



## **MEN'S REPAIR SHED**

Before Christmas, a new initiative was piloted at the new Rock Mill centre in New Mills. The purpose of the men's shed is two – fold. Firstly, it welcomes men over 18 to come together to create, make and repair things together, utilising the tools we have and secondly, it is for men to come together to 'repair' themselves.

It is a support group for men struggling with isolation, Low mood etc. But it offers support in a more subtle way through friendship, camaraderie and occupation. You don't have to be a DIY expert to join, just come along for the lad's chat, a brew, and a biscuit or two.

'I have been keen to set something like this up as it is well documented how men struggle to access support for their mental health. I was very aware during the pilot, how much it benefited me, being able to have a laugh and a joke with other men in a similar position to myself and the feedback from those who attended was positive'.

**ALL MEN OVER 18 ARE WELCOME, THERE IS NO CHARGE TO JOIN IN.**

**It runs from 4.00 – 6.00 every alternate Saturdays from 4<sup>th</sup> February 2023 at the  
Rock Mill Centre (behind the bus station), New Mills.**

**If you would like more information, please contact**

**Danny at Youth Matters Mills CIC on 01663743487 or alternatively email**

**[Danny.youthmattersnewmills@gmail.com](mailto:Danny.youthmattersnewmills@gmail.com)**