

## FW: Rural coffee caravan, mens sheds



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Hello, my name is Garry Simmonds from the Rural Coffee Caravan. I am trying to initiate interest in starting up a men's shed on the Shotley peninsula maybe even in Holbrook itself. These facilities are great and are amazing community assets I will post a couple of links below so that you can explore what men's sheds are all about if you don't know what they are they are great for community cohesion and helping with anxiety and depression and loneliness and men's mental health in particular.

I personally have visited a lot of these facilities, and they are great, amazing. However, within Suffolk there are lots of sheds and some new ones being developed, on the peninsula we are in a men's shed desert there are none at all.

I would like to help start the process of getting one! with my contacts, it could be achievable.

My question to you is, (Well 3 questions)

1. What does the parish council think about having one in the vicinity?
2. Venues for these can be hard to find but once established are popular and hugely beneficial to the community, Is there anywhere possibly suitable in Holbrook?, your thoughts on this?
3. We are looking for one of the village halls on the peninsula to have a one off 2-hour meeting one evening for attendees to learn about men's sheds and hopefully start some enthusiasm leading to a steering group, however as this a new community initiative with no funding we would sadly be asking for it for free, you are not alone! I will also be pestering other villages on the peninsula with the same request, for a meeting and or possible venue for a shed. Is this something you could offer?

Links to Men's shed info

<https://www.communityactionsuffolk.org.uk/mens-sheds/>

<https://menssheds.org.uk/>

**I know this is a bit of an ask but if we could get the ball rolling and eventually achieve a shed it would be available for people on the peninsula to use whichever village they live in. I have helped a lot of peninsula residents through my work in the area which we provide free of charge, and with a little bit of my own research on social media there seemed to be quite a bit of enthusiasm and interest.**

**Garry Simmonds** Community Engagement Officer



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***In 2023 The Rural Coffee Caravan is 20 years old. We are marking this with a special fundraising year to help us 'Keep The Wheels Turning.' We would not be able to do what we do without the grants, fundraising and generosity of individuals and organisations. If you, or your organisation, would like to support our work and make a donation you can do so by clicking the following link: <https://localgiving.org/charity/ruralcoffeecaravan/>***  
Thank you.

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