shed helps to lift spirits. It brings people from different backgrounds and places together and provides an environment where friendships, confidence and independence are encouraged and nurtured.”

**Graham Storer**  
Project Co-ordinator of the WWS

## Sleights Area Men’s Shed (SAMS)

### Project:

Whitby Women’s Shed

### Subject:

Health, well-being and sports  
Training, support and practical skills

### Location:

Sleights, Whitby, North Yorkshire

### Overview:

The Sleights Area Men’s Shed has founded the Women’s Shed with the vision of combatting isolation and its consequences by creating a welcoming, supportive place and activities for women of all ages, particularly those who may feel disconnected from social relationships.

£4,000 was awarded to the group to assist in the capital costs needed to establish a Women’s Shed to serve the Whitby area.

The goal of the Shed is to distract users from their immediate personal circumstances of loss, which may relate to be related to bereavement, mental or physical ill-health, aimlessness, hopelessness, family breakdown, lack of confidence or self-esteem, isolation or the pressures of caring responsibilities. Sheds provide opportunity to try new skills, share skills with others, work independently or in small teams, on tasks and projects of people’s own choosing.

The funding has also benefitted men, due to the opening of a men’s Shed on the same premises. Since the Whitby Women’s Shed opened, over 14 women and six men have enjoyed a range of new activities including wood turning, carving and welding. The Whitby Women’s Shed is just the second Shed is just the second shed on the UK Men’s Shed Association’s map!

