



HEATONS' MEN IN SHEDS

Who are We?

1 About Us

Heaton's Men in Sheds (HMIS) is a voluntary group that aims to tackle social isolation in older members of the community. Our Mens Shed provides a setting where people can socialise, work together, learn new skills and share their own skills. We are based in the 4 Heaton's but have members from all over Stockport.

We have many interests from learning basic to advanced computer skills; woodworking; community gardening; photography and image correction; repairing electronics and general restoration. By working together and inviting anyone to join we hope to overcome the loneliness that can occur after redundancy, retirement, relocation or bereavement. We do this by meeting regularly, being productive and getting involved in our local community.

Our meetings are on a Monday afternoons and Wednesday Evenings where we are setting up the group, preparing the wood workshop, and working on community projects. We are trying to do as much as possible from donations and with the expertise within the groups, and so this covers all aspects of getting the workshop to a usable condition, including electrics, fire regulations, building the work benches etc.

The workshop is available for all the members to use as they wish, although we are planning to benefit the wider community by making planters and benches for green spaces and shopping areas.

We also run one to one sessions on basic PC skills, and hope to soon set up some photography workshops.

Areas Covered by our Mens Shed - Heaton Moor, Heaton Chapel, Heaton Mersey, Heaton Norris. But we have members from Reddish, Poynton, High Lane, Cheadle, Cheadle Heath, Offerton, Didsbury.



1.1 What We Do

We meet and help each other, some members just come for a cup of tea and a talk, others get involved in the activities. If you have a skill that you could share with the members either as a one-off formal lesson, or as by attending the meetings please let us know.

1.2 Basic Computer Skills

We have members who have never used a computer before, or have a laptop but can only check their emails. We spend time understanding what they want to learn, and sit with them one to one and show them how to reply to an email, check their electricity bill, or join facebook.

1.3 Woodworking

We have a small woodwork shop, which we are still developing and equipping. This allows the members to work together on their own projects, or the group projects for the community. We recently completed a large wooden sign for our local station,

We have been approached by other local groups to build planters and benches, and the construction of fete games for the local fair.

