

# North Central Area Men's Sheds Update



**TO YOU IT MAY ONLY BE A SHED.... BUT TO US IT'S A SANCTUARY.**



# What is a Mens Shed?

**A Men's Shed is a dedicated, friendly and welcoming meeting place where men come together and undertake a variety of mutually agreed activities. Men's Sheds are open to all men regardless of age, background or ability. It is a place where you can share your skills and knowledge with others, learn new skills and develop your old skills.**



# Why do Mens Sheds work?

**Sheds work because they are attractive places for men to gather socially, regularly, voluntarily, happily, safely and do hands-on stuff together. They work best when it's grassroots, local, by, for and about the local men *and* the community.**

## **The Irish Men's Sheds Association**

**The association was set up in January 2011 with the purpose of supporting the development and sustainability of Men's Sheds on the Island of Ireland. ([www.menssheds.ie](http://www.menssheds.ie)) The first shed in Ireland was set up in Tipperary in August 2009. There are now over 200 Men's Sheds in Ireland registered with the ISMA.**

**During 2014, two Sheds have been set up in the local area, one in Priorswood and the other in Donaghmede.**

## **North Central Area Advocates for Mens Sheds**

**Ciaran Mahony, Senior Community Officer 086 8150799  
Priorswood and District Mens Shed, the Outreach Centre, Clonsaugh,  
Dublin 17.**

**Hugh Flanagan, Community Officer- [hugh.flanagan@dublincity.ie](mailto:hugh.flanagan@dublincity.ie)  
Donaghmede/Target Mens Shed, St. Kevin's Senior School, Newbrook Road,  
Dublin 13.**



**Maureen Downey, Ciaran Mahony with  
one of the Men's Sheds Group**

## **Priorswood and District Mens Shed**

**had a number of introductory meetings during the summer of 2014 and officially opened its doors at the start of September. This Shed is facilitated by Ciaran Mahony, Senior Community Officer and Maureen Downey, Development Worker, Northside Partnership.**

**Since then, membership has grown and we have up to 20 men attending each week at the venue (Outreach Centre, Clonshaugh Drive). Activities engaged in so far include workshops on genealogy, photography, gardening, furniture restoration and computer basics. We have recently elected a Steering Committee and are applying for funding for the future.**

**Donaghmede/Target Mens Shed** - Their first meeting took place on International Mens Day, 19<sup>th</sup> November. This shed is facilitated by **Hugh Flanagan, Community Officer, Dublin City Council** and **Trish Gibson, Target Resource Centre**. To date this Shed has had up to 30 attendees and has engaged in workshops such as genealogy, photography and local history. The men in both sheds are currently involved in a six week course (Healthy Food Made Easy) run by the Northside Partnership.







**Mens Sheds Allotment Group at the Belmayne Allotments**



**Check mate at the Shed**

**As community officers, both myself and Hugh have thoroughly enjoyed being part of the lovely atmosphere that exists in the Mens Sheds. It is a place of great fun, banter and male bonding and where 'the kettle is the most important tool'.**

**As an onlooker of the process, I can see how having a place to go and people to relate to about everyday events and woes can be a truly healing experience without the men ever being put under pressure to talk about specific worries. It is an environment that seems to foster natural growth and acceptance that is becoming more and more important to groups of men who often experience marginalisation and a sense of despair but are often too ashamed to speak about this. We have great hopes for the growth and continuation of successes of both Men's Sheds during 2015.**

*Cíaran*

**Cíaran Mahony**

*Hugh*

**Hugh Flanagan**