

  
  
**The Inverness Men's Shed 1**


I wish to congratulate you on your hard work, ingenuity and determination in making the above what it is today. I am sure the members are also of the same opinion.

Whilst I am unable to take part in the physical aspects such as the joinery projects I do see the the effects it has on the members who do. They are extremely proud of their work on these projects which are accomplished with great ingenuity and skill and good humour. Also the odd jobs they do within the community is greatly appreciated by those including myself who have had work done for them. Often these jobs would not be looked at by a firm as being too small, therefore it is great relief to the recipients to have the jobs done well.

The atmosphere you have engendered of a humorous light hearted banter is carried on throughout the various groups such as the "Talking and Writing" and the iPad group which I take responsibility for. These groups are both thought provoking which allows the participants to reminisce in the 'writing' group or to learn new skills in the iPad group. The skills demonstrated are wide ranging to suit every taste but special emphasise is placed on keeping in touch with their families who are often spread far and wide using email, Facebook and video conferencing by FaceTime.

These groups meet every week, 52 weeks of the year to cater for members who live alone and it is gratifying to see the support the other members give them at these times by attending also.

Your friend



## The Impact on my life since I joined the Inverness Men`s Shed`

[REDACTED]

I took early retirement from Teaching as the strain on my health was beginning to tell. I continued, for a while to work as a supply teacher. I was head of the Technical Department at Inverness Royal Academy.

My wife suffered from Dementia/Alzheimers starting about the middle of 1970 – In hospital from 07/1970 and then in care homes until she died 29/07/2013.

I was introduced to the Inverness Men`s Shed in the spring of 2014 on returning from a visit to New Zealand to visit the family. Soon I found myself looking after the woodwork activities.

On my first visit to the shed I only could recognise one person I knew. This very soon changed and my number of friends greatly increased. I have tried to impart knowledge and skills to the members. To help them improve their own skills and work to accurate sizes and be proud of the end product

I am involved with the Talking and Writing Group on a Monday morning. I am usually at the main meeting on a Tuesday morning. Woodwork and projects all day Thursday and Friday morning.

When I was at home looking after my wife, [REDACTED] I could no longer work in my workshop and the Shed provided the inspiration to restart my interest in woodwork.

It is obvious that the Shed has been of great help to me and to keep me active in body and mind.

[REDACTED]

Dear Sponsor

Since our Shed opened I have been attending regularly and can honestly say it has been a life changing experience for the better, a lifeline giving me somewhere to go where I can mix with other men, make friends and reap the rewards of making things with the satisfaction only gained by working hands-on. Far better than sitting at home, on my own, wondering what to do with myself. It gets me out of the house and keeps me socially active.

I have found attending really helpful as the charity I previously volunteered for closed leaving a void in my activities. The Shed is particularly useful in winter when other activities cease and with long dark nights it is essential to keep active.

Everyone joins in and we all benefit by participating, helping each other, chatting and getting, and giving, advice with lots of banter too. We have had a marvellous series of organised speakers telling us about a wide range of interesting subjects, all of which add greatly to the overall experience.

The Shed has given me a purpose to get up in the morning and our projects offer a focus to our endeavour. There can be no doubt that participating can help prevent loneliness and I get out of it as much as I put in.

There are lots of activities which cater for all abilities - just do what you can, you can do as much or as little as you are fit for and everyone chips in to make it work. There is plenty to do but should you flag there is always a cup of tea and a seat.

Without hesitation I would encourage anyone who would benefit to come along and see what is on offer.

Regards

