

# ESSEX SHED Update - Aug 2018

NETWORK

2018 has been a great year for the Essex Shed Network and we want to share our year so far with Shedders and Shed supporters. Read on to hear what we have been up to.

## Extended Partnership

The Essex Shed Network has been working with the West Essex Sheds project for the past two and a half years. The funding for the Coordinator post held by Susan Hastings Herbert came to an end in June and we are delighted to announce that the project on coming to an end merged with the Essex Shed Network to become the Essex Shed Network partnership.

The partnership now consists of Maldon and District CVS as the original hosts of the Essex Shed Network and CVS Uttlesford as the hosts of West Essex Sheds.

## The Reach of Sheds

Since the beginning of 2018 we have been working to extend the reach of Sheds.

Sheds are great we all know that, they support people to have social contact, make friends and share skills. With that comes health and wellbeing benefits and we have been working hard behind the scenes to extend the reach of Sheds to anyone who would like to be part of a Shed community.

In January we launched the Shed Inside project for older men who have health conditions that impact on their safety within a Shed environment replicating elements of Sheds and the Shed ethos in a social setting. Unsurprisingly we had great success with the project with attendees feeling better connected to their communities and happier

Just recently in June we teamed up with Active Maldon to launch BLOKES! A health project for men encouraging peer support and healthy choices. Early impact has already found participants signing up for weekly walking and weight management.

## Change of staffing

In the past two months some of our dedicated staff team have moved on to pastures new.

We waved goodbye to Susan in West Essex at the end of June thanking her for her vital role setting up sheds in Little Canfield, Barnston and Saffron Walden and leaving the Essex Shed Network with strong leads in a number of other places in the west of the county.

Hamish the Essex Shed Network coordinator also moved on in late July after nearly two years of working with Sheds in Essex notably supporting Maldon, Cressing, Thunderersly and Rayleigh and organising a number of events for Shedders.

We all wish Susan and Hamish well in the future and are on the lookout for someone to join the team moving forward. If you would like to work with the Essex Shed Network visit [www.essexshednetwork.WordPress.com](http://www.essexshednetwork.WordPress.com) to find out more.

## The Essex Shed Network vision

We've had a great time over the past two and a half years developing the Essex Shed Network and love to see all the new shed projects that are growing and are always on the lookout for new places for Sheds and new activities to benefit the Shed community. The Essex Shed Vision sets out our plans for the future.

“The Essex Shed Network will be a sustainable and supported service facilitating the growth and development of a network of Men in Shed projects covering every part of the county of Essex. With the backing of a corporate sponsor and with strong income generation capabilities the network will provide ongoing access to training, resources and networking to Sheds.

The Essex Shed Network will have developed evidence based Community Engagement and Outreach activities that have increased the impact of Sheds. Both in relation to workshop based Shedders, who are more involved with volunteering and community activities and non-workshop based Shedders, who have access to services mirroring the traditional workshop ethos.

The Essex Shed Network will be supported at strategic level, through a network of “Champions”, with the impact of its work relating to Men’s health inequalities demonstrated and recognised in health, social care and community safety arenas

The Essex Shed Network will be responsive, flexible and able to adapt to development opportunities that support current and future health priorities including but not limited to intergenerational work, reminiscence, health promotion and employability.”

### Future plans

Working as the Essex Shed Network Partnership we are looking to source funding to develop our pilot work and continue to support the growth of Sheds across Essex once our current funding ends in March 2019. Keep an eye on the Essex Shed Network website for news or sign up to our Newsletter at [www.essexshednetwork.WordPress.com/contact](http://www.essexshednetwork.WordPress.com/contact)

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### Keep in touch

**As always we love to hear from Shedders and anyone interested in getting involved with Sheds in Essex. Please get in contact for information on any of the above or to let us know your experience of Shedding in Essex.**

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