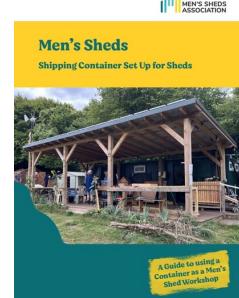


UK Men's Sheds Association launches new guide to help communities set up Men's Sheds in shipping containers

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The guide covers every stage of the process, including:

- Planning, access and foundations
- Power, lighting and ventilation
- Health and safety, insurance and regulatory considerations
- Workshop layout and future expansion
- Insulation, noise control and dust management
- Real case studies and practical lessons learned

The guide also highlights how container-based Sheds can grow over time, with examples of modular expansion, outdoor covered workspaces and renewable energy solutions.

By sharing practical advice and honest insights from experienced Sheds, UKMSA aims to reduce barriers for communities looking to create welcoming spaces that support men's health, wellbeing and social connection.

"Shipping containers have enabled many Sheds to get up and running quickly and safely, often in places where no other option existed," said Rachel Meadows, head of development at UKMSA. "This guide brings together the collective knowledge of Shedders who've already done it, helping others avoid common pitfalls and make informed decisions."

The Shipping Container Set Up for Sheds guide is aimed at community groups, local authorities, funders and anyone interested in developing a Men's Shed. It is available now at <https://menssheds.org.uk/mens-sheds-resources/>

For more information on starting up a Men's Shed visit <https://menssheds.org.uk/start-a-shed/>

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