



**Re-jig**  
Re-USE Centre  
**01496 810 880**  
Unit 11 Whin Park  
Bridgend  
Isle of Islay PA44 7NZ



## Men's Shed

### **Project Brief**

*To trial the Mens' Shed structure as a platform to engage, train and include service users through project upcycling of donated items of furniture which can be sold through our re-use shops to raise funds for the continuation and development of the project.*

### **National Priorities**

1. Health in Argyll & Bute is maximised and communities feel engaged and empowered to make healthier choices regarding alcohol and drugs
2. Effective integrated care pathway offering a flexible range of services from assessment to recovery is in place in Argyll & Bute

### **Description**

Men's Sheds is an example of a community capacity building initiative that has spread to many localities across Scotland which focuses on practical application of skills through a mentoring approach, frequently upcycling or repair. As a re-use charity we also have gaps through skills shortage to upcycle individual pieces of furniture and the Men's Shed model will allow us to offer a safe environment for group users to 'build their own shed' within their own local context so the link for Re-JIG was obvious and immediate. The effect of Men's Shed is well catalogued and results in better engagement of service users allowing them to make healthier choices in a positive environment.

The key outcomes are:

1. Clients feel socially included and 'of use'.
2. Service users have increased their skills set and contributed to their local community through recycling and upcycling.
3. The project will have diverted furniture from landfill, saving our local authority landfill tax.
4. The project will give opportunity to share experiences and health information allowing better choices to be made on health and addiction issues.
5. Clients will have learned new skills or refreshed old ones
6. Networking with people who have similar issues and learn through shared experiences.
7. The upcycling gap at Re-JIG will have been filled and will add to the scope of the organisation for Revolve accreditation. (Industry standard).

**Outcome 1:-**

Exit discussions with the remaining Sheddners have indicated that Outcome 1 has been a key driver in their use of the Men's Shed.

**Outcome 2:**

Service users have refreshed their skills set during the trial phase and the contribution to the community of the upcycled furniture has been achieved.

**Outcome 3:**

The project has successfully diverted almost 1 tonne of furniture from landfill, including scrap wood used for building planters.

**Outcome 4:**

This outcome has not been totally achieved, mainly because from the mix of Sheddners, only 2 have addiction issues. The attendance has allowed however, establishment of a routine for these particular individuals and healthy lunch.

**Outcome 5:**

There has been good skills transfer between the Sheddners and particularly with the intergenerational day where three High School pupils learned to paint and upcycle furniture, treat for woodworm and build planters.

**Outcome 6:**

The Sheddners have networked with each other well, but as mentioned previously, not all have addiction issues, so the shared experiences have been focused on the jobs at hand.

**Outcome 7:**

The amount of furniture upcycled during the 8 weeks has been good, even given the low numbers of attendance.

Broadly speaking the key outcomes have all been achieved although the numbers have been low. In discussions as to why, the Sheddners have highlighted that the link with Alcohol and Drug Misuse has indeed put several potential Sheddners off, despite addiction issues not being central to the project. The highlight of the trial for the Sheddners was building a boat trailer from scratch, and they are looking forward to finishing that and getting the boat in for restoration.

The Sheddners WILL be sad to see the project end, and as yet no-one has emerged to take the project forward from the group. The prohibitive level of rent and resource required to run the Shed means that ReJIG will not be able to sustain it in its current form going forward but will continue to welcome the two Sheddners as volunteers to try and continue the furniture restoration and upcycling element.

