

EVERYONE WELCOME

Men's Shed Clydebank is about helping all men at different stages of their lives by making available opportunities to join with other men in creating meaningful, enjoyable mutually agreed activities and projects along with the companionship and support of each other... in a 'SHED' environment.

MEN'S SHED IS RUN BY MEMBERS FOR MEMBERS -- AND MEMBERSHIP IS FREE

WHAT IS A MEN'S SHED ?

Men's Sheds began in Australia in the late 1990's and is now accepted as a successful model proven to overcome or prevent many of the difficulties men face as they get older.

At certain times in our lives, either during retirement or at a time of unemployment or other reason, men can often lack direction of purpose; lose touch with their social network and sometimes struggle to find their identity. As a consequence this can lead to becoming isolated and lonely which, in turn and at its worst, could provoke mental and physical health issues, increased or harmful use of alcohol and a breakdown of relationships. The Men's Shed concept seeks to engage with men to offer them the opportunity to meet regularly with other men and to pursue activities together.

With a lifetime of work and a lifetime of living, comes a lifetime of skills; and Men's Shed Clydebank enables men to share these skills with others and learn new ones.

Those who come along and engage in The Shed activities will be more confident in their own abilities and their place in the community.

MEN'S SHED – CLYDEBANK



Clydebank has a well known and famous industrial heritage with a skill base that is ideal for the establishment of a Men's Shed which provides an outlet for men to exchange skills in a safe and welcoming atmosphere, giving fulfilment to the 'Shedders' as well as boosting both personal and community well-being. **Men's Shed Clydebank challenges men to re-establish their link and relationship with the place in which they live and with whom they live. Are you ready for that challenge?**

WHAT A MEN'S SHED IS NOT !

- It **IS NOT** a formal training programme
- **but** you may gain new knowledge & skills
- It **IS NOT** a sports club
- **but** you could play some sports
- It **IS NOT** a health programme
- **but** your health & well-being may improve
- It **IS NOT** an information service
- **but** you can ask for any info you need
- It **IS NOT** a service for men
- **but** activities organised by men

Men's Shed Clydebank also welcomes and encourages younger men to become Shedders and join in the activities to enable inter-generational learning and skill sharing.

GET INVOLVED - COME & BE PART OF IT

We've taken the lease on an ex-Scout hut in the grounds of Dalmuir Community Centre, which we consider worthy of calling 'Our Men's Shed'. This 1600 sq ft four/five room hut + loft area is in a poor state of repair inside and out, but we believe, with funding, and our Scottish Charity status, we 'Shedders' have all the skills, knowledge, capability and enthusiasm to turn it into a usable and vibrant social interaction hub, and that's what we are doing right now. Members are upgrading 'The Shed' in any way they feel they are able to help. Do you want to come assist in completing this transformation?

Shedders can then start working on community or personal projects of their own choosing, making or mending in wood, or metalwork, bike repairs, model engineering, tool & boat renovations, reuse, reclamation & furniture restoration - sharing skills, sharing tools, and resources, working at their own pace, in a safe, friendly & inclusive MEN'S SHED. However....

A MEN'S SHED IS NOT ALWAYS A SHED - - IT COULD BE A COMMUNITY GARDEN !

Men's Shed - Clydebank also took on a joint initiative, separate from 'The Shed', when an opportunity presented itself in 2015 to acquire access to a piece of land just off North Elgin Street for the purpose of creating a Community Garden. Work has been done laying out the site and creating a fenced access from North Elgin Street. Once WDC clarify land ownership and continuing access the opportunity will exist to attract anyone interested in allotment type activities run by Shedders for personal and community benefit. So far work to date has been funded by grants, but any ongoing work will be dependant on those Shedders willing to help develop the Community Garden concept.

BUT, MEN'S SHED WILL ALWAYS BE AT THE VERY HEART OF WHAT WE DO

BECOME A MEMBER OF MEN'S SHED

You'll have somewhere to go, with something to do, and someone to talk to - that's NOT a Pub or a Bookie's. Just turn up, take a look, sit in, and meet others. Free parking at the door !

So, if the Men's Shed concept is of interest to you, and your friends too, please contact the Men's Shed CLYDEBANK (see below*) and be added to our contact list. Then you will always be kept up to date with The Shed's activities and the times we are open during the week.

Currently, The Shed is open to all EVERY Monday and Wednesday 1pm to mid/late afternoon. As the membership grows these openings will increase. The Committee hold 'open to all' meetings in The Shed every quarter with the AGM in April.

There are excellent road and rail links to and from The Shed with bus stops outside in Duntocher Road, and other stops nearby in Dumbarton Road. Dalmuir Rail Station is within a few minutes walking distance.

Men's Shed CLYDEBANK is an officially Constituted group, office bearers appointed at the AGM, a business account at the local Clydesdale Bank, and a registered Scottish Charity SC046361, allowing us to effectively seek support, funding and grants. We make regular contact with other branches of Men's Sheds and are members of the Scottish Men's Sheds Association [SMSA] and linked to the UK Men's Sheds Association [UKMSA].

*Call Text : 07938 751 126 / 07866 625 660
email: mens.shedclydebank@gmail.com
facebook.com/menshedclydebank

The SMSA recognises a Men's Shed as any community based, non-profit, non-commercial organisation that is accessible to all men and whose primary activity is the provision of a safe, friendly and healing environment where men are able to socialise and work on meaningful projects at their own pace, in their own time, and in the company of other men.

A Member of  Scottish Men's Sheds Association
Help Men Carry the Load
Wester Mains, CAMPFIELD, Aberdeenshire AB31 4DR
Call/Text: 07397 382 533
info@scottishmsa.org.uk www.scottishmsa.org.uk

Men's Shed CLYDEBANK has continued to receive many donations of tools, books and games from residents of West Dunbartonshire and the surrounding area throughout 2016/17 plus a generous bequest from a past, and fondly remembered SHEDDER. However, the major funding and grants that has allowed our Shed to continue as a successful Workshop and Social Club over the past two years has come from the following organisations :-



The support received from those above, and from others in the future, will take **Men's Shed CLYDEBANK** forward into the next decade.
COME WITH US ON THAT JOURNEY !



Scottish Charity SC046361



**DALMUIR COMMUNITY CENTRE
DUNTOCHER ROAD CLYDEBANK G81 4RQ**