

Medway men in sheds

If you are a man over thirty who is not in work or a retiree, you may be interested in becoming a member of this scheme.

Many workshop activities would be suited to a typical garden shed, but based in a bigger venue.

Not all activities involve skills and tools, you can do just about anything you are interested in.

How can you contact us?

01634 338600

medwaymeninsheds@sunlighttrust.org.uk

www.facebook.com/medwaymeninsheds

www.sunlighttrust.org.uk

Fill in a referral form which is available from our base at Sunlight, Richmond Road, Gillingham ME7 1LX


sunlight
development trust


Medway
Serving You



Medway men in sheds

Make your
skills and interests
a way of life



Medway men in sheds



What it is:

A group of men working on projects of their own choosing at their own pace, in a safe, friendly and inclusive venue.

A place to capture or pass on skills, knowledge and craftsmanship.

A place to come and just sit for a while, have a chat over a cup of tea, or play a game of cards.

Somewhere to feel at home, have a laugh, socialise, pursue practical interests and stay active.

What it isn't:

It's not a sports club but you could play sports.

It's not a health programme but your health and wellbeing may improve.

It's not an information service but you can ask for the information you need.

It's not a formal training programme but you may gain new knowledge and skills.

It's not a service for men but activities organised by men. 

Who can join?

Men who are over 30 and not in work and retirees can join as members. Others can get involved as associate members.

What does it cost?

Free sessions to members and a small charge for associate members.

Materials free for most activities.

Tools provided, but you are welcome to bring your own.

