



A friendly workshop where men can gather, work together, share skills and knowledge or just have a chat over coffee.

I used to wonder why retired people needed to take holidays – surely life was now one big holiday? Since retiring myself, I now know that ‘going away’ is not just about the luxury of visiting people and places when it suits you regardless of term times or the company calendar. Taking a break from routines really does refresh mind and body so even if the weather does go wrong, the motorways are clogged or the airline cancels your flight – well, at least we all know how good it is to sleep in your own bed when you get home again. But routines can be a good thing, part of the light and shade that give our lives rhythm, perspective and the security to know we can step away and do something different from time to time. The Men’s Shed movement (and Winslow Shed in particular) is something many men now build into their weekly routine and, if they’re up for it, can provide plenty of challenges too. I recently heard an unfamiliar expression ‘Social Prescribing’ - a policy now adopted by the HNS and being promoted by Bucks CC to improve patient wellbeing. Instead of conventional medication, doctors can now steer patients towards a range of local, active, practical and social activities – and MISW is one of them. You could say that The Shed is now available on prescription (but perhaps not the tea and biscuits).

By the time this goes to print, we will have completed our weekly training programme and it’s safe to say that the sessions have been popular and well received. Surprisingly, it seems that having a structured weekly ‘event’ has proved popular in its own right so we will be looking at how this might be extended. Maybe some talks or demonstrations? Any thoughts and ideas will be gratefully received. We’re also aware that it’s been a while since we had an Open Day and equally aware that we’ve built up quite a stock of refurbished garden tools, furniture and shed-built projects of all types. There might be a Shed Sale in the offing!

If you’ve been thinking that this month’s article is a bit long on waffle and short on ‘News’ you would be right – it’s a bit quiet round here at the moment. Everyone seems to be on holiday!

The Shed is open Tuesdays and Thursdays from 10:00 - 4:00.
Unit 4, Station Road Ind. Estate. www.MenInShedsWinslow.org.uk
Or for more info call Dave Saunders; 01296 714164